

Questionnaire

The purpose of this questionnaire is to assist us in assigning you to train with a cycling group of similar ability and to be of assistance in the avoidance of any minor mishaps.

So please be honest in your answers.

Name _____

Date of Birth _____

Gender _____

A I have been cycling regularly for; (circle appropriate statement)

More than 2 years

3-6 months

1-2 years

Less than 3months

6 months -1 year

B My longest cycle in the past month was _____ km.

C It took me _____ hours excluding stops.

D I regularly cycle _____ days per week.

E On these rides I normally cover _____ km per ride.

F My average speed on my cycle rides is _____ kph.

G I ride a _____ type of bike.

NOTES

- Sponsorship Target – Min €1,000
- Commitment to Training Plan from October 2017 to May 2018 to achieve a reasonable standard of fitness
- Commitment to dates of cycle– 30th May to 4th June 2018