



“Fall Into Cross” Skills Clinic

Cyclocross is a fun, fast, exciting sport that is the fastest growing cycling discipline in the U.S. ‘Cross racing requires you to be in great physical shape and to have some special bike handling skills. Learning and mastering these skills can help you become a more effective racer, or just enable you to have more fun out on the course!

Join **Rouler** for this fun and informative clinic where you’ll not only receive some great tips and instruction, you’ll also be able to scope out the competition for Delta States Grand Prix!

You will learn:

- Mounting & Dismounting
- Carrying / Shouldering
- Off-Camber
- Evaluating a race course
- Clipping in quickly
- Exchanging bikes
- Equipment and tire selection
- Race day strategies and routines
- More!!!

This clinic is designed for new racers and folks looking to blow out the cobwebs from last season. Participants will have the opportunity throughout the clinic to ask questions and get advice from our coach. The clinic will wrap-up with a focused Q&A session. Sunday you can put your skills to the test on the same course where the clinic is held as Delta States Grand Prix kicks off its series in Baton Rouge! Participants will have the ability to get real-time feedback from our coach.

Schedule:

Friday, October 20; 6:30p // Meet & Greet & Movie Night (“For The Love Of Mud”) // Rouler, New Orleans
Saturday, October 21; 9am – 5pm (1 hour lunch) // Skills Clinic // Perkins Road Park, Baton Rouge
Sunday, October 22; 10am – 3pm // DSGP Round #1 // Perkins Road Park, Baton Rouge

Additional Benefits:

- All participants receive upgrade race credits for Cat 5 (3 mass start credits for clinic + 1 credit for mentored race + 1 credit for mass start) and upgrade points for Cat 4 (3 points toward Cat. 3 upgrade).
- Free lunch, beer & breakfast tacos
- Complimentary race entry for Sunday’s practice race
- Free heckling practice!

Our Coach:

Sean “Skip Town” Brock has been racing cyclocross for years. A skilled bike handler and thoughtful instructor, he has designed a thorough curriculum that will cover many basic skills and race day strategies.

Fees & Details:

\$65 covers the entire weekend, and **registration is online only**. More info can be found at:
<https://www.facebook.com/events/274522539711726>

Perkins Road Park is located at 7122 Perkins Rd, Baton Rouge, LA 70808.

Space is limited to the first 20 riders who sign up.

Photo courtesy of Rhea Aldridge



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