



LaRocca XC
Mountain Bike School

WORKSHOPS!

www.mountainbikeschool.ca

613-820-1919

UNICYCLE day CLINIC

WITH 2003 TRIALS & MOUNTAIN UNICYCLE NORTH AMERICAN CHAMPION
RYAN ATKINS (FEATURED IN SPACED OUT, UNIVERSE 2 AND DEFECT)

Date: Saturday, June 10, 2006 (rain day June 11)

Where: Camp Fortune

Time: 9:30 am to 3:30 pm

Cost: \$70 (GST included)

Prerequisite: must be able to ride a unicycle.

Maximum group size: 10

How to register: call (613) 820-1919
or e-mail creativewheel@sympatico.ca

This one day intensive instructional workshop is to help you improve on all aspects of riding your unicycle as well as introduce you to other types of riding your unicycle. You will have one on one coaching with Ryan and return home inspired, with tons of tips to improve your riding and hopefully build the spirit of unicycling in the Outaouais region.

Please note that this event is sponsored by LaRocca XC and all proceeds will be used to send Ryan to the 2006 World Unicycle Championship in Langenthal Switzerland to represent Canada.

What to bring:

- Ready to ride unicycle.
- Helmet that fits properly, cycling gloves and shin pads are mandatory.
- Raingear and a change of clothes.
- Lunch and snacks.



INTERNATIONAL MOUNTAIN BICYCLING ASSOCIATION

