



Name: _____

Address: _____

City / Province / Postal Code: _____

Phone Number: _____

E-mail Address: _____

Fees (check one):

\$140 – Non MCA member

\$120 – MCA member

\$100 – Velodonnas member

Payment method (please circle):

Cash / Cheque

Cheques payable to: *Manitoba Cycling Association*

Emergency Contact Name: _____

Emergency Contact Phone Number: _____

Women's Indoor Program Fall 2016 Eight Wednesdays - October to December
6:00 PM @ Beautiful Savior Lutheran School (52 Birchdale Ave), School Gym

1. Oct 26
2. Nov 2
3. Nov 9
4. Nov 16
5. Nov 23

6. Nov 30
7. Dec 7
8. Dec 14

What you are looking for from the women's training:

What kind of cycling training have you done in the past? Circle all that apply.

None

Some

Sufferfest type videos

Coached program

Previous years women's program?

