

Free* Cyclocross Clinics

BUILD BETTER BIKE-HANDLING SKILLS!
MAINTAIN YOUR FITNESS!
GET INVOLVED IN THE KC CX SCENE!
HAVE WAY TOO MUCH FUN!



September 7, 14, and 21

6:30-8:00 PM

Schwada CX Park

1014 North 1800 Road

Lawrence, KS 66049

(See RenaissanceCoachingLLC.com for a map and directions to the venue or just Google Map it!)

September 14 will be Ladies Night at the Park (but guys are welcome, too)! We'll have several local women riders available for one-on-one help!



*A \$5 USAC One-Day Race License Fee will be required if you're not a USAC member (yet)!



Riding the TRAINER all winter?

Want to try an exciting sport that will keep you riding AND running through January? Come out for three FREE* Cyclocross Clinics brought to you by Renaissance Coaching, LLC. The events will be held on the premiere Cyclocross and Grass Track course in the Midwest!

These clinics are geared specifically toward first-time 'crossers and women racers!

Contact Jef Bishop, NASM-CPT, USA Cycling & USA Triathlon Coach: Jeffrey@renaissancecoachingllc.com

RenaissanceCoachingLLC.com

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