



IT'S TIME...TO PRACTICE YOUR CYCLOCROSS SKILLS



With Campfire
Endurance
Coaches **!**

\$35 single workshop
\$89 for all three

◆ **Brenna Wrye-Simpson**

◆ **Chris Bagg**

◆ **Molly Balfe**

Improve these skills and more!

- ◆ neutral body position
- ◆ timing of braking and shifting
- ◆ cornering
- ◆ starts
- ◆ dismounts
- ◆ remounts
- ◆ carrying
- ◆ 180s
- ◆ off camber terrain

Parkrose High School
12003 NE Shaver St.
6:00-7:30 pm

Register @
www.obra.org

Aug 15

Coaches

Brenna & Chris

Targeted skill level:

Beginner

Coaches

Chris & Molly

Targeted skill level:

Beg/Int

Aug 22

Aug 29

Coach

Brenna

Targeted skill level:

Int/Adv

Bring your bike, helmet, snacks, water, and OBRA license

Sponsored by Fast Fun Nice Racing Team pb Campfire Endurance Coaching
Questions? Contact gofasthavefunbenice@gmail.com

