



ABA “Before and After” Lean to Race Cyclocross Clinic

Calgary, AB

September 13-14th, 2010

Monday: 6-8pm

Tuesday: 6-7pm, followed by a [Midweek Mayhem Tuesday Night Cyclocross Race.](#)

Location:

Monday: [Montgomery School](#)

Tuesday: [Laycock Park](#)

The clinic will be lead by NCCP certified coaches and cover basic riding techniques; dismounts, shouldering, cornering, braking & looking good.

Cost: Priceless...☺

\$20, (\$55 if you are not an ABA general member or part of an affiliated club). Register via [Karelo.com](#)

***15 spots available.**

Questions? email:

cam@albertabicycle.ab.ca

