

PRESENTS

Cross at The Park

What is Cyclocross

Like triathlon, cyclocross mixes multiple athletic endeavors, namely riding and running, with a strong emphasis on skillful bike handling. Most races are held on a 1km to 3km course mixing tarmac, sand, dirt, mud, and run ups. Races typically last a set time span — between 30 minutes and an hour — plus a final lap.

About the Event

Five events will be held for those who are training for the cyclocross season, want to give cyclocross a try, or just want to participate or watch. We are encouraging everyone to come down and participate in these training events (mountain bikes included).

The first event will include a tutorial session before we begin where you can learn the tips and tricks of cyclocross from some of the area's best racers.

What you need?

- Entrance Fee: Free! You just need to be a member of [Chinook Cycling Club](#).
- Chinook Cycling Club Membership and Waiver Required: All riders must be a current Chinook member or one day membership; available at each event.
- Registration and sign in begins at 5:00 pm and ends at 5:45 pm. Rider meeting at 5:55 pm. Rides start promptly at 6:05 pm. Be sure to sign out when exiting the course so we can account for everyone.

DATES:	August 9 th August 16 th August 23 rd August 30 th September 6 th
LOCATION:	Columbia Park Campground
DISTANCE:	40 Minutes – Open 30 Minutes – Sport & Beginner

