



11759 Groat Road
Edmonton, Alberta
T5M 3K6
info@albertabicycle.ab.ca
www.albertabicycle.ab.ca

Tel 780.427.6352
Fax 780.427.6438
toll free
1.877.646.BIKE (2453)

Road and Mountain Bike Training Days, Para inclusive

Purpose of the Training Days

The purpose of the training days is to build skills and comradery leading in the 2025 Canada Summer Games. As such, any athlete between 15-18 interested in attending will be welcomed. The training days will work on skills in the morning and then have a structured workout in the afternoon. Athletes are welcome to attend regardless of discipline that they race; road racers are welcome at Mountain Bike training days and vice versa. Dates, disciplines, and cities are listed below.

Eligibility

To be eligible for selection to the team athletes must:

- Possess a current ABA license.
- Be less than 19 years of age and at least 15 years of age as of December 31st, 2024. Younger riders are welcome to submit a letter of interest using the following link.
- Complete the expression of interest found [on this link](#) no later than 10 days before the training day of interest.

<https://docs.google.com/forms/d/e/1FAIpQLScO72NyXw2L2WC3nqz8iLWQTapWdcnP9W SGjPWsSzbb1Z78rA/viewform?vc=0&c=0&w=1&flr=0>

Project Fees

The ABA will be providing all the coaches, athletes will be responsible for bringing their own food and arranging transportation to/from the venues.

Training Day Dates and Locations

ROAD TRAINING DAYS	MOUNTAIN TRAINING DAYS
May 12: Calgary	June 2: Bragg Creek
June 10: Calgary	June 11: Canmore or Bragg Creek
July 6: Edmonton	July 7: Edmonton

Note: Details/Agenda will be sent 10 days prior to the training day.