

Registration Form

73Tracks Course

Surname and first name:

Date of birth (DD/MM/YYYY):/...../.....

Height:cm / Weight :Kg

Health (any allergies, health problems, or food intolerances):
.....

Email address: @

Postal address :
.....

Passeport or identity card number :

Visa document number (for clients travelling from countries requiring a visa) :
.....

Mobile :

Landline :

Name and number of person to contact in case of emergency: :
+

Please note, for group bookings a Registration Form must be filled out per person.

Transport :

- Self drive, estimated time of arrival:
- Group transfer from Geneva airport (please note, this is an additional option with an additional cost). Departure time must be confirmed via email

Arrival date (DD/MM/YYYY) :/...../.....

Mountain Bike Rental: (Protective equipment included in the price: helmet, gloves, back protection and knee pads)

- XS
- Small
- Medium
- Large
- XL
- I have my own mountain bike
- I have my own full set of protective equipment

Equipment size: (Please choose appropriate size)

- Helmet : XS, Small, Medium, Large, XL
- Gloves: XS, Small, Medium, Large, XL
- Back protection : XS, Small, Medium, Large, XL
- Knee pads : XS, Small, Medium, Large, XL

Which 73Tracks course(s) do you wish to book?

- Gravity Tracks (Full weeks of DH/Enduro)
- Wild Tracks (a weekend of DH/Enduro)
- Mad Tracks (a day of DH/Enduro)
- Bike'n Raft (a day of Enduro/Rafting)
- E-Bike'n Raft (a day of E-MTB/Rafting)

Level/experience :

- Beginner (only available with E-Bike'n Raft (eclectic mountain biking and rafting))
- Intermédiaire
- Advanced
- Expert

Please choose your level from the descriptives below :

+ Beginner: You will learn how to ride an electric mountain bike correctly on small paths around the mountain. You have done a little bit of mountain biking before but not much. You do not have a lot of experience, but have ridden on off road tracks before, can pedal in a standing up position, go down a hill and brake standing up on the pedals.

+ Intermediate: You regularly go mountain biking on blue runs, but if it becomes steep or rocky you pass the difficult sections on foot by pushing the mountain bike.

+ Advanced: You have a good understanding on the technical aspects and are comfortable on red runs (overhangs, steep passages, tree roots, pebbles, rocks etc). You rarely get off the bike and can anticipate what to do next using a lifted look.

+ Expert: You are comfortable on all black runs. You tackle technical sections with speed and commitment, plus jumps, manoeuvring the bike and crossings are easy. You choose the correct line on tracks and keep your speed up. You know how to do the 'bunny up' technique to avoid obstacles or get into a new position. You are comfortable with crossing techniques too.

Fitness level :

- OK
- Good
- Very good

How often do you ride ?

- Once per month
- Once per fortnight

- Once per a week
- Several times a week

How long do your mountain bike sessions generally last ?

- Approximately one hour
- Half a day
- A full day

Which sentence represents you the most?

- You like to ride in a group and you don't mind taking short breaks during the session.
- You like to ride in a relaxed atmosphere, at your own pace.
- You can keep up with the rest of the group easily.
- You are looking for technical instruction to progress quicker.
- You are looking for a more extreme riding experience including steep descents, with the least possible breaks during the session.
- You do not want to wait for slower riders.

Please describe briefly what you normally do and what kinds of trails you enjoy riding?:

.....
.....

What is your mountain bike? (Make & Model)

.....

How did you find out about 73Tracks?

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