## NM CYCLO-CROSS CLINIC La Cueva High School

Albuquerque

Date: September 13th, 2013

Time: 5:30-7:30pm

Location: La Cueva High School

Address: 7801 Wilshire Blvd. NE, Albuquerque, NM, 87122

Directions: North of Paseo Del Norte and Wyoming, East on Wilshire



Even if you're not sure about cyclocross, a skills clinic involves no commitment on your part. Just show up with a suitable bike and a helmet, and let us teach you about the sport. Then you can decide if it's for you.... that doesn't mean folks who have some 'cross racing experience (or lots of other bike acing experience) won't find it helpful. If you've never been taught the proper way to do things like dismount your bike, pick it up and carry it, and remount, then you will likely get a lot from our clinics.

## REGISTRATION

Online Registration: Adults \$10, 18yrs under free

Online Registration link: <a href="https://www.usacycling.org/register/2013-3417">https://www.usacycling.org/register/2013-3417</a> Online registration closes Wednesday 11th, 2013 midnight

Same Day Registration: Adults \$15, 18yrs and under \$5 Same day Registration opens at 5:00pm

One Day License: If you do not have a current USAC lic. you must purchase a one day lic. \$5

For more information visit <a href="www.dashforlife.org">www.dashforlife.org</a>, T. 505 604 2177 Email: Antonia@dashforlife.org



