



2023 Tour de PebbleCreek

July 1st thru July 23rd



The **Tour de PebbleCreek** is a 3-week cycling event that will take participants on a virtual ride along the French countryside. Designed to coincide with the Tour de France, participants are required to cycle a proportional amount of the actual miles logged by the riders in France. **Tour de PebbleCreek** participants will ride one mile for every ten required in the Tour de France.

The **Tour de PebbleCreek** is broken into “stages” just like the Tour de France. Participants are expected to complete each stage of the race **DAILY** to stay in the Tour. Making up miles for lost time should be the exception not the rule...after all this is the **Tour de Creek!**

Miles may be completed on an actual bicycle, on a stationery/spinning bicycle. Participants have the entire day to accumulate the miles required for that particular stage. They need not be earned in one ride. Hence... if the “stage” requires 12 miles...participants can either cycle the full 12 miles at one time, or ride 5 miles in the morning, and the additional miles in the afternoon, or evening. The key is to log the miles...and to enjoy!

CROSS TRAINING OPTION: Unable to cycle? Instead of peddling the requisite miles, walk **ONE FULL HOUR** in its place.

Participants enter the **Tour de PebbleCreek** by initiating a Cycling Log sheet in the **Tour de PebbleCreek** binder located in the Tuscany Falls or Eagles Nest Fitness Centers. Cyclists are on their honor...remember to try to do all your miles daily. Special Recognition will be awarded to all participants who complete the **Tour de PebbleCreek**. Good Luck, and enjoy!

The Stages of the Tour - The following are the dates and required Daily mileage:

DAY	DATE	ROUTE	MILES
Sat	1-Jul	Stage 1	11.3
Sun	2-Jul	Stage 2	13
Mon	3-Jul	Stage 3	11.4
Tue	4-Jul	Stage 4	11.3
Wed	5-Jul	Stage 5	10.3
Thur	6-Jul	Stage 6	9
Fri	7-Jul	Stage 7	10.6
Sat	8-Jul	Stage 8	12.5
Sun	9-Jul	Stage 9	11.4
Mon	10-Jul	REST DAY	
Tue	11-Jul	Stage 10	10.4
Wed	12-Jul	Stage 11	11.2

DAY	DATE	ROUTE	MILES
Thur	13-Jul	Stage 12	10.5
Fri	14-Jul	Stage 13	8.6
Sat	15-Jul	Stage 14	9.4
Sun	16-Jul	Stage 15	11.2
Mon	17-Jul	REST DAY	
Tue	18-Jul	Stage 16	5
Wed	19-Jul	Stage 17	10.3
Thur	20-Jul	Stage 18	11.5
Fri	21-Jul	Stage 19	10.7
Sat	22-Jul	Stage 20	8.3
Sun	23-Jul	CHAMPS ELYSEES	7.1

Total Miles 215