



...join the chick train ♀

2008 Women's Cycling Series

Empowering Women Cyclists through Education

Get ready for this summer and your future as a cyclist. This series will cover cycling skills and techniques for women of all levels. Each session is split up into 3 Divisions : Recreational, Advanced Recreational and Racing.

When

Wednesday's in May : May 7th, 14th and 21st rain or shine
Schedule of Events (each session)

- 5:30-5:45PM - Bike Check-in
- Free bicycle check-up!
- Event Check-in
- 6:00 PM - Group Assignments and Group Stretch
- 6:30PM - Riding Begins
- 8:00PM - End

Location

Alberto's Rides & Rags
1770 First Street
Highland Park, IL 60035
847-446-2042
www.albertoscycles.com

Cost

\$35.00 for event series

Registration

Advance on-site or mail payment (payable to Alberto's), send Rider Release Form and Questionnaire (available on website) to address above.

Questions?

Contact Francine Haas at francine@albertoscycles.com or Kristin Arntzen at lohn0005@hotmail.com

Sponsors :



Divisions/Topics

Recreational

Bicycle Basics 101
Clipless Pedals
Shifting
Basic Group Riding

Advanced Recreational

Pacelines
Passing
Cornering
Climbing/Descending

Racing

Pacelines
Cornering
Bumping
Mock Racing
*Timetrials/Triathlons
*Road Racing
*Criteriums

*advance registration is strongly encouraged

USCF Permit Pending



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In an effort to better staff our event and maximize your time spent at our cycling clinic, please answer the following questions. Thank you!

Name : _____

E-mail : _____

1 What type of bicycle will you be using for the clinic?

- Road bike or Cyclocross bike
- Triathlon or Time Trial bike (set up with aero bars)
- Hybrid or Mountain bike
- Other - please specify _____

2 What is your current level of fitness?

- Recreational Rider : Generally do not ride more than an hour at a time
- Weekend Warrior : Ride on the weekends, mostly during the summer
- Hard Core : In training for summer season, at least 4 times a week on the bike

3 Where do you regularly train for cycling?

- Spinning classes/ Stationary trainer set-up
- On the road

4 What is your comfort level on the bike?

- Don't have a lot of confidence
- Pretty confident but don't like riding too close to others
- Confident in any riding situation

5 What is your group riding experience?

- Never participate in group rides
- Regularly participate in group rides

6 Group riding skills : What skills would you like to work on? (rank in order of importance 1-7)

- | | |
|--|------------------------------------|
| <input type="checkbox"/> pacelines | <input type="checkbox"/> cornering |
| <input type="checkbox"/> drafting | <input type="checkbox"/> braking |
| <input type="checkbox"/> eating/drinking on bike | <input type="checkbox"/> climbing |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> shifting |

7 If you are interested in Racing - what disciplines are you interested in?

- time trial/triathlon
- criterium/road racing
- other _____

Please mail completed questionnaire, waiver, and payment (\$35 cash or check made out to Alberto's or credit card payment at the shop) to:

Alberto's
1770 First Street
Highland Park, IL 60035
(847) 446-2042

NON-COMPETITIVE EVENT - 2008 USA Cycling Release Form AND One-Day License Application

The following entry blank and release form has been approved by USA Cycling, Inc. If reproduced, it must be in a minimum of 10 point type and retain the exact same formatting.

ONE-DAY PAYMENT INFORMATION

CASH OR CHECK ACCEPTED (no credit cards)

Non-Competitive Event: \$5 PER DAY

Amount Paid _____

Event Date(s) _____

Authorized Personnel Initials _____

PLEASE COMPLETE THE FOLLOWING INFORMATION

TODAY'S DATE _____

EVENT NAME Women's Cycling Series 2008

EVENT DATE(S) _____

NAME _____

ADDRESS _____

CITY _____ ST. _____ ZIP _____

PHONE _____ Email _____

EMERGENCY CONTACT _____

EMERGENCY CONTACT PHONE _____

I ACKNOWLEDGE THAT BY SIGNING THIS DOCUMENT, I AM ASSUMING RISKS, AND AGREEING TO INDEMNIFY, NOT TO SUE AND RELEASE FROM LIABILITY THE ORGANIZER OF THIS EVENT AND USA CYCLING, INC. (USAC), ITS ASSOCIATIONS (THE UNITED STATES CYCLING FEDERATION (USCF), NATIONAL OFF ROAD BICYCLE ASSOCIATION (NORBA), NATIONAL COLLEGIATE CYCLING ASSOCIATION (NCCA), U.S. PROFESSIONAL RACING ASSOCIATION (USPRO), AND BMX ASSOCIATION (BMXA)), AND USA CYCLING DEVELOPMENT FOUNDATION (USACDF), AND THEIR RESPECTIVE AGENTS, EMPLOYEES, VOLUNTEERS, MEMBERS, CLUBS, SPONSORS, PROMOTERS AND AFFILIATES (COLLECTIVELY "RELEASEES"), AND THAT I AM GIVING UP SUBSTANTIAL LEGAL RIGHTS. THIS ENTRY BLANK AND RELEASE IS A CONTRACT WITH LEGAL AND BINDING CONSEQUENCES. I HAVE READ IT CAREFULLY BEFORE SIGNING, AND I UNDERSTAND WHAT IT MEANS AND WHAT I AM AGREEING TO BY SIGNING.

