

BC CUP DH RACE CLINICS



June 29th **Bear Mountain**

> July 20 Silver Star

August 3rd **Kicking Horse**

> August 31 Hemlock

- Pre-race skills and planning clinic (Friday prior to race weekend)
- P.I.T Pack (handouts to assist parents/guardians and athletes in preparation for race weekends)
- Invitation to the C4 team track walk
- On course saturday training with C4 head Coach Cory Leclerc featuring the C4/Norco Team Athletes

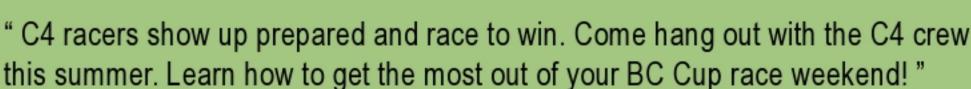
- Supervised Sunday training
- Youth MTB Intro training program from Ursus Athletics
- -Race Day pre race pep talk with individualized advice
- -Race follow up: a group activity that happens after the race and before awards



\$150 per weekend - maximum 10 participants - reserve your spot early!

Register online at www.ccnbikes.com

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- Head Coach Cory Leclerc C4 Rider Training Inc.

















