

CYCLE ON YOUR OWN-MAY

Event Description: Ride your bike any time during the month of May and document a minimum of 20 miles. You may ride a stationary bike at any of the YMCA facilities. Check times at www.lakecountnymca.org ; subject to availability.

Location/Date/Time/Fees: Any time during May, ride 20 miles or take a cycle class at a fitness club where you are a member.

Event Scoring: Participation points will be awarded for cycling 20 miles. More than 20 miles will not be awarded additional points. **If you ride a bike at one of the YMCA's or at a fitness center you need to have the center's representative sign/date and list the activity on your key card. Turn in mileage card at the end of the month.**

CYCLING ON YOUR OWN- MILEAGE CARD

DATE	MILES
MAY 1-5	
WEEK OF MAY 6	
WEEK OF MAY 13	
WEEK OF MAY 20	
WEEK OF MAY 27	
TOTAL	