



# Bubba Memorial Cyclocross Clinic

Join us for a Cross Clinic featuring the flying cancles of Big Shark's Joshua "Butthead" Johnson, Dan "He's really that nice" Miller, and possibly the "ageless" skill and grace of Chris "Hairdoo" Harre. Possible appearances by other Pastaria-Big Shark Racing athletes who are semi-notable or not notable at all. You can RSVP (Please) on the race website.

**Where:** Bella Fontaine Park, St. Louis County.

**When:** Sunday, Oct. 9th, 2022- 8:30 am until 10 am.

**Cost:** Free

## **What you'll learn:**

Ancient Cyclocross Secrets

The origins of Bubba the dog

The secrets of bike set up and tire pressure.

How to corner without losing momentum.

How to best manage a run-up.

How to dismount and re-mount like a Russian ballerina.

How a race unfolds/basic tactics.

Training ideas.

How to dress.

How to warm up/inspect a course.

The rules- starts, the pit, race duration, passing, lapped riders.

How to train

## **Schedule:**

7:30am - 8:29am- Arrival and Warm Up

8:30am

- The origins of Bubba and Introduction.
- Bike Chat: Off the bike. Equipment, Tire pressure, Bike set-up.
- How to dress/season, conditions, and climate.

## **Skills Sessions:**

- Cornering
- Barriers, dismounts, and remounts.
- Run Ups, dismounts, and remounts.
- Practice laps and skills, practice starts, hot lap, tempo second lap.

## **General Topics:**

- How to warm up and inspect a course.
- The rules- starts, the pit, race duration, passing, lapped riders.
- Training Ideas - How to not suck and have fun.