SurvivorFest

Avatar Form

First Name:	Jersey Color:
Last Name:	Shorts Color:
Nickname:	Helmet Color:
Age:	Shoes Color:
Male: Female:	Type of Bike: Road Tri
Weight:	Color of bike:
Bicycle Weight:	
Height:'"	

This is going to be your on screen avatar. This Avatar will represent YOU, so be honest on the left side and go ahead and have fun on the right side. Dress this little figure any way you like.

Test 1 Jason • Add rider (Delete	Advanced (Set Velotion Gearing)
Pride Finit Jason Las: Covey Username Festil Jason Apie 23 Male • Fernale English • Meric SkinHeir • You fig:0 Bise 52 Total 155 lbs Height 53 ft 12 in Bight • Bight • Drag Factor • thinght • Bight •	Institution Total ratio Anaerobic: 100 Resting: 00 Maximum: 100 Calculate 000 Stress Law Aleme 1 (50-60%) 2 (60-70%) 3 (70-80%) 4 (80-80%) 5 (96-100%) 5 (96-100%) Auert Auert Auert Auert

We can play your favorite music during your sessions. Flip this paper over and write down some of your best motivational tunes. During your ride you can pedal and suffer in silence listening to your labored breathing, or you can drown out those sounds with some of your favorite songs. When in doubt, please write down the artist too. I suggest 5-10 of your true favorites. We can always put more into your music folder at a later time.