

Membership Application Form

Want to Join? Here's how!

Step 1: Go to www.albertabicycle.ab.ca

Print the ABA membership application & Waiver form

Step 2: Complete both ABA forms and this application.

Step 3: Bring the 3 forms and cheque (\$70) to:

Attn: Bike Bros. Cycling Club
Bike Bros,
122-4th ave
Cochrane, AB

Name: _____

Ph: H (403) _____
W (403) _____

Email: _____

Age: _____

Want a Club Jersey?

Yes ___ No ___

This will be at an additional cost estimated at \$50.

** NSF Cheques will be assessed \$25 administration fee.*

Club Sponsors



Discover your best eye care solution



If you have any questions about the club,
Contact Michael or Graham at Bike Bros 932-7010 or
Patrick at Lifestyles Fitness or E: pkglifestyles@telus.net

BIKE BROS.

Cycling club



The Bike Bros. Cycling Club...

exists to enable you to "share the experience and love of biking".

We envision a club that is warm, generous, social and friendly –like a brotherhood (except for brothers AND sistas!).

Our club embraces all types of bikers— from mountain or road beginners just learning to ride all the way to experienced cyclists who want the extra challenge of competition or even racing. So...if you love bikes and camaraderie, join us!

We know cycling means different things to different people –from getting somewhere to going nowhere to getting to work to getting fit . So wherever you are going, great! Just come share the ride with us!

Reasons to become part of the Club:

Reason 1 You'll get fit.

Biking challenges your aerobic system on long sustained rides and your muscular system on steep climbs & downhills.

Reason 2 You'll build confidence.

The learning curve can be steep! Imagine the first time you conquer a climb that used to take *forever*. Riding with others allows you to see the results of your hard work.

Reason 3 It's a social thing.

Tuesday & Thursday nights will be social rides designed for enjoyment and connecting with others. It will be a great opportunity just to interact and share the experience. There's no pressure! Fun takes precedence over performing.

Reason 4 Biking in the Mountains is awesome.

Mountain biking naturally lends itself to beautiful scenery: From mountain panoramas to ancient trees to striking rock formations; the Eastern slopes of the Rockies have it all!

Reason 5 Just for the experience!

You'll be part of the stories about epic rides, amazing times and gnarly falls. "We rode four miles of sweet single-track!" That doesn't sound too bad does it?

Reason 6 You'll learn on every ride.

In the road & mountain biking world, every ride is an adventure, especially with a mix of riders on every ride.

Reason 7 Mental toughness.

Falling off your bike is part of mountain biking. Feeling winded after a long road bike climb is part of the experience. You have to start to finish, so come out and enjoy the experience!

Club Membership Benefits @ \$70.00

- * Water Bottle & Riding Socks
- * Club Apparel for purchase (i.e. jersey)
- * ABA (Alberta Bike Assoc.) General Insurance
- * 3 formal weekly club rides
- * Off-season dry-land training opportunities

Note: If you will be racing, there is an additional fee. Contact club president for more information.

Tuesday Night 'Social' Rides 6:30

Meet at Bike Bros. Car-pool to trail-head in Bragg Creek, Kananaskis or Canmore Area. Ride is selected to finish safely before dark. Rides are aimed at riders with intermediate skill and fitness level.

Thursday Night – ladies Night 6:30

Meet at Bike Bros. Car-pool to trail-head in Bragg Creek, Kananaskis or Canmore Area. Ride is selected to finish safely before dark. Rides are aimed at riders with intermediate skill and fitness level. Ladies night is for the ladies!

Sunday Long Ride Time TBA

This ride is our opportunity to ride the mountains. The terrain can be challenging and the duration will be between 2-4 hours. Stay tuned for the details on where and when.



Bike History:

1) Please check appropriate ability of your Mtn. Bike experience?

Average (single track, but keep it slow) _____
 Above Average (climb & descent with confidence) _____
 Good (Like to race to the top of a mtn) _____
 Competitive (Interested in bike racing) _____

2) Do you also like to road cycle? If so, see below. _____

3) Please check appropriate ability of your Road Bike experience?

Average (Clipless pedals and have group ridden) _____
 Above Average (know how to draft) _____
 Good (Like to push and attack) _____
 Competitive (Interested in bike racing) _____

ACKNOWLEDGMENT OF RISK

Please Read Carefully & Sign:

I acknowledge that participation in the Bike Bros. Cycling Club activities might result in personal injury to myself due to the outdoor nature of biking and the inherent risks associated with mtn. biking and road cycling, especially on public roads. I accept these risks. In consideration of my participation in the bike club and it's partners Lifestyles Fitness & Wellness Centre and Bike Bros. I agree that the club organizers i.e. lifestyles fitness & wellness centre, Bike bros., it's directors, officers, employees, coaches, volunteers, members, and agents shall not be liable for any personal injury or loss I might suffer from any such participation, unless such loss shall be caused by the negligence of any one or more of the above-named whilst acting within the scope of their duties.

Signature: _____

Date: _____