



CLINIC - Sunday 9.12.10

USAC Clinic Permit # 2010-2905

Presented by SLO Nexus Cycling Club and SoCalCross.com

Location: El Chorro Regional Park.

Time: 9:00am

Directions: From San Luis Obispo take Hwy 1 north towards Morro Bay. Approximately 5 miles outside of SLO you will turn right at the light of Dairy Creek Road. Follow Dairy Creek Road past the Ranger Kiosk and park in the lot.

Details: Dorothy Wong of SoCalCross.com, Trina Baumstieger, SLO local and master's worlds bronze medalist, Edwin Rambuski and other local crossers will be out to show you the ropes of Cyclocross. Try it out for the first time, or hone your skills for the coming season. Demo bikes will be available for a \$10 fee, on a first come first serve basis or via RSVP. Contact us Dorothy at Dot@SoCalCross.org if you would like to reserve a bike, otherwise a Cyclocross or mountain bike is needed.

Cost:

- \$1 per rider with a valid USAC license.
- \$6 per rider without valid USAC license. (1 day license included in this price).
- \$10 additional rental fee per rider for a demo bike.

*****All riders must wear a helmet at all times. All riders must sign a waiver day of to participate.**

*****For any further information please contact tylerw@slonexus.org**

