

CYCLING

INCENTIVE PROGRAM

This program is designed to promote cycling as a lifelong recreation activity which supports fitness goals. It is a mileage-based incentive program that offers cycling apparel items as cyclists reach different cumulative distance tiers.

This is an honor-based system, with cyclists tracking their own mileage. Tracking cards are available at the Rambler Fitness Center. All eligible customers can participate.

This program is designed specifically for outdoor cycling. Stationary cycling miles do not qualify under this program.

Call 652-7263 for more information.

The goals of the program are to:

1. Increase cycling frequency for established cyclists
2. Increase the annual mileage for established cyclists
3. Entice non-cyclists to begin riding

Awards given for accomplishing the noted mileage tiers:

500 miles	Cycling Cap
3,000 miles	T-Shirt
5,000 miles	Basic Cycling Jersey

Beginner cyclists should be evaluated by a physician before beginning a vigorous exercise program.