

# Contender Cyclocross Skills Clinic

Women Specific Group and A/B Groups

Thursdays, beginning Sept 14, 5:30-7:30 pm, thru Oct. 19 (6 weeks total).

**Location:** Sugarhouse Park, Salt Lake City. 2100 S. 1500 E.

**Schedule:** Meet at the NW Corner of the Park. See Map on Page 2. Barrier practice, cornering, and general skill drills for 30-60 minutes, followed by anti-clockwise laps around the park perimeter.



## All-inclusive Fees for the entire 6 weeks:

- USA Cycling License Holders: \$30 unlimited pass
- Non-licensed Riders \$15 one time + \$10 each additional day
- Registration online ONLY. You must register for your first clinic!  
<https://www.bikereg.com/contender-cyclocross-skills-clinic>

**Fine Print:** Fees partially cover the cost of the permits (USA Cycling and Sugarhouse Park), insurance for all riders (\$2.50/rider/day), and the \$10/day/rider one-day license fee for non-licensed riders. No extra charges, no refunds, no profit. Licensed Riders must sign in each week, one-day license required each time for non-licensed riders.

**Women-Specific Clinics will be led by Laura Howat.**

**A/B Groups will be led by Darrell Davis with help from local 'cross gurus.**

**Goals:** Learn something about cyclocross technique; how to go over barriers, run up hills, and ride a skinny-tired bike off the pavement. Cyclocross, Mountain Bikes, Gravel Bikes, etc. are welcome.

**Rules:** Bikes are absolutely prohibited off-pavement anytime except during the clinic! Violation will result in us losing use of the Park. This is a promise. Do not ride on the grass except for Thursdays, during the clinic. Clinic participants are expected to police themselves.

Email: [crossdoctor@gmail.com](mailto:crossdoctor@gmail.com)

USA Cycling Permit # 2017-2542

**Minimizing conflict with other park users.** The time of the clinic is one of the heaviest used times by runners, and runners use the same perimeter trail as for the cyclocross clinic. We **must** minimize conflicts with runners. First, the cyclists have to be aware of the requirement to be good citizens, second, the cyclists will give the right-of-way to runners on the trail.

What does this mean to you, the bike rider? Don't annoy the runners! If there is some encounter, apologize. Give them a wide berth and politely announce your presence.

**Don't ride your bike around Sugarhouse Park outside the clinic times.** If you see someone else doing this, explain to them the ramifications of their actions. Conflicts between cyclists and runners could cause us to permanently lose the Park.

