

CYCLING SPECIFIC PROGRAM INFORMATION

1. Have you ever ridden a bike before?

a. **If yes**-What type of equipment did you use?

b. **If no**-Would you pedal with your arms or your legs?

2. Can you grip and hold a handlebar?

3. Can you squeeze a lever to brake?

4. How is your balance? Can you balance a two-wheeled bike?

Comments:

Please note: All participants should bring bike shorts or comfortable shorts or pants, a windbreaker or light jacket, sunglasses, sunscreen, helmet and water bottle. If you do not have a helmet or waterbottle, one will be provided for you.

Beginner Riders: Meet at the storage shed at the NAC Ranch

Advanced Riders: Ride locations for the summer will be handed out at the end of June.

PARTICIPANT'S NAME