

CYCLOCROSS SKILLZ CLINIC

Hosted by Maria Stewart, elite CX racer

SUNDAY, OCTOBER 11 8:00am-9:30am

Triangle Park

at the intersection of Diamond Head Rd and Kahala Ave

Learn the secrets of

- *dismounting
- *remounting
- *carrying your bike
- *jumping barriers

Cyclocross bike recommended, mountain bike or commuter road bike ok. MTB pedals/shoes recommended.

Helmet required.

COST: FREE!



**Just in time for the
cyclocross race series
Oct 14, 21, and 28!**

CONTACT: Maria at stew0257@gmail.com

