

# SOURCE ENDURANCE

## Presents the **TX CX Clinic Tour**

Featuring instruction by:  
**Zach McDonald, Johnny Sundt, Adam Mills**

### **Saturday Sept. 12: McMaster Athletic Complex**

101 W L Walden Dr, Georgetown, TX 78626

### **Sunday Sept. 13: Tupps Brewery**

721 Anderson St, McKinney, TX 75069



Source Endurance, is hosting two all day cyclo-cross clinics 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 and will focus technique development. Neutral support provided.

\*\*\*\*\*Up to FOUR upgrade points available each day.

#### **10am- Noon: Beginner Clinic.** Limit 30 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: \$35-40

#### **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: \$45-50

#### **Daily details:**

**Sign in:** BEGINNER: 9-945am.

ADVANCED: 1215-1245pm

**Neutral Support/ Expo:** Saturday: Bicycle World Austin. Sunday: Cadence Cyclery

**Lunch provided- for those doing both clinics.**

Door prizes and raffle prizes

**Event website:** <http://source-e.net/?p=1411>

**Register:**

<http://www.bikereg.com/setxcxtouratx>

<http://www.bikereg.com/source-endurance-texas-cx-clinic-tour-mckinney-tx>

We filled last year so register EARLY!

Held under USA Cycling Event Permit 2015-