

Web page link: <http://www.cmc.org/events/eventdetails.aspx?EventID=2575>

Name	Memb. #	Home Phone	
Address	Group	Age	Male Female
City, State	Zip Code	e-mail	

What is your level of XC Skiing ability?
 Never-ever.
 Mostly flat terrain in Nordic Centers.
 Have pretty good skills, and control on hills.

What is your level of downhill skiing ability?
 Never-ever.
 Beginner (Green slopes)
 Intermediate (Blue slopes)
 Expert (Black slopes)

What other CMC schools have you taken (include previous BSTS/XCSS or Telemark)?

What level of CMC hikes are you comfortable with? Choose one: A B C D

Which Field Day would you prefer?
 Saturdays (January 7, 14, 21)
 Sundays (January 8, 15, 22)
 Tuesdays (January 10, 17, 24)

What is your general fitness level? And do you have any medical issues your instructor should know about?

Do you participate regularly in activities that require significant amounts of cardio-pulmonary workout, i.e., 30 minutes or longer? (Circle all that apply) cycling running hiking aerobics speed walking other: How far do you go without stopping?

Do you have a friend you'd like to be grouped with?

Lecture is Tuesday, December 6th at 6:30pm in the Auditorium. (A makeup lecture is available.)

Registration Fee*

\$95.00 (\$80 for returning students – if enrolled within the last 3 years. Contact Sharon Bolton at sbolton3@comcast.net for this discount). \$10 surcharge for non-Denver Group members.

If you are NOT a member of the Denver Group:	Add \$10	
	Total Tuition:	

Payment Options

Check #	MasterCard	VISA	American Express	Discover
Card #	Expiration:			
Name on the card:	Signature:			