



Achievement Times*	
10-27 minutes	Fun Ride
28-37 minutes	Copper
38-55minutes	Bronze
56-76 minutes	Silver
76-105 minutes	Gold
106 minutes & more	Platinum

Indoor El Tour Completion Form

Please complete this form and submit to

**Perimeter Bicycling
Association of America, Inc:**
Attn: Indoor El Tour
2609 E Broadway Blvd Tucson, AZ 85716
Fax: (520) 745-1992
Email: Indoor@perimeterbicycling.com

Some important rules:

- All your minutes must be completed in one session of continuous pedaling.
- After pedaling consistently for 106 minutes, a 5-minute break may be taken. Thereafter a 5-minute break may be taken once an hour.
- Any break of more than 5 minutes signals the end of one session.
- Sessions may NOT be combined to increase minutes

Completed forms and photos must be
RECEIVED NO LATER THAN DECEMBER 1, 2017
Results will be posted online.

PLEASE PRINT CLEARLY

Cyclist's Name: _____

City: _____ State: _____

Phone: (____) _____ Email: _____

MINUTES COMPLETED: _____ Date Completed: _____

Location completed: _____

Team Name, if applicable: _____

The Beneficiary you rode for: _____

Indoor Official (required for record attempts)

Printed Name: _____

Signature: _____

Phone: _____ Email: _____

Are you submitting a photo of yourself doing Indoor El Tour? Yes No

If ordered, have you received your medallion? Yes No

If No: Pick up at the office Please mail

Questions?

Info@perimeterbicycling.com (520) 745-2033
www.perimeterbicycling.com

Thank you for your support of El Tour

** Achievement times are based on the 2017 El Tour main event distances.*