



Indoor El Tour

Updated 8/17/2009

The LeMond Fitness Indoor El Tour is a stationary cycling event no traffic, no safety hazards, no headwinds, but still loads of fun! It can be done ANYWHERE in the world you have access to a stationary bike in a fitness center, a gym, in your own living room, or even at mini-events and neutral centers throughout Tucson. It's a great event to help you stay fit, healthy, and at the same time raise money for the Indoor El Tour charity of your choice. Ride for minutes, not for miles.

Indoor El Tour is a program of the UMC El Tour de Tucson presented by Diamond Ventures, America's largest Perimeter Bicycling event for cyclists of all ages and abilities, held every year on the Saturday before Thanksgiving. Thousands of cyclists throughout the world come to Tucson to ride in the 109, 80, 66, or 35 mile events or in the TMC Fun Ride of 4 miles or 1/4-mile.

Who can ride Indoor El Tour? Anyone can ride Indoor El Tour. It is designed for cyclists who can't be with us in Tucson on El Tour day, those who prefer not to ride outdoors, people with physical challenges, and groups or individuals who want to get their employees, friends, families, businesses or neighborhoods involved in a fun physical activity.

When is Indoor El Tour? Indoor El Tour is held for a full week, beginning Saturday, November 14 at 7:00 am (in your time zone) through 5:00 pm on Saturday, November 21. You can ride any day during this 8-day period for 10 minutes or more either on your own or at one of the mini-events or Indoor El Tour Centers. If you want, you can register again and ride another day or every day. You can even ride for a longer time and beat the current Indoor Record of 8.5 consecutive hours.

Where is Indoor El Tour? Anywhere you want. As long as there is a stationary bike you're good to go.

In Tucson? Ride at one of our mini-events hosted by the Indoor El Tour charities listed below.

| *Mini-Event Schedule |
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| Saturday, November 14 |
| Arizona Chapter of American Parkinson Disease Association Geronimo Plaza |
| Ben's Bells Project Geronimo Plaza |
| Global Sports Alliance USA Geronimo Plaza |
| Humane Society of Southern Arizona Geronimo Plaza |
| Water for People Geronimo Plaza |
| YMCA of Southern AZ Multiple Tucson Area Facilities |
| Sunday, November 15 |
| Arizona's Children Association South Tucson |
| Monday, November 16 |
| Tu Nidito Children & Family Services Intuit Campus |
| Tuesday, November 17 |
| COPE Community Services Downtown Tucson |
| Wednesday, November 18 |
| All Beneficiaries Tucson Convention Center |
| Thursday, November 19 |
| All Beneficiaries Tucson Convention Center |
| Friday, November 20 |
| All Beneficiaries Tucson Convention Center |
| Saturday, November 21 |
| Tu Nidito Children & Family Services El Tour de Tucson Start/Finish |
| Global Sports Alliance USA El Tour de Tucson Start/Finish |
| In Tucson but can't attend one of the mini-events? We've got you covered with easy to get to Indoor El Tour Neutral Centers. |
| Mid-Town |
| Mid-Valley Athletic Club - 140 S Tucson Boulevard |
| Northwest |
| Arizona Health - 6205 N Travel Center Drive |
| East Side |
| Arizona Health - 6245 E 22nd |

Rules

LeMond Fitness, Inc.

Indoor El Tour

Must be honest – the honor system applies.

Must ride some form of a stationary bicycle: Lifecycle, bicycle on a trainer or rollers, hand-cycle, spin bike, etc.

Indoor El Tour can only be done between Saturday November 14 at 7:00AM and Saturday November 21 at 5:00PM in your time zone.

Teams must have a team captain and each team member must indicate on application the name of the team – see awards section

After the first 109 minutes of riding, participants may take a break for five minutes every hour.

To be eligible for the following awards, participants must ride at an Indoor El Tour mini-event, official Indoor El Tour center, or at El Tour Start/Finish line in downtown Tucson on El Tour Day.

Must send in completed “Indoor El Tour Completion Form”

Send in a photo of yourself doing Indoor El Tour – you may see your photo in the newspaper!

Awards

LeMond Fitness, Inc.

Indoor El Tour

All cyclists riding 30 minutes or more receive a special medallion.

