



OVAL[®] OUTINGS

Sign-up Sheet

Name:

Email:

Phone:

Address:

Shirt Size:

S M L XL XXL

Are you interested in a Bike jersey for an additional \$45?

Y N

Size?

Experience Level per activity:

Goals per activity: You set goals that are realistic for you. You can have mixed levels between activities.

One day biking should be at least 5 miles. One day Hiking should be at least 2 miles. One day paddling is based on your comfort level.

Biking	Hiking	Paddling
Beginner 10 Days <input type="radio"/>	Beginner 5 Days <input type="radio"/>	Beginner 5 Days <input type="radio"/>
Experienced 20 Days <input type="radio"/>	Experienced 12 Days <input type="radio"/>	Experienced 12 Days <input type="radio"/>

Please bring this completed form and a \$50 check or cash to Oval to get signed up. Swag bags will be available once all supplies are onsite. We will notify you with the pickup days and the password for the clubs on Facebook and Strava.