

2010

cyclocross clinic

Fulcrum Coaching & JBV Coaching are proud to host the 2010 cyclocross clinic with pro cyclocrosser Jeremy Powers.

'Cross talk meet & greet with Jeremy on Friday, August 27th from 7:00pm – 9:30pm at The Bike Doctor in Waldorf, Maryland.

'Cross Clinic on Saturday, August 28th with Chris Mayhew, Dan Tille & Jeremy Powers from 9:00am – 5:00pm at Rosaryville State Park in Upper Marlboro, Maryland.

Cyclocross is bicycle racing that not only requires you to be in great physical shape but also requires a unique skill set. Learning and knowing these skills will improve your racing this cyclocross season!

THE CLINIC COVERS THE FOLLOWING SUBJECTS:

- Overview of unique 'cross concepts & approach
- Dismounting & Mounting
- Evaluating a race course
- Making bike changes
- Bunny hopping: when, why & how
- Question & Answer Time
- Prizes to most improved riders of the weekend!
- Carrying & Shouldering
- Clipping in quickly
- Equipment & tire selection
- Off-Cambers

ADDITIONAL INFORMATION:

- > Friday night 'Cross talk is free to the public but is considered part of the clinic! Please register!
- > Saturday 'Cross clinic cost: **\$140**, 'Cross clinic will be limited to **50 riders**.
- > Registration and directions are available at Bikereg.com.
- > The clinic is held rain or shine but will be canceled if there are thunderstorms.
- > In addition to learning valuable cyclocross skills, lunch will be provided (Chipotle).

Chris Mayhew is the associate coach for JBV Coaching. He has over 15 years of experience racing road, mtb and 'cross in the Ohio Valley and Mid Atlantic regions. Chris has learned lessons the hard way so you don't have to. For more information visit www.jbvcoaching.com.

Dan Tille is the owner & president of Fulcrum Coaching and has raced road, mtb & cyclocross since 2000. He is currently working on his Masters degree in Exercise Physiology and coaches and races in the Mid Atlantic/DC area. For more information on Dan visit www.fulcrumcoaching.com.

FOR MORE INFORMATION PLEASE CONTACT CHRIS AT CHRIS@JBVCOACHING.COM OR CALL 724-413-7441.

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Jeremy Powers is a professional cyclist with the Cannondale-CycloCrossWorld.com professional cyclocross team and the Jelly Belly professional road team. Last season Jeremy raced his way to 20 UCI cyclocross podiums and was ranked number one for the USA Cycling Cyclocross national racing calendar. In addition to racing domestically Jeremy has spent the last six seasons training and racing in Europe. He has represented the United States at the cyclocross world championships seven times. For more information about Jeremy visit: www.JPows.com.



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