

ohio valley cyclo-cross clinic

USCF permit number 2007-2083

Fulcrum Coaching & Darkhorse Racing are proud to host John Verheul of JBV Coaching

friday 9.14 Meet & Greet from 6pm – 8pm at BioWheels Bicycle Shop

saturday 9.15 Clinic at England-Idlewild Park (9am - 4pm, Burlington, KY) held on Sunday's OVCX course

sunday 9.16 Preride the course w/ John & Dan (8:30am – 10:30am) before the OVCX Cyclo-Stampede race

Cyclocross is a unique form of 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 help you improve your racing and your cyclocross season! This clinic is open to all levels of riders.

curriculum

This clinic will cover the following subjects:

- _ Cyclo cross concepts and approach
- _ Mounting
- _ Dismounting
- _ Carrying/shouldering
- _ Off-Cambers
- _ How to evaluate a race course
- _ Clipping in quickly
- _ Making bike changes
- _ Bunny-hopping: when, why, and how
- _ Equipment and tire selection
- _ Specific questions from riders

details

Cost: \$100.00

Current limit: 30

Registration and directions are available at BikeReg.com (search for the Ohio Valley Cyclocross clinic)

The clinic is held rain or shine but will be canceled if there are thunderstorms.

In addition to learning from one of the best coaches in the country, each rider will receive lunch, snacks, and swag from BioWheels & Jamis Bicycles.

sponsors



green All of John & Dan's travel has been offset through carbon offset credits purchased through www.nativeenergy.com

instructors

John Verheul, a USAC Level 1 licensed coach, has published training articles in VeloNews and other publications. He currently coaches members of the TIAA-CREF/5280 development team, and he is the team coach for the Clif Bar/ACA development cyclo-cross team, including 2007 Junior World Silver Medalist Daniel Summerhill.

For more information on John visit www.jbvcoaching.com.

Dan Tille, a USAC Level 2 licensed coach, is the president and owner of Fulcrum Coaching. He has been racing cyclocross since 2001 and currently coaches and competes in the Ohio Valley area

For more information on Dan visit www.fulcrumcoaching.com.

