

# Cyclocross Cobweb Remover

**Meet at The Bikery  
at 9:30am**  
then bike to the park  
**10:30am - 12:30pm**  
**Sunday, 12th Sept. 2010**  
**Barker's Alps Park**  
5th St. N. Bayport, MN  
(south of old prison)

**Please join us in this social event and training clinic  
to brush off the cobwebs from your cyclocross bike and muscles.**

We will be providing the following:

- a short cyclocross course with barriers (with a clock for self-timed laps to see if what you are practicing is making a difference)
- a barrier practice run (very short loop with one set of double barriers)
- fresh roasted coffee, fresh baked treats and chili from The Bikery

There will be no massed-start race, only the ability to self-time yourself (and possibly write up your time for bragging rights).

Pre-event coffee and treats - Meet at The Bikery (904 4th St S., Stillwater, MN 55082) at 9:30am to share your CX season's aspirations, then ride to the park (approx 2-1/2 miles)

Post-event chili - Return to The Bikery to share what worked, and what didn't!

**USCF Licensed Riders \$10**

**Non-USCF Riders \$15 (which includes a \$10 one-day license)**

- Please direct any questions to the Minnesota Cycling Federation's Bulletin Board under the Cyclocross Events section for this event.  
<http://www.mcf.net/mboard/viewtopic.php?f=38&t=1384>
- Held under USA Cycling Non-Competitive/Training Event permit
- Promoted by Chilkoot Velo
- Sponsored by The Bikery

**Remember:  
Jackson Meadow  
Cyclocross Race  
is Saturday, 23th  
October 2010.**



**651-439-3834**

[www.thebikeryshop.com](http://www.thebikeryshop.com)

