

Princess Pedal – Camp Registration Form - 2018

All information gathered will remain with Colleen Parsons in strict confidence and will be used only to ensure that the information presented at the sessions is relevant to the overall audience. This is a ladies-only road cycling camp. You must wear a bicycle helmet for all riding activities. Please also complete the **PAR-Q** and **Informed Consent Form** and return with your registration form.

Which camp are you planning to attend (circle one)? **May 27 – June 2**

June 3 - 9

Name: _____ Date: _____
Address: _____ City/PC: _____
DOB (yy/mm/dd) _____ Phone#: _____ email: _____
Athletic background Number of years exercising regularly: _____ Number of years cycling: _____ What are the other activities that you do for fitness?
What injuries or medical conditions, if any do you have that I should be aware of:
What goals do you hope to accomplish as a result of attending the camp?
What are your biggest areas of concern with road riding? <input type="checkbox"/> Nervous riding on busy roads/safety <input type="checkbox"/> Bike skills (handling, corners, gravel, signalling) <input type="checkbox"/> Clipping in and out of my pedals <input type="checkbox"/> Getting and recovering from a flat tire <input type="checkbox"/> Riding in a group <input type="checkbox"/> Riding on my own <input type="checkbox"/> Not having anyone to ride with. <input type="checkbox"/> Other? _____
Nutrition What if any allergies to foods:
Fee for the camp: \$1975.00 +GST. First deposit due (\$500+GST): upon registration, Final payment due: April 1, 2018. Deposit is refundable only if you find a replacement rider for the camp you've chosen. Session details: See page 2 below for more details. Register using your choice of two options: <ul style="list-style-type: none">• Cheque: Mail to CGP Consulting Inc., 3806, 24 Hemlock Crescent, SW, Calgary, AB T3C 2Z1• Electronic bank transfer: from your online banking, choose 'make a transfer' and follow the steps. Refund Policy <ul style="list-style-type: none">• A full refund will be issued by e-transfer from CGP Consulting Inc. in the event that the camp is cancelled.

Camp Information and Itinerary 2018

Sunday – Day 1 – Dinner

- Arrive and get settled, Penticton B.C.
- Dinner at 6:30pm

Monday - Day 2 - All meals

- Skills session
- Maintenance session – tire change, lube chain, safety check
- *Ride – 35-50km
- Wine touring - optional

Tuesday - Day 3 - All meals

- Hill skills and longer ride - 70-80km
- Private Yoga session with Rose at Reflexions Yoga Studio

Wednesday - Day 4 – Most meals

- Pace line skills and longer ride – 80-90km
- Dinner on your own

Thursday - Day 5 – All meals

- Optional ride or day off
- Wine touring

Friday - Day 6 – All meals

- Long ride day – 100km+
- Private Yoga session with Rose at Reflexions Yoga Studio

Saturday - Day 7 – Breakfast

- Farewell and departure

*Ride distances may vary slightly.