

# "The CXtravaganza" - Cyclo-cross Community Day(s)

Saturday, Aug 31 – Sunday, September 1, 2019

Argyll Park / The Argyll Velodrome 6750 88 St NW, Edmonton, AB

"Intro to CX", Coaching and Skills, Open Course / Pre-Ride : 8:30am – 11:30pm

All The Fun Races: 12:00pm-4:00pm

**Intro to CX: All riders / skill-levels! All bikes welcome! No club membership required!**

A two "half-day" coach-led weekend that introduces new riders to the sport through a series of different skill-builder sessions, and prepares them for two afternoons of Cyclocross racing.

Skills covered will include:

CX Bike Basics

Mounting / Dismounting

Shouldering + Barriers (Carrying your bike over obstacles)

Cornering and Carrying Speed

Run-Ups

**Cost:** Two Half-Days of Coaching + Afternoon Races = **30\$**

(Includes snacks and refreshments, however "Bring Your Own Lunch")

**Just Racing:** Grassroots, non-sanctioned fun races on the weekend! Racing will be similar to Wednesday-night style racing, but with separate categories.

**\*\*\*Podium Prizing for Top 3 A/B/C Women, Men, and Relay-Teams\*\*\***

12:00pm Kids CX races – All Ages Welcome!

12:30pm C group – 3 Laps

1:15pm B Group – 4 Laps

2:15pm A Group – 6 (or more) Laps

3:30 pm Relay Race – 3-Person mixed-teams, each racer will do one lap.

**Pre-Ride:** Race-only attendees also have the opportunity to "session" the flagged CX course all morning prior to the races, and build speed and confidence through repetition.

**Cost:** Open Course-Access + Afternoon Races both days = **10\$**

(Includes snacks and refreshments, however "Bring Your Own Lunch")

This event proudly brought to you by a variety of experienced athletes and volunteers from **Hardcore Bikes, United-Cycle, Juventus, ERTC, and iWill Cycling.**

**More Details?**

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<https://www.facebook.com/events/889350991438331/>

