

The Fantastic Lake Region

Road Bike

Date: November 21st to 28th 2009

8 days, 7 nights

INSCRIPTION

Personal Data:

- Full Name: _____
- Age: _____
- Sex: Female: _____ Male: _____
- Nationality: _____
- Languages: _____
- Previous Experience in Cyclotourism: _____

- How long have you ridden a bike? _____
- How often do you ride?
 - Daily: _____
 - From 3 to 5 times a week _____
 - At least once a week _____
 - Once a month _____
 - Other: _____
- How many miles can you ride in one day?

- You consider yourself:
 - Occasional Cyclist
 - Beginner
 - Intermediate
 - Expert
 - Professional Athlete
- Apart from Road bike, what kind of disciplines you practice? MTB, BMX, Free Ride, Cyclocross, etc. Specify, Please: _____

BIKE TRIPS

Viajes en Bicicleta

- What kind of Bicycle do you ride?

- Will you bring your own bike for this trip or do you want to rent one?

- Do you have any chronic disease or have to take special medication?
- Do you have allergies? Specify
- Do require a special diet: vegetarian, low in sodium, no sugar, specify please.

- Any other things you want to tell us about yourself: _____

Contact Info:

E-mails: _____

Telephone: _____

Signature