

# Advanced Skills Day

Sunday 22 August 2010

8.30am – 3.30pm

Stromlo Forest Park

Uriarra Rd Stromlo ACT

## Event Information

The advanced skills day is designed for riders who are seeking to move their XC skills up another level. Primarily focusing on the needs of women high intermediate to advanced level of XC country rider and increasing their skills in the technical aspects of XC riding, our male counterparts will certainly be welcome and catered for as well.

A reasonable level of fitness is expected. **This is not a beginner course.**

There will only be 30 places available allowing small numbers per instructor.

Lunch, morning and afternoon tea will be provided.

Cost is \$75 per person (or \$65 for CORC Members) and we can only accept credit card payments. An extra \$5 will be payable on the day if not an MTBA member for insurance purposes.

Filling in this application does not guarantee entry into the program. Payment needs to be processed and a confirmation email received by you to confirm your place.

**For More Information**

Ph. Kris 0433 932 210

Ph. Anne 0410 008 068

Email: [women@corc.asn.au](mailto:women@corc.asn.au)

## Application Form

Email or fax the following application form to [women@corc.asn.au](mailto:women@corc.asn.au) or 6222 2262

Name:	
Address:	
Age:	
MTBA Licence No.:	
Contact Numbers:	
Email Address:	

### Disclaimer and Conditions

1. All entrants acknowledge that they participate in the CORC Off Road Cycling Advanced Skills Day entirely at their own risk.
2. I am aware that my participation in this activity will involve cycling on unsealed roads. I am also aware of the hazards that may be involved in such participation.
3. I agree to waive all and any claim that may arise from my participation in CORC Off Road Cycling Advanced Skills Day from the representatives of Canberra Off Road Cyclists Inc.

Signature: .....

### Payment Details

Total Amount: \$75 (or \$65 if a CORC member), if no MTBA licence add \$5

MasterCard/Visa/Other please specify, **no AMEX**

\_\_\_ / \_\_\_ / \_\_\_      **Expiry Date** \_\_\_ / \_\_\_      **CVV** \_\_\_\_\_

Name on Card:	
Amount:	
Signature:	

### Health/ Medical

Do you have any allergies, injuries or disabilities?    *Yes / No*

- If Yes, please give details:

Do you have any special dietary needs (e.g. vegetarian, lactose/wheat intolerant)    *Yes / No*

- If Yes, please give details:

Your cycling profile...

- Previous Mountain Biking experience (please circle):  
*Intermediate*    *Experienced*    *Elite*
- Have you participated in (please tick):
 

Mountain bike race?	Road race?
Another cycling event?	Attended a previous CORC women's weekend or other CORC event?

- Please rate your level of fitness on a scale from low (1) to high (5) (please circle):  
1    2    3    4    5