

B FIT 4 LIFE CORPORATE CHALLENGE

BIKING BASICS ALTERNATE- CYCLE ON YOUR OWN

Event Description: Ride your bike any time during the month of May and document a minimum of 10 miles or take a cycle class outside of the YMCA (unless you are a member) or at a fitness center of your choice. 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 10 miles or take a cycle class at a fitness club where you are a member.

Event Scoring: Participation points will be awarded for cycling 10 miles. More than 10 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.**

CYCLING ON YOUR OWN- MILEAGE CARD

DATE	MILES
MAY 1+ 2	
WEEK OF MAY 3	
WEEK OF MAY 10	
WEKK OF MAY 24 + MAY 31	
TOTAL	