



GET READY FOR THE HHH

Are you planning to ride in Wichita Falls on August 27th?

If you are – and you'd like to make sure you're ready to go the distance – join me for 4 weeks of concentrated training and conditioning.

We'll meet 2 nights each week for specially designed Bikin' Blast Classes that will help you get stronger AND faster. We'll also meet each Saturday morning for graduated distance rides – to make sure that your body is ready to deal with the wind and heat.

Program participants also receive the following:

- A personal trainer to guide you through the process
- A group to ride with before and during the HHH in Wichita Falls
- Indoor training for strength – outdoor training for endurance

Who is this Bikin' Mike and why should I sign up for this program?

Bikin' Mike is one of Dallas premier personal fitness trainers – with experience dating back to 1974. In 1978, he obtained a BS in Athletic Training from Houston Baptist University. He has logged more than 150,000 miles cycling and has been training recreational cyclists since 1987. Training with Bikin' Mike is guaranteed to accelerate your learning curve.

Program Details

Program fees include 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 check for \$274.95 (payable to Bikin' Mike) to: ***Bikin' Mike, 617 18th, Suite 104, Plano, TX 75074***