

CX Nats Prep

Cyclocross Nationals is December 5-10, 2023. Registration is open and prices go up on November 29. Full USAC info here: <https://cxnats.usacycling.org/> You need a free UCI ID to race. Details when you click “Register” on how to do that – don’t wait to the last minute to figure that out. Please **update or add** your final travel and accommodation plans for CX Nats [here](#).

Bike Transport

You should already have set this up if you need it. Contact me ASAP if you haven’t! (If you have an invoice and haven’t paid it, please do.) It is \$150 for an A bike and \$75 for a B bike (for the same racer), plus one bike bag per racer. Bike transport will also include bike storage on site for the race week.

Bike drop off will be Sunday 12/3, from 1-2pm, at Barry’s house at 22 Amaranth Dr in Ken-Caryl Valley. If you want to send your bike and bag with Jessica right after CX States on Saturday, she can take a few – email her.

Accommodations

The team hotel is the [Hawthorn Suites Louisville East](#).

Saturday Team Dinner

We will have a team dinner in the Hawthorn Suites breakfast area, and everyone can bring in what they want to eat (and drink).

Preparing for the Weather

Everyone should start thinking about having a variety of cold, wet, and muddy weather gear ready to go. The time to get it together is now... and practice with it on cold or wet days. Toe spikes – if your cycling shoes can take them, get some in case you need them!

Training

It’s hard to know what the weather will look like these last several weeks, but Zwift is a great option for training indoors. Zwift is free for those under 16. <https://zwiftinsider.com/kids-ride-free/> (This isn’t instant, so expect it to take a couple of days.) For Zwift (or Trainer Road or any other platform), you will need a bike trainer, preferably a smart trainer, but there are ways to make an old tech trainer work.

Let me know if you have any questions or any other recommendations / advice / knowledge that you would like to share with the team!

Thank you,
Jessica