



# July 2010 TOUR de PEDAL PIT



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>BB</b> = Brenda <b>DP</b> = Debbie P <b>DH</b> = Desi <b>ER</b> = Ellie <b>JB</b> = Jeanine <b>KG</b> = Karen	<b>JK</b> = Joan <b>LB</b> = Liz <b>MD</b> = Matthew <b>PB</b> = Pam <b>SW</b> = Stephanie <b>TA</b> = Terri	<b>PROFILES:</b> <b>E</b> = ENDURANCE <b>I</b> = INTERVALS <b>S</b> = STRENGTH <b>RD</b> = RACE DAY <b>R</b> = RECOVERY <b>/</b> = SPLIT 60 min. ride	<div style="border: 1px solid black; width: 20px; height: 10px; display: inline-block;"></div> = 75 min. ride <b>CT</b> = Core Tour <b>MTB</b> = Mountain Bike	<b>1</b> 7:30 am Loops PB 12:30 pm I JK 6 pm Loops MD	<b>2</b> 6 am S LB 9 am I PB	<b>3 Tour Begins</b> <i>Time Trial</i> 8 am RD PB
<b>4</b> 9:30 am E/I TA <b>Club Closes</b> <b>@ 1 pm</b> <b>Free Guest Day</b>	<b>5 Medium Mountains</b> 6 am E/S BB 9 am E/S ER 5:30 pm E/S MD <b>6:45 pm E/S PB</b>	<b>6</b> 7:30 am E/I TA 12:30 pm E/I ER 6 pm E/I GH	<b>7</b> 6 am E/I PB 9 am E/I DP 5:30 pm E/I JB	<b>8</b> 7:30 am E/I PB 12:30 pm E/I ER 6 pm E/I PB	<b>9</b> 6 am E/I KG 9 am E/I PB	<b>10 Med. Mountains</b> 8 am E/S SW
<b>11 High Mountains</b> 9:30 am S TA	<b>12 Rest Day</b> 6 am R DP 9 am R ER 5:30 pm R MD <b>6:45 pm R GH</b>	<b>13 High Mountains</b> 7:30 am E/S TA 12:30 pm E/S PB 6 pm E/S DH	<b>14 Med. Mountains</b> 6 am E/S KG 9 am E/S DP 5:30 pm E/S MD	<b>15</b> 7:30 am E/I DP 12:30 pm E/I ER 6 pm E/I DH	<b>16 Med. Mountains</b> 6 am E/S LB 9 am E/S PB	<b>17</b> 8 am E/I LB
<b>18 High Mountains</b> 9:30 am S MD	<b>19 High Mountains</b> 6 am S BB 9 am S ER 5:30 pm S GH <b>6:45 pm S LB</b>	<b>20 High Mountains</b> 7:30 am S TA 12:30 pm S JK 6 pm S DH	<b>21 Rest Day</b> 6 am R PB 9 am R DP 5:30 pm R GH	<b>22 High Mountains</b> 7:30 am E/S PB 12:30 pm E/S ER 6 pm E/S DH	<b>23</b> 6 am E/I GH 9 am E/I PB	<b>24 Time Trial</b> 8 am RD JB
<b>25 Tour Ends</b> 9:30 am E/I MD	<b>26</b> 6 am E KG 9 am E ER 5:30 pm E MD <b>6:45 pm S LB</b>	<b>27</b> 7:30 am I TA 12:30 pm I JK 6 pm I DH	<b>28</b> 6 am I SW 9 am I DP 5:30 pm I GH	<b>29</b> 7:30 am CT PB 12:30 pm CT ER 6 pm CT DH	<b>30</b> 6 am S LB 9 am CT JB	<b>31</b> 8 am MTB DH

Instructors subject to change – Check wipe off board for weekly updates



**SPINNING®**  
**July 2010**  
**TOUR de PEDAL PIT**  
**CHALLENGE!**

We invite you to join our Tour de Pedal Pit challenge as we follow some of the world's most amazing athletes in the Tour de France 2010. For 3 weeks in July, France becomes the epicenter of cycling. A million spectators line the race route from towns to remote mountain passes. Another 50 million watch on TV. All this to see who will wear the next *Maillot Jaune*, the most recognizable symbol of the tour; the yellow jersey, worn by the rider with the lowest accumulated time for total distance covered. And, we too, will have our own tour leader as well as King of the Mountains (the polka dot jersey), Sprinter (the green jersey) and the best young (or old, in our case) rider (the white jersey).

The riders in the Tour de France burn an average of 6,000 calories per day; riding an average of 100 miles each day over some of the world's most amazing European passes, also called cols. We won't burn 6,000 calories a day in our Tour de Pedal Pit *but* it is possible to burn an extra 6,000 calories *if* you make 10 rides during the 23 day challenge...and that's the equivalent of 3 pounds...plus there are prizes!!



**WHAT DO I DO DURING THE TOUR?**

You show up to ride as often as possible during the Tour. We'll re-create the actual profiles of the Tour de France, share lots of information about both the Tour and training. In the process you ride like a champion, earn kilometers for yourself and your team, watch your team progress (hopefully) and get cool prizes!

**HOW DO I SIGN UP?**

The sign up for the Tour de Pedal Pit is on an easel outside the Pedal Pit. Simply choose any team (the teams are random and for fun), fill out a tour sheet and see how many miles you can ride. There are only 9 riders on each of our 6 teams (the Tour actually has 22 teams...we're growing) so be sure to sign up NOW! Each Sunday, we'll assess the team and rider performance and post those achieving their personal best for the week.

**IF I'M UNABLE TO RIDE, IS THERE A WAY TO EARN KILOMETERS FOR MY TEAM?**

We'll award bonus kilometers for attending the opening and closing of our Tour, or for wearing the wildest racing jersey on the time trail days, and of course for attending those 'oh-so-important' recovery rides on the days of rest. Plus you get bonus kilometers for bringing a new rider to class.

**WHAT DO I GET FOR COMPLETING THE TOUR?**

At the end of the tour, more 'jerseys' and prizes will be awarded to those who accumulate more than 1500 kilometers throughout the course of the 23 day event.

In addition, your legs will look and feel fabulous. It's likely that you will have burned a few more calories than normal, learned a little more about the Tour and yourself, smiled more often and finished feeling like a champion...of sorts...

***Find the champion within – ride with us!***

Other rides this month:

- **Core Tour** - 45-minute Spin® followed by 15 minutes of core exercises to target trunk strengthening, a critical element for riding as well as all other activities. Focus on strengthening abdominals and low back including enhancing mobility and trunk rotation!
- **Loops** – You guessed it, round and round, repeat it, only better each time! We identify the challenge and how many times - you get to perfect it focusing on different objectives.
- **Mountain Bike** is a 60-minute interval ride including training upper body and core strength. You will spend time on and off the bike during the class performing squats, push-ups, tricep dips and crunches.
- **RACE DAY** – It's what you've been training for all winter! A time trial, biggest gear at the highest cadence for 30 minutes with out blowing up! Your opportunity to perform at your personal best!

**Spinning@...The original indoor cycling program**

