



TEAM K-MAN

The team is open to all levels of fitness enthusiasts. Whether you want to work out to stay fit or train to compete, we provide a fun, social, and motivating avenue to reach your goals. Membership begins in January.

Fill out this form and bring it to a workout, mail, or drop off at K-Man Cycle and Run. (see address below). More information is available on our website: www.teamkman.org

Bring this form, or mail to

K-Man Cycle and Run
9530 El Camino Real
Atascadero, CA. 93422
(805) 461-8735



Please fill out one form for each new member.

Annual membership is \$80 for individual, \$40 for Spouse, or out of county resident.

I am enclosing \$ _____

Name _____

Address _____

Phone _____ Emergency Phone # _____

Email _____

Birth date _____

Sports/Activities of Interest: _____

TYPICAL MEMBER BENEFITS (benefits may change)

- Several group workouts each week
- Email group notification of upcoming events and workouts
- Meetings/parties with guest speakers
(Past speakers include: Scott Tinley, Becky Lavelle, Lynne Cox, Julie Moss)
- A fun, social, and motivating TEAM atmosphere
- Free team goodies
- Discounts at local businesses
- Training Challenge Board
- Wildflower triathlon support
- Training travel events – (Past events include: Tour of Utah, Annual Coast

Ride, Tour of Marin county, Ironman and marathon events.