

Exploris Spring Break Cycling Camp 2014

Monday, March 24 - Thursday, March 27th

9:00-12:30pm

Return form to the Exploris Office with payment by March 17th.

In order to encourage cycling as a key "Life is Movement" element within our Exploris community we are holding 4 half-day camps during Spring Break.

We will ride on local Greenways and neighborhood streets, with the NC Art Museum parking lot being our base location. We will cover basic skills, cycling etiquette, rules of the road, bike maintenance and repair 101, with the central focus on safety.

LOCATION: NC Art Museum parking lot on Blue Ridge Road, with an option to change this for our final day. If we do, we will give you plenty of notice - it will be in Raleigh.

REQUIRED:

A bike in good riding condition; road, cyclocross, hybrid, mountain etc..

A cycling helmet that fits you

At least one water bottle

No special clothing or shoes are required (however, avoid baggy).

REGISTRATION PAYMENT: \$30.00 per day

Circle the Days you will be attending, total # of days and total payment:

Check made payable to: Bill Wallenbeck

Monday	Tuesday	Wednesday	Thursday	Total # of days _____
\$30	\$30	\$30	\$30	Total \$ _____

GENERAL INFORMATION

Student name: _____ Grade: _____

Parent name: _____

Parent contact # _____ (home/work/cell)

EMERGENCY CONTACT INFORMATION

Contact name: _____

Relationship to student: _____

Emergency contact #: _____

MEDICAL INFORMATION

PLEASE PROVIDE A COPY OF YOUR CHILD'S INSURANCE CARD (front and back)

Insurance policy name and phone #: _____

Health limitations/concerns: _____

Please contact Mary Margaret with questions: mmoffitt@exploris.org

~~ Andrea Wallenbeck, Bill Wallenbeck, Mary Margaret Moffitt ~~

STUDENT NAME: _____

Please describe your experience with cycling

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