

# Ride Guides

## RIDE GUIDES FOR THE HHH

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Best Phone Number: \_\_\_\_\_

Best E-mail address: \_\_\_\_\_

Years of cycling: \_\_\_\_\_ Average pace: \_\_\_\_\_ Planned distance for the HHH: \_\_\_\_\_

My biggest cycling challenge/problem is: \_\_\_\_\_



### Circle One Pace Pack Please

100 mile route

62 mile route

19mph

17mph

15mph

17mph

15mph

### Acceptance of Risk:

I, \_\_\_\_\_, the undersigned, understand that with the participation in any exercise program or athletic activity, there is an inherent risk of personal injury. I am willing to accept this risk and with my signature affirm that I will do everything possible to minimize that risk. I will wear a helmet and obey all traffic laws during all my bicycle rides.

Participant Signature

Date

Please mail this completed registration form with your check for \$234.95 (payable to Bikin' Mike) to: **Bikin' Mike, 617 18<sup>th</sup>, Suite 104, Plano, TX 75074**

