



GREENVILLE  
**CYCLING  
CENTER**

Cycling Skills Clinic Series

July 10 • Aug 14 • Sept 4 • Sept 25

**Itinerary:**

**Start:** 9:30 am sharp!

Light breakfast will be served during the morning lecture and Q&A Session.

On-bike segment to follow.

**Finish:** Projected finish time is 1:30 pm, but delays are possible depending on the length of the Q&A session and the nature of the group's riding ability.

**Location:**

**Sept 4:** At the GCC Facility (see address below)

**Sept 25:** 126 Millport Circle, Mauldin, SC. At Exit 34 I-385 & Butler Rd. (This is the same venue as the recent Domestique Criterium races.)

From I-385 South, exit at Butler Rd, turn right and right again at Rothwell Dr.

From I-385 north, exit at Butler Rd, turn left and right at Rothwell Dr. once you cross highway.

**Leaders:**

GCC coaches Jim Cunningham, David Curran and Dan Shelby. Jim conducts skills clinics regularly, often at the various Olympic Training Centers in Colorado & California. David is a USAC Level 2 coach and Dan is GCC's go-to Exercise Physiologist with 25+ years of cycling, running and multisport coaching experience.

**Price:**

\$50.00 per person per clinic.

**Pre-register online:**

<http://go-greenevents.com/GCCSept4Sept25>

ph 864.630.3081

email [info@greenvilleycyclingcenter.com](mailto:info@greenvilleycyclingcenter.com)

**SAVE:** Register for the final two dates for \$95

GCC CYCLING UNIVERSITY



*cycling*

**Skills**  
CLINIC SERIES

GCC invites you to our Cycling Skills Clinic Series, designed for intensive skill development. This series is appropriate for all skill and experience levels.

**SERIES DATES:**

July 10 ~~Cornering, Pack Skills & Pace Lines~~ **COMPLETED**

Aug 14 ~~Climbing & Descending~~ **COMPLETED**

**Sept 4 Pedaling Skills & Becoming ONE with Your Bike**

Pedaling technique and drills

Efficient power transmission - relaxing on the bike and using your body effectively during sustained efforts, accelerating and sprinting (including TT starts); using momentum, other riders and other energy savers

Introduction to balance, light contact, and awareness through grass drills

**Sept 25 Cornering, Pack Skills & Pace Lines**

*Second date added by request.* Cornering with speed and control

Pack riding skills and etiquette

Pace line skills and safety

Eating and drinking in the pack

Pre-register online: <https://go-greenevents.com/event/id/78>



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COMING SOON! GCC Cycling University Fall Mini-Camps

Tentative Dates:

October 2-3

Cyclocross Skills

Beginner to Intermediate Skill Drills, Hot Laps, Practice Race Segments

October 23-24

Mountain Bike Skills

Experienced Beginner to Intermediate Level Skills Workshop

December 3,4,5

Powermeter Use and Training - Measure to Manage

Getting the Most from Your Power Based Program

PowerTap Wheel Test Rides

To register, email: [info@greenvilleycyclingcenter.com](mailto:info@greenvilleycyclingcenter.com)