In consideration of the issuance of a license to me by one or more Releasees or the acceptance of my application for entry in the above event, I hereby freely agree to and make the following contractual representations and agreements. **I ACKNOWLEDGE**

THAT CYCLING IS AN INHERENTLY DANGEROUS SPORT AND FULLY REALIZE THE DANGERS OF PARTICIPATING IN THIS EVENT, whether as a rider, official, coach, mechanic, volunteer, or otherwise, and **FULLY ASSUME THE RISKS ASSOCIATED WITH SUCH PARTICIPATION INCLUDING,** by way of example, and not limitation: dangers associated with man made and natural jumps; the dangers of collision with pedestrians, vehicles, other riders, and fixed or moving objects; the dangers arising from surface hazards, including pot holes, equipment failure, inadequate safety equipment, use of equipment or materials provided by the event organizer and others, **THE RELEASEES' OWN NEGLIGENCE,** the negligence of others and weather conditions; and the possibility of serious physical and/or mental trauma or injury, or death associated with the event. For myself, my heirs, executors, administrators, legal representatives, assignees, and successors in interest (collectively "Successors") **I HEREBY WAIVE, RELEASE, DISCHARGE, HOLD HARMLESS, AND PROMISE TO INDEMNIFY AND NOT TO SUE** the

Releasees and all sponsors, organizers and promoting organizations, property owners, law enforcement agencies, public entities, special districts and properties that are in any manner connected with this event, and their respective agents, officials, and employees through or by which the events will be held, (the foregoing are also collectively deemed to be Releasees), **FROM ANY AND ALL RIGHTS AND CLAIMS INCLUDING CLAIMS ARISING FROM THE RELEASEES' OWN NEGLIGENCE,** which I have or which may hereafter accrue to me, and from any and all damages which may be sustained by me directly or indirectly in connection with, or arising out of, my participation in or association with the event, or travel to or return from the event. I agree it is my sole responsibility to be familiar with the event course and agenda, the Releasees' rules, and any special regulations for the event and agree to comply with all such rules and regulations. I understand and agree that situations may arise during the event which may be beyond the control of the Releasees, and I must continually ride and otherwise participate so as to neither endanger myself nor others. I accept responsibility for the condition and adequacy of my equipment, any equipment provided for my use, and my conduct in connection with this event. I will wear a helmet which satisfies the requirements of the Releasees' Racing Rules or Regulations and that can protect against serious head injury, and assume all responsibility and liability for the selection of such a helmet. I have no physical or medical condition which would endanger myself or others if I participate in this event, or would interfere with my ability to safely participate in this event. I understand that drug testing may be conducted for athletes registered for this event and that

the use of blood boosting or substances prohibited by Releasees' rules would make me subject to penalties including, but not limited to, disqualification and suspension. I agree to be subject to drug testing if selected, and its penalties if I fail to comply with the testing or am found positive for the use of a banned substance.

I agree, for myself and my Successors, that the above representations are contractually binding, and are not mere recitals, and that should I or my Successors assert a claim contrary to what I have agreed to in this contract, the claiming party shall be liable for the expenses (including legal fees) incurred by the Releasees in defending the claims. This contract may not be modified orally, and a waiver or modification of any provision shall not be construed as a waiver or modification of any other provision herein or as a consent to any subsequent waiver or modification. I consent to the release by any third party to Releasees and their insurance carriers of my name and medical information that may relate solely to any injury or death I may suffer arising from the event. Every term and provision of this contract is intended to be severable. If any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable.

Signature of Entrant _____

AGE _____

CONSENT AND RELEASE OF PARENT OR GUARDIAN

I am the parent or guardian of _____ (Child). My Child is fit for the event, and I consent to my Child's participation. **I HAVE READ AND I UNDERSTAND THE ABOVE CONTRACT.** In consideration of allowing my Child to participate, I consent to the contract and agree that **ITS TERMS SHALL LIKEWISE BIND ME, MY CHILD,** and our heirs, legal representatives, and assignees. **I HEREBY RELEASE AND SHALL DEFEND, INDEMNIFY AND HOLD HARMLESS THE RELEASEES FROM EVERY CLAIM AND ANY LIABILITY** that I or my Child may allege against the Releasees (including reasonable legal fees and costs) as a direct or indirect result of injury or death to me or my Child because of my Child's participation in the event. **WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES or others. I PROMISE NOT TO SUE RELEASEES** on my behalf or on behalf of my Child regarding any claim arising from my Child's participation in the event.

Signature of Parent or Guardian _____