



MARCH MAGIC 2007

Welcome to the Santa Rosa Cycling Club's March Magic -- the training event guaranteed to jump start your cycling year.

The Rules:

- 1) Be honest. This program is based entirely on your accurate depiction of your efforts. (There may be a hill climb time trial for all those who claim too many miles.)
- 2) Keep your daily mileage log .
- 3) Ride lots.
- 4) Trainer or other "indoor" miles count at the rate of 12 miles per hour of riding. (Please mark this mileage with an *)
- 5) TOTAL MILEAGE: _____ Goal Met: YES NO

I _____ swear by the gods of good weather, clean roads and lubed chains, that I have ,in fact, ridden all the miles claimed by me in the attached mileage log during the month of March 2007.

- 5) Return your mileage log, together with this signed cover sheet by April 6, 2007 to:

SRCC March Magic
P. O Box 6008
Santa Rosa, CA 95407

Signature

Date