



**ABOUT THE RIDE
COACHING**

CYCLOCROSS

SKILLS SCHOOL 2022!

Cyclocross racing like Cross on the Rock is nearly here again! Whether new to CX & Gravel, or brushing up on skills, this clinic series is for you! Three different sessions, focusing on increasingly challenging techniques, each clinic will teach the skills, and put your new skills to practice.

**\$25 each or
\$60 for all 3!**

**Location:
Victoria &
Fairfield**



Clinic coach 'Vegan'

Dave Shishkoff has been racing CX since 2006. With tons of tips & tricks you won't want to miss!

Three clinics, 10am start, ~2hrs each:

- * Sunday, Aug 21: Cyclocross Fundamentals**
Barriers, dismounting, remounting, shouldering
- * Sunday, Aug 28: Fundamentals Recap & Grass**
Recap & advanced cornering & off-camber
- * Sunday, Sept 4: Starts & Sand**
Quick recap of preceding topics, startlines & sand



More info & RSVP: AboutTheRide.ca