

SPBRC Beginning Road Racing Program Group Performance Riding

More Info: Mark Manzella, temafiki@comcast.net, 651.778.2415

2008 Registration Form

Name: _____ Age: _____
Address: _____ Gender: F M

Phone: _____ Email: _____

Program Dates: Mondays May 5-June 9, and Friday, June 13. No class on Memorial Day.

Fee (check): ___\$75 (if you are not an SPBRC club member)
Make checks payable to SPBRC

___\$125 (for club membership and class, includes one jersey)
You must also submit a separate club application—see third page.
Make checks payable to SPBRC

Deadlines for registration: April 30, 2008

**Return registration and payment to:
Mark Manzella
1741 Atlantic St.
Maplewood, MN 55109**

Emergency Info and Waiver

Person to call in case of emergency:

Name: _____

Phone: _____

Participant Waiver: I am aware that bicycle riding and racing are potentially dangerous. I also certify that I am in good health and have no medical conditions which would be negatively affected by participating in this program. I am participating voluntarily and at my own risk. I assume all responsibility for any injury to me or damage to my property which may occur during this program, at any training sites or while traveling to or from those sites. I hereby for myself and heirs, personal representatives and assigns, waive and release all rights and claims for damages I may have against the sponsors, promoters, staff, participants and all other persons or organizations associated with this program.

Signature: _____

Date: _____

Parent or Guardian: _____
(for participants under 18 yrs of age)

Personal Cycling Info

(Please circle answers)

Everyone is welcome in this program regardless of your current fitness level. The following questions will help us to make sure that you are placed in the right group.

1. Do you intend to race? (This is NOT a requirement for admission)

Yes Maybe No

2. Do you have a group preference?

Women Only Mixed No Preference

3. How many miles can you currently ride comfortably on gently rolling roads?

5 10 25 50 100

4. Which of the following one mile hills could you currently complete? (We don't mean "race". We mean getting to the top even though it may hurt.)

Gentle (2%) Moderate (5%) Hard (8%) Very Hard (12%)

5. Please list the Make/Model and Size of your bike frame and brand of Components:
i.e. Bianchi, San Remo, 56 cm, Shimano Ultegra.

Make _____ Model _____ Size _____ Components _____

6. Have you done any of the following?

Running Race Triathlon Duathlon MTB Race
Time Trial Road Race Organized Rides (ie: TCBC) XC Ski Race

7. Do you want to be placed in a group with a friend or spouse?

If yes, indicate Name: _____

8. Where did you hear about this program?

Grand Performance MN Ironman Sports Mag
Friend SPBRC Website Other

