

Princess Pedal - Clinic Registration Form

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. If you have chosen a Road or Road-Townie combo cycling clinic mountain bikes would be deemed inappropriate. If you have chosen a Townie Clinic, then any type of bicycle will be accommodated. You must wear a bicycle helmet for all riding activities. Please complete the **Get Active Questionnaire** and **Informed Consent Form** also attached and note the session details below.

Which clinic are you planning to attend? Dates:

Name	Date										
DOB (dd/mm/yy)	Phone										
Emergency Contact / Phone											
Email											
Athletic background Number of years exercising regularly: Number of years cycling: What are the other activities that you do for fitness?											
What, if any, medical conditions do you have that I should be aware of:											
What goals do you hope to accomplish as a result of attending the clinic?											
What are your biggest areas of concern with road riding? <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">What to wear</td> <td style="width: 50%;">Getting and recovering from a flat tire</td> </tr> <tr> <td>Nervous riding on busy roads/Safety</td> <td>Riding in a group</td> </tr> <tr> <td>Bike skills (handling, corners, gravel, signalling)</td> <td>Riding on my own</td> </tr> <tr> <td>Clipping in and out of my pedals</td> <td>Not having anyone to ride with</td> </tr> <tr> <td colspan="2">Other? Explain below.</td> </tr> </table>		What to wear	Getting and recovering from a flat tire	Nervous riding on busy roads/Safety	Riding in a group	Bike skills (handling, corners, gravel, signalling)	Riding on my own	Clipping in and out of my pedals	Not having anyone to ride with	Other? Explain below.	
What to wear	Getting and recovering from a flat tire										
Nervous riding on busy roads/Safety	Riding in a group										
Bike skills (handling, corners, gravel, signalling)	Riding on my own										
Clipping in and out of my pedals	Not having anyone to ride with										
Other? Explain below.											
Nutrition What if any sensitivities/allergies to foods:											
Fee for the sessions: \$169 (e-transfer) or \$175 (credit card) Session details: See page 2 below for more details. Register: <ul style="list-style-type: none"> • Online registration www.colleenparsons.com/shop 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 session is cancelled. 											

Clinic Information and Itinerary (may vary slightly depending on clinic)

Road Bike Clinics

Session 1 – Spruce Cliff Community Centre and Lawn Bowling Club, 3375 Spruce Drive, SW., 6:00pm.

- Check-in meet and greet
- Skills – session – on the grounds of the community centre
- Quickie bike maintenance. Change a tire (front and back), check and lube your chain, check your breaks and cables.
- Refreshments and discussion about nutrition on the road, tips for riding safely and more.

Session 2 – Rocky Ridge YMCA, Calgary – 6:00pm.

- Hill-skills – quick discussion – then practise skills
- Pace-line skills (riding in a group) – discussion – then practise skills
- Ride throughout NW Church Ranches/Bearspaw on secondary roads. Total distance – not more than 50km.

Townie Bike Clinics

Session 1 – Spruce Cliff Community Centre and Lawn Bowling Club, 3375 Spruce Drive, SW, 6:00pm.

- Check-in meet and greet
- Skills – session – on the grounds of the community centre
- Quickie bike maintenance. Change a tire (front and back), check and lube your chain, check your breaks and cables.
- Refreshments and discussion about nutrition on the road, tips for riding safely and more.

Session 2 – Edworthy Park, North Side near Angel's Café, 6:00pm.

- Pathway etiquette, pathway to road safety and hill-skills – quick discussion – then practise skills
- Pace-line skills (riding in a group) – discussion – then practise skills
- Ride on pathways mostly, but some roads. Total distance – not more than 30km.

Please be sure to bring with you or wear for all sessions:

<ul style="list-style-type: none"><input type="checkbox"/> Your bike – well tuned.<input type="checkbox"/> Your helmet, bike shoes, gloves<input type="checkbox"/> Bike kit – saddlebag with tire levers, 1 tube, folding Allen-wrench, hand-wipes<input type="checkbox"/> Bike mount tire pump	<ul style="list-style-type: none"><input type="checkbox"/> Comfortable shorts – preferably cycling shorts<input type="checkbox"/> Cycling or running jacket or vest<input type="checkbox"/> Sunglasses<input type="checkbox"/> Sunscreen<input type="checkbox"/> Water bottle (if you have two bottle cages on your bike, bring 2 bottles)
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Any questions ahead of time – Contact Colleen Parsons at 403-836-5833 or cg.parsons@live.com