

YMCA Tour de France Cycling Challenge

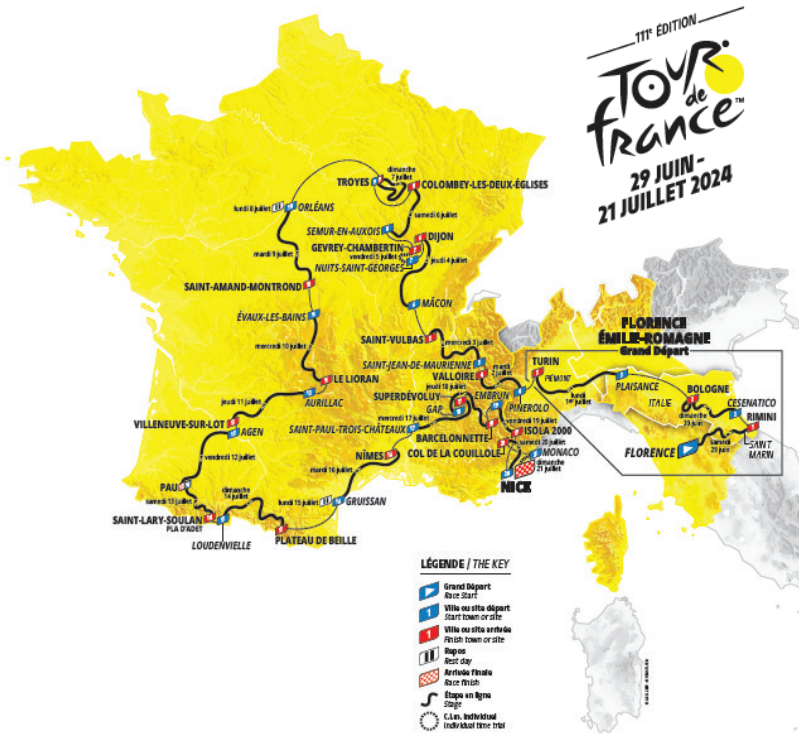
SATURDAY, JUNE 29-SUNDAY, JULY 21

You are invited to join us for the
YMCA Tour de France Cycling Challenge

Track your riding on the form below, do your best and have some fun.
The goal is to ride each day of the tour: That's 21 days of riding and 2 rest days during the month of July.

Join us for the completion of the challenge for a snack & celebration.
Lafayette & Boulder YMCA branches.

*Virtual Cycling Class with Bob on Mondays counts!



MILES: CLASS = C OR ON OWN = 0

	6/29	Stage 1 Hilly _____
	6/30	Stage 2 Hilly _____
	7/1	Stage 3 Flat _____
	7/2	Stage 4 Mountain _____
	7/3	Stage 5 Flat _____
	7/4	Stage 6 Flat _____
	7/5	Stage 7 Time Trial _____
	7/6	Stage 8 Flat _____
	7/7	Stage 9 Hilly _____
	7/8	Rest Day _____
	7/9	Stage 10 Flat _____
	7/10	Stage 11 Mountain _____
	7/11	Stage 12 Flat _____
	7/12	Stage 13 Flat _____
	7/13	Stage 14 Mountain _____
	7/14	Stage 15 Mountain _____
	7/15	Rest Day _____
	7/16	Stage 16 Flat _____
	7/17	Stage 17 Mountain _____
	7/18	Stage 18 Hilly _____
	7/19	Stage 19 Mountain _____
	7/20	Stage 20 Mountain _____
	7/21	*Stage 21 Time Trial _____

TOTAL MILES: _____

HOW IT WORKS:

*2 rest days are like a free pass and can be used on the day above or substitute for any missed riding day.

- Indicate class C, riding on own O
- Please register for "Kick Off" & "Celebration" classes as bikes are limited
- Saturday, 6/29, 7:15am-8:15am "Kick Off" Cycling class with DAN – BOULDER YMCA
- Sunday, 7/21, 7:15am-8:15am "Celebration" Cycling class with SANDI – LAFAYETTE YMCA
- Prizes, fun, friends, snacks
- Must be present to win prizes
- Turn in completed form to Celebration on 7/21/24

