

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

2009 Tour de Garden City

The “2009 Tour de Garden City” challenges you to complete 21 stages, whether you are riding inside or outside. This program will run in conjunction with the 2009 Tour de France. An initial “time trial” will be administered at the beginning of the program as well as an “end time trial”. Each stage will have so many miles a person will have to complete and it can be done on your own riding inside or outside. Once you are done with a stage, you will need to turn in your time to the Fitness Director. Stages will be assigned on July 21. **Helmets are strongly recommended.**

Dates: July 13 – August 10
(Time Trial July 13 @ 6:00pm)
Meet at Sagebrush Road & 83

Deadline: July 7, 2009

Fee: \$10 Members
\$20 Program Participant



Questions?

Please contact Fitness Director Stacy Crase at (620) 275-1199 or
gckymca.fitness@gmail.com.

2009 Tour de Garden City

Name _____ DOB _____ Age _____

Address _____ Phone _____

City _____ State _____ Zip _____

Email. _____

Off ice use only: Director call _____ Staff Initials _____