

Team Somerset

Sept. 2014 CycloCross Skills Clinic

I. Introduction & Info.

What is Cyclocross?

NJBA Series www.njbikeracing.com

Verge Mid-Atlantic Cyclocross Series ("MAC") www.midatlanticcross.com

II. Equipment Choices

Position: Similar to your road position, maybe slightly forward, and stem higher

Gearing: 38/46 or 42 single ring. 12x25/27

Cantilever Brakes, flipped (?)

Tires 700x32/34. Clinchers or Tubular

III. Skills

Getting On (fixing the stutter step & super-man)

Getting Off (step-off, step-thru)

Carrying the bike (suitcase or shoulder, top-tube / down-tube or reverse hand)

Barriers (40 cm. high, 4-meters apart) Running over them, Jumping over them

Race Starts; on seat or off

Off-Camber

Bike Changes

Tactics

IV. Training

Wed. Nights @ Otto Farm in Neshanic, High Gear/Chimney Rock, Clifton

Questions? feel free to contact Eric Schlauch at eric@peak-environmental.com