

FREE* JUNIOR 'CROSS CLINIC

GIVE CYCLOCROSS A TRY



DATE	LOCATION	TIME	AGES
August 22, 2026	Palo Alto, CA	8:30am - 12:00pm	12 - 18

WHAT IT IS

In partnership with **TRP Cycling** and the Sterling Performance Academy, we're inviting **Junior 'Cross Racers** (Ages 12 - 18) to our FREE* 'Cross Clinic at Pearson-Arastradero Preserve in Palo Alto on August 22nd. 'Cross (CX) is a great way to enjoy riding your bike and a great step in your Long Term Athletic Development (LTAD). Spend a few hours learning and practicing the skills and techniques of cyclocross like: Mounts and Dismounts, Barriers, Carrying the Bike, and How to Train.

PROGRAM ELEMENTS

01 LEARN THE SKILLS

Safe and Effective Braking • Smooth and Fast Turning • Dismounts (getting off the bike) • Remounts (getting on the bike) • Positioning • Close Quarters Riding • Getting Over Barriers • Running with the Bike, and more...

02 DO THE TRAINING

How do you train for CX? How long should you ride? What is RPE?

We'll have a small course set up to practice and learn the differences between a REALLY HARD RACE EFFORT and a REALLY USEFUL TRAINING EFFORT. Learn how to warm up, fuel on the bike, and more!

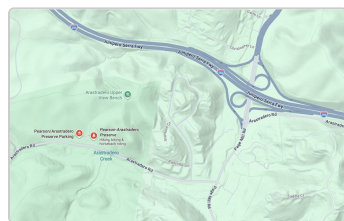
03 LOCATION / TIME / *COST

Location: Pearson-Arastradero Preserve — 1530 Arastradero Rd, Palo Alto, CA 94304

Time: 8:30am - 12:00pm

Cost: \$10 — limited enrollment, shows your commitment, and we'll use the \$\$ for cold drinks and snacks!

Registration: limited to 20 riders



Pearson-Arastradero Preserve

1530 Arastradero Rd
Palo Alto, CA 94304

04 LET'S GO RACING!

Clinic participants are encouraged to race and can join us at Surf City Cyclocross, October 25th for a supported race experience!

05 PROFESSIONAL COACHING

Manager and Head Coach Matt McNamara has worked with all levels of junior cyclists for over 20 years. He has developed LTAD curriculae for cyclocross and road programs, helped build the "Beginner Racer Program" for USAC, and personally coached over a dozen National Champions from juniors to masters.

CLICK TO SIGN UP



sterlingspeed.square.site — Free Junior Cyclocross Clinic, NorCal/Bay Area
Questions before you sign up? Reach out — Coach Matt · info@sterlingwins.com / 408.891.3462

STERLINGWINS.COM