



SIMULATE RIDING THE ROADS OF FRANCE

This is a wonderful opportunity to make new friends, and get hooked on the best spinning program in the area!

TOUR de SPIN

June 23 - Captains Meeting at the Central YMCA 9:30 a.m.

July 6 - Outdoor Kickoff at the Central YMCA

July 7 - Stage 1 Central YMCA under the tent 8:00 - 9:00 a.m.

Davis - regular class times

**July 28 - Outdoor Road Ride 7:15 a.m. Davis YMCA to Central YMCA and back
(Ride both ways or meet us at Central at 8:00 a.m. and ride to Davis)**

July 28 - Finale Ride at Davis Family YMCA 8:30-9:30 a.m.



- ◆ **Three-week simulation of the Tour de France as it happens.**
- ◆ **Sign a pledge card committing to ride three or more days a week during the three week period.
Sign up if you will be on vacation, just indicate those dates on your pledge card.
Sign a pledge card by Friday, June 15 to receive a team shirt.**
- ◆ **Captains will drafts team representing one of the actual Tour de France cycling teams.**
- ◆ **Outdoor Rides - Two available per week, but riders must spin at least once inside per week.**
- ◆ **Teams will be made up of a mix of Central & Davis riders.**
- ◆ **Pick up the list of Outdoor Rides and departure points.**