



SIERRA CLUB OUTINGS

Bicycle Participant Approval Form

Please complete this questionnaire and return it to your trip leader within 30 days.

Be as detailed and candid as possible with your answers. Each participant, regardless of age, must fill out a separate form.

Use another sheet of paper if additional space is needed.

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Home: (_____) _____ **Work:** (_____) _____

E-mail address: _____ **Date of Birth:** _____

- Have you been on a Sierra Club National Outings trip before? Yes No If yes, please list the most recent trip(s) including trip types, dates, trip names, locations, and leaders.

 - What personal trips with related experience (bicycling, particularly touring and multi-day trips) have you taken? Include dates, locations, and distances.

 - Detail your regular physical activities and exercise program. What physical conditioning, particularly what cycling routine, will you follow to prepare yourself for this trip?

 - Describe your general physical condition:
-

-
- Do you have any dietary restrictions (vegetarian, vegan, wheat free, etc.)? Are you an especially big eater?

 - Do you have any outdoor interests, hobbies, or specialties (birds, archaeology, geology, etc.)? Would you be willing to share them with the group?

 - Why are you interested in this trip?

 - Describe the bicycle (brand, model, condition), and any other relevant equipment (bike rack, panniers, lighting, etc) that you will be using for this trip.

If this trip will involve camping, please answer the following:

Please describe your camping experience.

Are you willing to share a tent with another member?

Please describe (brand, model, condition) of your tent and sleeping bag.
