

SOURCE ENDURANCE



Trek Bicycle Store
Kansas City

Presents a **KC Cyclocross Clinic**

Featuring instruction by:

Zach McDonald, Shadd Smith, and Mark Savery

Sat. Sept. 6: Trek Store Shawnee 6pm-730pm

10412 Shawnee Mission Pkwy, Shawnee, KS 66203

Meet and greet. Discuss the finer points of CX with Zack, Mark, and Shadd. Topics range from tire pressure to 'what's in your race bag?' and more! Refreshments and hors d'oeuvres provided.

Sun. Sept. 7: Veterans Park.

13599 Johnson Dr. Shawnee, KS 66216, SE Corner of Johnson Dr. and Pflumm Source Endurance, along with the [Trek Stores of Kansas City](#), is hosting a one day, all day cyclo-cross clinic that will provide BEGINNER and ADVANCED comprehensive instruction to help you learn the art and technique of cyclo-cross and hone your skills. Class sizes will be kept small. Neutral support provided by the Trek Stores of KC.

10am- Noon: Beginner Clinic. Limit 24 participants

Review and build upon basic CX skills. From these basics, all other skills are based.

Dismounting, remounting, carrying and shouldering the bike, cornering basics starting, tires and tire pressure, and more.

Clinic Fees: \$32-\$35

1pm- 4pm: Advanced Clinic. Limit 40 participants

More focus on riding, practicing and repetition. Develop and hone advanced skills to help negotiate a real CX course smoothly at speed.

SAND, advanced cornering and linking turns, advanced dismounts/remounts, Passing and defending your position on course, bike exchanges, general strategy and more.

Clinic Fees: \$40-\$45

Sunday details:

Sign in: BEGINNER: 9-945am.

ADVANCED: 1215-1245pm

Assistant Instructors: Adam Mills, Grant Harrison

Neutral Support/ Expo: Provided by the [Trek Stores of Kansas City](#)

Lunch provided- for those doing both clinics.

Door prizes and raffle prizes provided by **WD-40 Bike**.

Register on BikeReg: <https://www.bikereg.com/25693>

Held under USA Cycling Event Permit 2014-3090

