

one-2-one BIKE TRAINING *Registration*

Registration Form for one-2-one Bike Training

If you are interested in receiving one-2-one Bike Training please complete this registration form.

Name _____

Home address and post code _____

Tel no _____

Email _____

Date of birth _____

Emergency contact name and number _____

Gender _____

Preferred location for training in Edinburgh area, including postcode, if known.:

East _____ West _____ South _____

North _____ Central _____

Preferred Time for Training: Day _____ day morning afternoon evening

Which statement(s) best describes you (can tick more than one box):

Don't know how to ride a bike Know how, but need to refresh riding skills

Only happy to ride on cycle paths but keen to discover routes and improve fitness

Happy to ride on cycle paths and looking to gain confidence to cycle safely in traffic

Regular cyclist looking to improve fitness, technique, and traffic skills.

What are the key points you are looking to learn from one-2-one Bike Training:

Are there any health conditions we should know about?

If your hour of cycle training from ChangingPace is being provided by your employer as a benefit at no cost to you, please confirm your employers name here

Cycle Training Voucher Number (if applicable) _____

Today's Date _____

The completed registration form should be either posted to: ChangingPace, (Training), 22 House O Hill Road, Edinburgh, EH4 2AN or emailed to training@changingpace.info

Telephone enquiries can be made to Maggie Wynn on 0131 332 3442, 07914 727018

On receipt, your registration form will be passed to one of our qualified cycle trainers and you should be contacted within a week.

*"Freedom
is having a
bike and the
confidence
to use it."*

Learn how to:

■ **Cycle safely in traffic ✓**

■ **Discover new routes ✓**

■ **Improve your fitness ✓**

■ **Ride aware ✓**

■ **Refresh your skills ✓**

ChangingPace

Fit For The Road

www.changingpace.info