



CYCLOCROSS TECHNIQUES TACTICS & TRAINING

WITH

SHAUN ADAMSON

**PRESENTED
BY**

cycle-smart
 solutions for cycling
 www.unitedcycle.com
UNITED Cycle
HAMMER
 NUTRITION
 ENDURANCE FUELS

TOPICS COVERED WILL INCLUDE
 STARTS
 CORNERING
 DISMOUNTING/REMOUNTING
 RUN-UPS
 OFF-CAMBER SECTIONS
 DESCENTS
 CARRYING YOUR BIKE
 EQUIPMENT
 TYRE AND PRESSURE SELECTION
 AND INTERVAL TRAINING
 TAILORED TO MAKE THIS
 CYCLOCROSS SEASON YOUR BEST!!

PRIZES FOR MOST IMPROVED,
 FASTEST BARRIERS, BEST CRASH

when **THURSDAY**
SEPT 3 - OCT 8
6:30 PM

where
ARGYLL PARK

cost
\$40
 OR \$10/NIGHT

To reserve your spot please email shaunadamson@gmail.com. Spots are limited, so please act fast. The first 3 people signed up will receive Cycle-smart Cyclocross Training DVDs.