

Tour de France Member Challenge



Get a team of 3-5 members together, get on your bikes and ride a combined total of 1,000 miles in four weeks. You can ride inside or outside; just log your success. Every team that finishes will win a Galter LifeCenter Tour de France t-shirt. The team that logs the most miles will win a special prize!

Member registration is FREE. Sign up at the Courtesy Desk, then fill out a team log sheet (one per team) at the Fitness Desk and track your miles July 1 - 29, 2022. If you don't have a team tell the Fitness Desk and we can help to get you connected.

Attend any of the special double miles classes below and log double miles on your team log sheet. The double miles only include the miles completed during the class. Extra miles earned before and after class can be added to the total but not doubled.

Double Miles Opportunities:

DAYS	CLASSES	TIMES
<i>Monday, July 4</i>	Group Ride	8:15 - 9:10 a.m.
<i>Sunday, July 10</i>	Cycling and Abs	8 - 9 a.m.
<i>Friday, July 15</i>	R30	8 - 8:30 a.m.
<i>Saturday, July 16</i>	Double Miles Day - ride inside or outside (100 miles max)	
<i>Wednesday, July 20</i>	R30	8:45 - 9:15 a.m.
<i>Monday, July 25</i>	Group Ride	7:05 - 8:05 p.m.
<i>Wednesday, July 27</i>	R30	5:55 - 6:25 a.m.

For more information please contact **Jessie Hegberg** at **773-878-9936, ext. 3913**
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