



**What:** Cyclocross Clinic

**Date:** August 28<sup>th</sup> (Sunday)

**Location:** Longbranch Park

**Time:** 10am-2pm

**Cost: FREE** with a USA Cycling License  
\$5 if you need a one day license

**Instructors:** The instructors will be Phil McCarthy, Anna Young (former Jr. National Cyclocross Champion) and other local experts

**Who should attend:** Anyone interested in cyclocross. Whether you are new to the sport or racing at any level, there will be something to learn

**Format:** Large and small group instruction utilizing portions of the OCC's Syracuse Grand Prix course (A great race and course for those interested in dipping their toes in the CX waters)

**Techniques Covered:** Dismounts (getting off of your bike at speed to jump over a barrier or prepare for a run up), mounts (you'll need to get back on your bike quickly after a dismount), carrying your bike over barriers or up hills, cornering, off cambers, basic bunny hopping, and race starts. We'll also discuss equipment choices, tire choices, pedal options and tire pressure.

**Equipment:** A CX or Mountain Bike & CPSC Approved Helmet

**RSVP and Questions:** pmccarthy2@gmail.com

Those interested in purchasing a USA Cycling license on-line may go to  
[www.usacycling.org](http://www.usacycling.org)

**Directions:**

From East or West take NYS Thruway exit 39 to 690 E to John Glenn Blvd exit.

- Turn right at first traffic light onto Van Vleck Rd. (becomes Long Branch); Course is on left before bridge.
- From the North coming 81S get on NYS Thruway (W) and follow directions above.
- From the South taking 81N take 690W to John Glenn Blvd exit and follow directions above.

**Address:**

3813 Long Branch Road, Liverpool, NY 13090