



2010 Guns, Grits, and Gravel 'Cross Workshop

Saturday, August 28th and Sunday, August 29th
The Guest House, Lost River, WV



Fueled by the success of this year's Lost River Classic Road Race, event sponsor and promoter Raw Talent Ranch (RTR) is proud to announce the **2010 Guns, Grits, and Gravel Cyclocross Workshop**. Newcomers and seasoned vets (and everyone in between) are invited to join Jeremiah Bishop and Joe Dombrowski in wild and wonderful Lost River, WV for two days of 'cross and comradery!

Twelve-Time member of the USA National Team, **Jeremiah Bishop** is well recognized as one of the strongest and smartest multi-discipline riders in the US. Best known for his short-track, cross-country, and marathon MTB exploits, Bishop is also an accomplished cyclocross racer and coach. In 2002, he was the Mid-Atlantic and Virginia Cyclocross Series Champion. In 2007, he scored elite podium finishes at Ed Sander and Capitol Cross. Jeremiah will be joining us on Saturday evening for the dinner buffet and video analysis session, and then on Sunday for the breakfast chalk talk, training ride, lunch, afternoon skills and drills session, and the final mock race.



Jeremiah Bishop

Fresh off a European 'cross campaign with the US U23 National Team, **Joe Dombrowski** recently signed on with Trek-Livestrong for the Tour of Utah. Joe is eager to share his experiences from the rough and tumble European cyclocross circuit and work with his coach and friend Jeremiah Bishop. Joe is supervising course construction, and will be on-site and on-course from Saturday until the final lap on Sunday afternoon.



Joe Dombrowski
Photo Credit: CXHairs.com.

The two day workshop format along with capped attendance, group meals, and the inspiring Lost River Valley backdrop, will give everyone plenty of opportunities to hone their skills, and interact with Joe and Jeremiah on and off the course. Space is limited to 30 riders. Sign up online today!

Register Online at <http://bit.ly/gggcross> – Tuition: \$200.00

Saturday, August 28th

8:00am	Welcome Breakfast and introductions
9:00am	Morning skills and drills
11:30am	Lunch at the General Store and chalk talk
2:00pm	Afternoon skills and drills
4:00pm	Authentic WV Activity
7:00pm	Buffet Dinner
8:00pm	Video Analysis

Sunday, August 29th

8:00am	Breakfast and "Training for 'Cross" chalk talk
9:30am	Training Ride w/ Jay Moglia
12:00pm	Lunch and chalk talk
1:30pm	Afternoon skills and drills
2:30pm	Mock Race
4:00pm	Farewell

Goals for the Workshop

- Have FUN and ride cyclocross bikes!
- Build a strong core skills foundation: pre-riding, tire selection, starts, cornering, obstacles including mounts and dismounts, riding sand/gravel/grass
- Provide useful feedback on technique: both during drills, and later with video analysis
- Inside "tips and tricks" from the pros
- How to structure a training plan for the cross season
- Share information on bike setup, maintenance, and other equipment considerations
- Spend time on a great course in a unique setting with time with great instructors and other athletes
- An authentic WV experience with good people, good food, and a wonderful setting

Pricing: Tuition **INCLUDES** instruction, breakfasts, lunches, and one buffet dinner, video analysis, the authentic WV group activity on Saturday, an on-site mechanic, access to the Guest House showers, hot tub, and swimming pool, and an event t-shirt.

Tuition **DOES NOT INCLUDE LODGING**. We want to give people various options to meet their budget. The workshop will be staged at the Guest House in Lost River, WV. The Guest House is a wonderful and convenient lodging choice and would be a great spot for couples and/or teammates who want to share rooms and be on-site. The area has many other possibilities including RTR's Lost River Barn. We've done our best to list them below.

The Guest House	The Inn at Lost River	Lost River Barn	Cabins at Lost River
Chalet-like lodge with plenty of amenities. Pool, on-site masseuse, bar, restaurant, etc. Site for all Workshop meals and activities. \$145 per night. http://guesthouseatlostriver.com/	Serene B&B. 3 rooms in main house with private baths- \$95 per night. 2 private spring house cottages- \$115 per night. http://innatlostriver.com/	Mountaintop setting. Perfect for teams and groups. \$450 for 6 persons. \$60 a person extra. 13 max http://www.lostriverbarn.com/	Secluded, private, cabins with amenities. \$125 per night (double occupancy). (304) 897-6788
	Lost River Grill and Motel	Camping	Lost River State Park Cabins
	Basic motel rooms only 4 miles from the Workshop. http://www.lostrivergrill.com/	Trout Pond Campground is close to the guest house. It's not your typical KOA campground. Contact us for more information.	Your basic WV park cabins with electricity. State Park location with spring-fed swimming pool. http://www.lostriversp.com/