

## Bike for Life Waterford City 2015

### Personal Details:

**Applicant's Name:**

**Date of Birth:**

**Contact Address:**

**Contact Number:**

**(Home)**

**(Mobile)**

**Email Address:**

Please tick here if you do not want us to use your email to send you our newsletter and information about courses and activities ☐

### Exercise History:

**How often do you exercise on average, each week?**

0 to 45 minutes ☐

45 to 2 hours ☐

2 to 5 hours ☐

At least 5 hours ☐

**How often do you cycle, each week?**

Less than once a week ☐

Once or twice per week ☐

At least three times per week ☐

**How long do you think you would be able to cycle without taking a break?**

0 to 30 minutes ☐

30 minutes to 1 hour ☐

1 to 2 hours ☐

At least 2 hours ☐

**How confident are you cycling in traffic?**

Very nervous, regardless of traffic ☐

Bit nervous in medium to high traffic ☐

Relatively confident in traffic ☐

Confident in all traffic environments ☐

### Fee:

I have enclosed the fee of €30 for the Bike for Life Programme ☐

**Please make cheques payable to Waterford Sports Partnership**

### Please Note:

Please be advised that photographs/videos may be taken by Waterford Sports Partnership which may be used for future promotional purposes (eg; WSP website, Facebook page, newspaper). If you do not wish to be in any photographs please advise a member of staff prior to the event.

**Please return form to;**

Pauline Cunningham, Sports Development Officer,

Waterford Regional Sports Centre, Cork Road, Waterford

051-849855/086-7837385 | [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)

**[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)**



**Waterford Sports Partnership - Supporting Activity and Sport for All**