

**Call: 519.679.1266
or visit: www.cbss.ca**



Enjoy Friendly Atmosphere



Champion Bicycle Sales & Service Ltd.®
592 Adelaide St. N.
London ON.
N6B 3J8 Canada
Voice: 519-679-1266
Fax: 519-679-1075
www.cbss.ca


Champion
Bicycle Sales & Service

Training Group



Join

... And Train Like a

Champion

What Do You Get?

- Weekly supervised rides (Sat group ride, Wednesday focus workout)
- For our 2012 membership, we offer a discount of 15% off all merchandise (10% on bicycles)
- Electronic web based ride schedule and message board to ask / comment about anything from fitness tips to where your friends are having post ride breakfast!
- Supervised rides and clinics with focus on multisport beginner to intermediate rider.
- Seminars and "In Ride Coaching" on topics such as drafting, climbing, bike position, equipment, etc.
- email support for your questions
- Lot's of encouragement and advice.

**Program runs from
Apr. 11th to Sep. 29th 2012**

How Much Does Membership Cost?

- The Champion Bicycle Training Group membership fee is \$90 (HST Inc.) For returning members the fee is \$55 (HST Inc.)

What Do You Need?

- A CSA approved cycling helmet (We can help with this!)
- A good quality road bicycle (We can certainly help you with this too!!)
- A strong desire to be the best you can be
- We welcome everyone but it would help if you have at least a small amount of road cycling experience.

What's New for 2012?

- More Longer rides in Preparation for Centurion & Century Ride, Aug 5th (160km)
- Out of town weekends rides

Goals and Objectives for 2012

- First and foremost a fun supportive group atmosphere for training no matter if you are interested in general fitness or racing.
- Our Saturday rides will focus on steady paced group rides on a variety of courses with a choice of a 30k, 50k 80k 130k route.
- Our Wednesday rides will be a variety of specific workouts designed to increase and test your overall aerobic capacity. Each workout for the week is in our electronic calendar.
- Group focus for 2012 will be Niagara & Collingwood Centurion, Century Ride for Pat, Lakeside Tri. We try to encourage as many group members as possible to attend to cheer one another on and help reach our individual racing goals.

**Want to join? Please fill in the form
and drop it off or mail it with payment
to:**

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REGISTRATION FORM – CHAMPION BICYCLES TRAINING GROUP

Name: _____

Phone* _____

Email* _____

Address: _____

City: _____ Postal Code: _____

Interest: Triathlon _____ Duathlon _____ Road Racing _____ General Fitness _____

Goals: _____

**Club Fee \$90 (Inc. HST)
Returning Members Club Fee \$55 (Inc. HST)**

* NOTE: While we require your phone number and email to contact you about club activities and to schedule rides, rest assured we will absolutely NOT disclose your phone number or email to ANYONE for ANY reason.