

Cyclocross:

How and Why to Get Started

Darren Cope

- What is Cyclocross?
- History
- Professional Series
- Amateur/Local Series
 - United States of America
 - Canada
 - Worldwide
- How does it benefit road cyclists?
 - Variety
 - Seasonal Motivation
 - Improved Bike Handling Skills
 - Maintain Existing Fitness
 - Improved Fitness
 - Weight Bearing Activity
 - Fun!
- What to expect at your first race
 - Course Layout
 - Pits
 - Timing
 - Terrain
 - Barriers
 - Stairs
 - Run-ups
 - Corkscrews
 - Fly-Overs
 - Weather
 - Spectators
 - Pre-Race Ritual
- Techniques
 - Dismounts
 - Remounts
 - Barriers
 - Portaging (Shouldering)
 - Sand
 - Mud
 - Snow/Ice
- Training
- Equipment
 - Bikes
 - Brakes
 - Drivetrain
 - Wheels
 - Tires
 - Tubular vs. Clincher
 - Tire Pressure
 - Tread Pattern
 - Tire Width
 - Pedals/Shoes
 - Water Bottles/Cages

- Clothing
 - Base Layers
 - Jerseys
 - Shorts/Knickers/Tights
 - Skinsuits
 - Arm and Knee/Leg Warmers
 - Vests
 - Jacket
 - Socks
 - Booties
 - Embrocation
 - Hands
 - Head
 - Glasses
- Post-Race Gear
- Further information
- About the Author

Thanks for checking out the Table of Contents for the new book *Cyclocross: How and Why to Get Started*.

The book will be available for purchase from the RoadBikeRider.com eBookstore by Fall 2010.

Please continue to check <http://darrencope.com> for book status updates!