

Trail
ANGELS

COURAGEOUS

WOMEN

OF DIRT

Rock
Road
CYCLERY

A SKILLS DAY ON AND OFF THE BIKE

PRE-REGISTER BY MAY 5TH & GET A T-SHIRT FOR \$10.00

B E N E F I T T I N G

BIKES FOR
BOOBS

SAVE A PAIR • SAVE A LIFE

Rock
Road
CYCLERY

Trail
ANGELS

SPECIALIZED

OVER THE HUMP
12
mtb race series

WHERE

SATURDAY - MAY 19TH, 2012 FROM 9AM - 3:30PM
IRVINE LAKE - 4621 SANTIAGO CANYON RD. SILVERADO, CALIFORNIA 92676

WHO

BEGINNER - LITTLE TO NO EXPERIENCE? THIS CLINIC IS FOR YOU! LEARN BIKE SET UP, BALANCE, BRAKING, SHIFTING, CORNERING AND NAVIGATING OBSTACLES. THERE WILL BE A LIMITED SUPPLY OF SPECIALIZED DEMO BIKES THAT YOU CAN USE!

INTERMEDIATE - FOR THOSE WHO HAVE EXPERIENCE AND RIDE REGULARLY. ADVANCE YOUR TECHNICAL SKILLS. NAVIGATE SAND, ROCKS, LOOSE TERRAIN AND DROP OFF.

INTERMEDIATE PLUS - FOR ANYONE WHO HAS BASIC MOUNTAIN BIKE SKILLS AND IS INTERESTED IN RACING. NO RACE EXPERIENCE NECESSARY! LEARN TO NAVIGATE THE COURSE THROUGH A PRO'S EYES. A PRO WILL TEACH YOU HOW TO PICK LINES, CORNER FASTER, START, PASS AND FINISH STRONG. YOU WILL ALSO LEARN RACE ETIQUETTE, STRATEGY AND WHEN TO REFUEL.

ALL CLINICS WILL BE TAUGHT ON THE OVER THE HUMP COURSE AT BEAUTIFUL IRVINE LAKE. THE OTH COURSE IS AN AWESOME COURSE FOR BEGINNER RACERS. IT IS SHORT, FAST, AND FUN! IF YOU'RE INTERESTED IN RACING THE OTH SERIES THIS IS YOUR ONE CHANCE TO PRE-RIDE THE COURSE BEFORE THE FIRST RACE ON MAY 22.

DETAILS

2.5 HOUR SKILLS CLINIC ON THE BIKE

2.5 HOUR SELF-SELECTED SEMINARS. CHOOSE ANY OF THE FOLLOWING 30 MINUTE SEMINARS: BIKE SET-UP AND FIT, FLAT REPAIR, GENERAL BIKE MAINTENANCE, NUTRITION AND TRAINING FOR ENDURANCE & SPEED

\$35 INCLUDES LUNCH & 1 RAFFLE TICKET

LIMITED FREE SPECIALIZED DEMO BIKES AVAILABLE!

REGISTER ONLINE AT - WWW.ROCKNROADCYCLERY.NET / DIVAS