

C4 LEARN TO RACE

BC CUP DH RACE CLINICS

COMING TO A BC CUP NEAR YOU

April 27th Race the Ranch	June 29th Bear Mountain
July 13 Sun Peaks	July 20 Silver Star
July 27th Panorama	August 3rd Kicking Horse
August 24 Mount Washington	August 31 Hemlock

C4 LTR includes:

- 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

LTR@C4ridertraining.com
www.C4race.com



"C4 racers show up prepared and race to win. Come hang out with the C4 crew this summer. Learn how to get the most out of your BC Cup race weekend!"

- Head Coach Cory Leclerc
C4 Rider Training Inc.

