

KENDA CUP WEST



KENDA CUP EAST

SPECIALIZED

Press Release

Huntington Beach, CA-
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U.S. Cup announces free race clinic with women's Pro XCT tour rider Krista Park at Bonelli.

The U.S. Cup presented by Specialized is pleased to announce that amateur riders competing in the **2009 Kenda Cup West and Kenda Cup East series events** will have access to free race clinics hosted by **pro racer Krista Park** at select venues. The clinic is targeted for beginner to intermediate riders; however riders of all levels are welcome to attend.



In 2008, Krista Park finished inside the top fifteen overall for the women's **N.M.B.S. Pro Cross-Country and Short Track series standings** while riding for the Kenda Titus Hayes team. As a way to give back to the sport and riders alike, Krista is offering her knowledge and experience to any racer or rider interested in learning more about the fundamentals of racing and proper preparation. **This relaxed off the bike Q & A with Krista** is sure to provide some insight for riders or racers new to the sport of mountain biking.

Clinic Info: Sunday March 1st-Bonelli Park @ 1:15 pm at the Gazebo behind sign up.

Krista's clinic will provide a perfect opportunity to pass on information to fellow athletes or to answer any post race questions. Clinics are free and open to all spectators, recreational and amateur athletes. Riders interested in attending may R.S.V.P. with Krista by sending her an e-mail to kristaparkmtb@yahoo.com. You can also visit Krista at: www.KristaPark.com or <http://kristapark.blogspot.com/>

Clinic topics will include details on the following:

- Training & Recovery
- Race Strategy and Preparation
- Warm-up
- Bike Preparation
- Nutrition
- Pre-Ride
- Race Skills and Execution
- Pro Tips

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