

# CAMPFIRE

*Endurance Coaching*

**2023 CYCLOCROSS CLINIC  
PARKROSE HIGH SCHOOL**

**AUGUST 16, 2023 AT 6pm**

**[info@campfireendurance.com](mailto:info@campfireendurance.com)**

- Mounts and Dismounts
- Shouldering
- Barriers
- Cornering
- Starts
- Contact
- Running
- Mini-races!



**BEGINNERS WELCOME!!!**  
**REGISTER @ OBRA.ORG**  
**\$25**

# PARKROSE HIGH SCHOOL

**FROM EAST**

**Take I-84 EB to exit 10**

**Turn right onto NE 122nd Ave**

**Turn left onto NE Shaver St**

**Turn right into lot**

**FROM WEST**

**Take I-84 WB to exit 13**

**Turn right onto NE 181st Ave**

**Turn left onto NE Sandy Blvd**

**Turn left onto 141st Ave**

**Turn right onto NE Shaver St**

**Turn right into lot**

