



Achievement Times*	
10-24 minutes	Fun Ride
25-49 minutes	Bronze
50-74 minutes	Silver
75-99 minutes	Gold
100 minutes & more	Platinum

Indoor El Tour Completion Form

<p>Please complete this form and submit to</p> <p>Perimeter Bicycling Association of America, Inc: Attn: Indoor El Tour 2609 E Broadway Blvd Tucson, AZ 85716 Email: indoor@perimeterbicycling.com</p>	<p>Some important rules:</p> <ul style="list-style-type: none"> • All your minutes must be completed in one session of continuous pedaling. • After pedaling consistently for 100 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
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Completed forms and photos must be
RECEIVED NO LATER THAN DECEMBER 1, 2018
 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 (Level 2), have you received your medallion? Yes No

If No: Pick up at the office Please mail

Tell us your story!

Did you ride to honor someone? Do you have a story to tell about what brought you to Indoor El Tour? We want to hear all about it! Write to indoor@perimeterbicycling.com.

Questions? indoor@perimeterbicycling.com (520) 745-2033 www.perimeterbicycling.com

Thank you for your support of El Tour
 * Achievement times are based on the 2018 El Tour main event distances.