



Get ready for the B2B*

**4-week Century Prep
Indoor Cycling Program
March 4 – March 25 • 10:00am
Members \$75
Non-members \$145**

All classes begin at 10:00am and are 3 hours, getting you ready to get outside and ride long:

- March 4 3 hours
- March 11 3 hours
- March 18 3 hours
- March 25 3 hours

In addition to 3 hour watts-based classes, you will be learning how to eat and drink for a long ride, how to pack your bike with everything you will need, and most important, how to pace.

*Harpoon Brewery to Brewery Ride or any other high mileage cycling event

The Harpoon Brewery to Brewery Ride is one tough ride.

By design, it is not for everyone. As they say on their website, “this ride is for cyclists who enjoy great beer, are physically and mentally tough, take pleasure in the fellowship of others, don’t whine, excel in the face of challenges, play by the rules, and can ride 148 miles to the finish safely and without their hands being held.”

If you have signed up for this ride, or any other cycling century, this program is for you. For those of you doing the B2B, you have fifteen weeks from March 4th to be ready to ride the hills from the Harpoon Brewery in Boston to the Harpoon Brewery in Windsor, VT.

Registration Form - Get Ready for the B2B

CODE _____

Participant _____

Parent's Name (if under 18) _____

Address _____

Phone _____ Email _____

Emergency Contact _____ Phone _____

Membership Type: Member Non-Member

Payment Method: House Charge Check

Credit Card Type/Card Number _____ Exp.Date _____

The Kingsbury Club & Spa reserves the right to photograph program participants for publicity purposes, in print or electronic media.

Participant's Signature: _____ Date _____

Parent's Signature: _____ Date _____