

Join Providence Bicycle on August 22nd and 29th at 9:00 AM for some old school cyclocross training in the woods of Lincoln Rhode Island. The course features good old fashioned woods riding with the longest run up you've ever seen followed by some beautiful winding singletrack and a ripping descent followed, naturally, by another runup. Rinse and repeat. There is only one natural barrier on the course with a "B line" included to allow you to opt out if you so choose. The focus of these events is to work on handling skills and the dreaded runups we all love to hate, that's why there's only one barrier. You'll get over it.

The rides will run for 60 minutes. After that feel free to take your mountain bike for a ride on the trails in the park or take a dip in the lake. The beach is just down the road from where we are parking.

Cost: \$10 with proceeds going to the US Open Cycling Foundation

Things to bring:

Your bike, a helmet, some fluids, \$10 and a positive attitude and a racing license*.

*** Please note that all participants must have either an annual USA Cycling license or purchase a one day license for \$5.**

Directions:

Take Route 146 to the Twin River Road Exit. From 146 N take a left at the end of the ramp (opposite from 146 S) and drive into Lincoln Woods State Park. At the kiosk take a left and park in the big double lots roughly 2/10ths of a mile up on the left.

Get on your bike and take a right out of the lot, pass the kiosk on your left and proceed carefully past the gate and take the first left. Be sure to watch for oncoming traffic. Follow the road to its end and the registration tent will be on the right. Shortly before 9:00 AM we'll head into the woods and meet at the start/finish area.

P.S. Big thanks to RI NEMBA, Lincoln Woods, Providence Bicycle USA Cycling, Dick Durishin and the US Open Cycling Foundation, Mike Iafrate, Mike Ferraro and Leo Corrigan for helping to make this happen!

Thanks and Happy Trails,

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