



Bubba Memorial Cyclocross Clinic

Join us for a Cross Clinic featuring the flying cancles of Big Shark's Joshua "Butthead" Johnson and the "ageless" skill and grace of Chris "Hairdoo" Harre

Where: Sylvan Springs Park, St. Louis County.

When: Sunday, Oct. 8th, 2017- 8 am until 10 am.

Cost: Free

What you'll learn:

Ancient Cyclocross Secrets

The origins of Bubba

The secrets of bike set up and tire pressure.

How to corner without losing momentum.

How to best manage a run-up.

How to dismount and re-mount like a Russian ballerina.

How a race unfolds/basic tactics.

Training ideas.

How to dress.

How to warm up/inspect a course.

The rules- starts, the pit, race duration, passing, lapped riders.

How to train

Schedule:

7:30am - 8:00am- Arrival and Warm Up

8:00am - 8:05am: The origins of Bubba and Introduction.

8:05am - 8:15am: Bike Chat: Off the bike. Equipment, Tire pressure, Bike set-up.

8:25am - 8:35am: How to dress/season, conditions and climate.

Mad Skillz Sessions: Switch every 20 minutes.

8:35am - 9:35am: Cornering

8:35am - 9:35am: Barriers, dismounts and remounts.

8:35am - 9:35am: Run Ups, dismounts and remounts.

9:35am - 10:00am: Practice laps and skills, practice starts, hot lap, tempo second lap.

10:00 am Topics

How to warm up and inspect a course.

The rules- starts, the pit, race duration, passing, lapped riders.

Training Ideas - How to not suck and have fun.