All of the following award recipients receive an El Tour Conquistador (handmade sculpture) and will be posted on the Perimeter Bicycling Website in December and listed in Tail Winds, Jan/Feb issue.

1st Place – given to the top individual who rode for the longest time on a stationary bicycle.

Youngest Male & Female – any one male or female 12 and under who rode for the longest time on a stationary bicycle.

Most Distinguished Male & Female – any one male or female 65 or older who rode the longest time on a stationary bicycle.

Indoor El Tour Team Award – goes to the team who accumulates the most minutes on a stationary bicycle – see team awards section.

High Money Raiser Award – goes to any individual raising \$1,000 or more for their selected beneficiary. Each high money raiser's name will be listed in Tail Winds and on Perimeter's Website in order of amount raised.

Indoor El Tour Treasure Chest – goes to the highest money raiser in the Indoor El Tour – must raise at least \$3,000.

Highest Money Team Award – goes to the team who raises the most money for their selected beneficiary.

Team Awards

- Form a team with at least five or more of your friends, co-workers or neighbors and register under one team name! You pick the name!
- Encourage as many as possible to join your team.
- Join the challenge to ride the most minutes as a group
- Compete against other teams
- Select a team captain who will send in all registrations together and will make sure the team name is on each application.
- The Team Award goes to the one team that has accumulated the most minutes on a stationary bicycle.

Arizona Chapter of American Parkinson Disease Association Geronimo Plaza

Ben's Bells Project
Geronimo Plaza

Global Sports Alliance USA
Geronimo Plaza

Humane Society of Southern Arizona
Geronimo Plaza

Water for People

Geronimo Plaza

YMCA of Southern AZ Multiple Tucson Area Facilities

Sunday, November 15

Arizona's Children Association
South Tucson

Monday, November 16

Tu Nidito Children & Family Services
Intuit Campus

Tuesday, November 17

COPE Community Services
Downtown Tucson

Wednesday, November 18

All Beneficiaries
Tucson Convention Center

Thursday, November 19

All Beneficiaries
Tucson Convention Center

Friday, November 20

All Beneficiaries
Tucson Convention Center
Saturday, November 21

Tu Nidito Children & Family Services
El Tour de Tucson Start/Finish

Global Sports Alliance USA
El Tour de Tucson Start/Finish

In Tucson but can't attend one of the mini-events? We've got you covered with easy to get to Indoor El Tour Neutral Centers.

Mid-Town

Mid-Valley Athletic Club - 140 S Tucson Boulevard

Northwest

Arizona Health - 6205 N Travel Center Drive

East Side

Arizona Health - 6245 E 22nd

Which organizations are beneficiaries of Indoor El Tour? The following charities are beneficiaries of Indoor El Tour. Follow the links to their websites to learn more about the services these organizations provide. You will register directly with the organization. You can also find out what benefits each charity is offering for your fundraising efforts.

Arizona Chapter of American Parkinson Disease Association Making a positive difference in the lives of Arizonans with Parkinson's disease and their families through education, services, and support.

Arizona's Children Association One of the largest non-profit agencies in the state to offer foster care, adoption, behavioral health, prevention programs and other child welfare services. Arizona's Children Association serves more than 45,000 children and their families throughout Arizona annually.

Ben's Bells Project Inspiring, educating, and motivating each other to realize the impact of intentional kindness and to empower individuals to act according to that awareness, thereby changing our world.

Cope Community Services Dedicated to improving the health and quality of life of individuals in need and our community. COPE serves as a catalyst for recovery through creative, flexible, and caring programs that recognize the rights and dignity of all people.

Global Sports Alliance, USA. Creating a global community of sports enthusiast working to rebuild a healthy world.

Humane Society of Southern Arizona Dedicated to finding homes, preventing unwanted litters through spay/neuter services, educating school children and adults on animal welfare and responsibility, providing training and behavior advice to keep animals in their homes.

Tu Nidito Children and Family Services Providing individual, family and group support through emotional, educational, social and spiritual services to children and their families as they deal with serious illness and death.

Water for People Raising funds to help bring safe drinking water and sanitation to people in developing countries.

YMCA of Southern Arizona Dedicated to improving the quality of human life and to helping all people realize their fullest potential through the development of spirit, mind and body.

Now choose the charity and/or event YOU want to support. Link to their website to register and get involved in our exciting event.

