

# TEAM MAYWOOD 2017

## Distance Bike Training Program

### About the Program

Join Debbie Posewitz and a team of experienced trainers for a program that covers all aspects of distance bicycling. The program includes weekly rides, meetings, and workshops designed to increase your skill, knowledge, and physical fitness. Training is targeted to your specific riding ability and multiple riding groups are offered based on your riding speed and skills.

### Monday Night Rides & Yoga

Training rides are held every Monday night, rain or shine. Rides leave the Maywood parking lot at 5:30 pm sharp. The rides begin May 1 and run through September 11. (No rides 5/29 or 9/4). Yoga will be offered after most Monday night rides.

### Weekend Rides

Weekend rides are scheduled throughout the summer and allow participants to take on longer distances. SAG support is provided on weekend rides.

### Included in your registration fee

- Registration for the 18th Annual Maywood Earth Ride on Saturday, September 16, 2017
- Bike Checks
- Weekly Monday night training rides
- Sunday morning rides with SAG support
- Targeted training workshops
- Bicycle repair and maintenance workshops
- Wrap-up dinner
- Tips and advice from experienced trainer

### Monday Yoga

Barbara Kultgen (RYT 200) will offer yoga after many of the Monday night rides. This is included in your registration fee.



“It is by riding a bicycle that you learn the contours of a country best, since you have to sweat up the hills and coast down them. Thus you remember them as they actually are, while in a motor car only a high hill impresses you, and you have no such accurate remembrance of country you have driven through as you gain by riding a bicycle.”

**Ernest Hemingway**



**A four-month training program for long distance cycling including 100-mile century rides.**

**Info Session**

**Monday, March 27 at 6pm**

**Rides begin**

**Monday, May 1 at 5:30pm**



**3615 Mueller Road  
Sheboygan, WI 53083  
920.459.3906**

**[Maywood@sheboyganwi.gov](mailto:Maywood@sheboyganwi.gov)**

**[www.GoMaywood.org](http://www.GoMaywood.org)**

## 2017 Team Maywood Registration Form

One form per rider. Please Print.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Day Phone (\_\_\_\_\_) \_\_\_\_\_

Evening Phone (\_\_\_\_\_) \_\_\_\_\_

Cell Phone (\_\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Birth Date: Month \_\_\_\_ Day \_\_\_\_ Year \_\_\_\_\_

(minors ages 12-17 MUST be accompanied by a participating adult on ALL rides)

### Emergency Contact Information

Contact Name \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_

Relationship \_\_\_\_\_

Allergies/Medical Conditions \_\_\_\_\_

I plan to ride with group # \_\_\_\_\_

I hereby fully accept and expressly assume all risks, including personal injury and death, arising out of my participation in the event and related activities. It is my responsibility to dress appropriately and wear a bicycle helmet while cycling. Although route maps, rest stops, refreshments and other assistance may be available during this event, I am solely responsible for my health and safety. I represent and warrant that I am physically fit and able to participate in this event, and I agree to stop and request assistance if I experience any symptoms such as, but not limited to, dizziness, excessive fatigue, shortness of breath, pain, or any other condition which would make it difficult or unsafe for me to continue. I waive my rights of privacy and publicity and grant permission to all of the foregoing to use any photographs, motion pictures, video tapes, recording or other record of this event for any legitimate purpose. I agree, for myself, my heirs, executors, and administrators to not sue and to release, indemnify and hold harmless the Ellwood H. May Environmental Park Association of Sheboygan County, Inc., its affiliates, officers, directors, volunteers, and employees, The Environmental Park Trust of Sheboygan County its affiliates, officers, directors, volunteers, and employees,, all sponsoring businesses and organizations and their agents and employees and the City of Sheboygan from any and all liability claims, demands, and causes of action whatsoever arising out of my participation in the program and related activities—whether it results from the negligence of any of the above or from any other cause. This release and indemnification agreement shall be as broad and inclusive as is permitted by the State of Wisconsin in which the event is conducted. If any portion of it is held invalid, the balance shall continue in full force and effect. I have read, understand, and agree to the terms of this agreement.

\_\_\_\_\_  
Signature of Participant Date

If participant is a minor between ages of 12 to 17, a parent or guardian must also pay & register, accompany the minor on all rides, and sign below. I am the legal guardian of the participant, and hereby consent to his/her participation. I have read the foregoing release and indemnification agreement, and hereby agree on behalf of myself and the participant to its terms.

\_\_\_\_\_  
Parent or guardian signature of 17 or under Date

\_\_\_\_\_  
Print parent or guardian name Phone



## Registration Fees

Member rate \$150/person

Non-member rate \$175/person

## Maywood Memberships

Become a Maywood member (\$20) and receive the discounted rate. A membership covers all members of your household.

## For more information

Call Maywood at (920) 459-3906, email [maywood@sheboyganwi.gov](mailto:maywood@sheboyganwi.gov) or visit [www.GoMaywood.org](http://www.GoMaywood.org)

## Important Notes

- Helmets are mandatory on all rides.
- You must provide your own bicycle and it must be in good working condition. Road or hybrid bikes are strongly encouraged but not required.
- Rides are held rain or shine. Please dress weather appropriate.
- Weather cancellations are emailed and posted online. For Monday rides, you may also call Maywood after 3:30 pm the day of the ride. If a make-up ride is scheduled, you will be notified via email and/or at the next Monday night ride.

## Cancellation policies

Cancellation of Team Maywood registration on or before April 15 will receive a refund minus a \$35 cancellation charge. Cancellations after April 15 are non-refundable, but registration may be transferred to another person. Riders may choose to participate in any or all activities, rides, and workshops. Partial refunds are not granted for missed or cancelled rides or activities. Program fee is not prorated for registrations received after May 1. Make-up rides may be scheduled at the discretion of Maywood and program coordinators. Make-up rides for weather related cancellations are not guaranteed and refunds are not issued for rides cancelled due to weather or safety concerns. The safety of participants is of the highest concern in making cancellation decisions.



Fees	
Maywood Member	\$150.00
Non-Member rate	\$175.00
Become a Maywood member*	\$20.00
<b>TOTAL ENCLOSED</b>	<b>\$ _____</b>

\* Membership covers all people living in your household.

Checks payable to Maywood.

(Sorry, we do not accept credit/debit cards)

### WAIVER MUST BE SIGNED →

Mail completed form and payment to:  
Maywood, Attn: Team Maywood  
3615 Mueller Road  
Sheboygan, WI 53083

### Please read this disclaimer carefully and sign:

I, the undersigned, know that the Maywood Distance Bike Training Program (Team Maywood) and Yoga activities are potentially hazardous events, and attend them out of my own free will and choice. The training program includes activities which may include risks such as, but not limited to, falls, interaction with other participants, effects of weather, equipment failure, inadequate safety equipment, theft, camping, traffic and road conditions. In consideration of being allowed to participate in this event,