

Fitness/Climbing Bio

Please describe what you do to keep fit and any/all mountaineering and other outdoor experience you may have. This information is very useful, as we strive to cater each trip to match individual needs and goals. Signing this form indicates that you understand and comply with the physical fitness requirements for your program.

Weekly fitness routine:

How will you modify your training regimen to prepare for this trip, if at all?

Please list any/all mountaineering and other applicable outdoor experience you may have. Attach additional sheet if necessary:

Signature of participant:

Printed name: _____

Date: _____

Send completed form (and all other forms and \$750 deposit) to:

Stray Dogs Adventure Travel
Attn: Marshall Ulrich
515 Brook Drive
Idaho Springs, CO 80452