



Graduate Registration Form

Pick the part you need

What do you need to get ready?

Indoor sessions only? Attend 2 each week for 4 weeks and one session the week of the HHH for just \$125

Outdoor rides only? Attend all 4 of our Graduated Distance Rides, with full support, for just \$150.

Program participants also receive the following:

- An electronic copy of "Train Smart" and "Ride Smart"
- Access to our Special Starting Position at the HHH in Wichita Falls
- Access to our Hospitality Tent following the ride

What's new? Performance Packs!

You know all about our Pace Packs, groups based upon ability who learn how to ride together in a pace line. Performance Packs are being added this year to help our graduates take their pace to the next level. This option applies to the Saturday rides.

Want the FULL program?

The Full Program includes the Blast Classes and the Saturday morning rides. Participants should bring their bicycles and indoor trainers (mag trainers are best) to all Blast Classes. Indoor trainers are available for rental (*additional \$5 per class*). All participants will need to bring their bicycles for the Saturday morning rides. For any other questions, just ask Bikin' Mike.

Interval Sessions will be at the Bikin' Blast Training Center

Monday & Wednesday evenings at 630pm beginning 7/25/16

OR

Tuesday & Thursday evenings at 630pm beginning 7/26/16

ALL participants will meet each Saturday morning for an outdoor ride.

We have our own private training rides with support.

This 4-week program packs in 24 hours of training, coaching and conditioning:

8 hours of Blast Classes, 16 hours of training rides, a personal trainer and a group to ride with as you train for the HHH.

**You can get it all for just \$274.95
Space is limited, so Register NOW!**





GET READY FOR THE HHH

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Best Phone # : _____

Best E-mail address: _____

Years of cycling: _____ Average pace: _____ Planned distance for the HHH: _____

My biggest cycling challenge/problem is: _____

Circle One

Monday/Wednesday Blast Classes begin July 25, 2016

Tuesday/Thursday Blast Classes begin July 26, 2016

Saturday morning training rides begin July 30, 2016



Bikin' Blast Training Center
617 18th Suite 103 (located by Plano Cycling)

ALL participants will meet each Saturday morning for an outdoor ride. We'll ride on our own private training rides with break points and support. Distances will grow each week to develop your fitness and ability to deal with heat.

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 training rides.

Participant Signature

Date

Please mail this completed registration form with your payment (payable to Bikin' Mike) to: ***Bikin' Mike, 617 18th, Suite 104, Plano, TX 75074***