



## **KROC to COAST Summer Cycling Challenge**

**Let's take a ride across sunny South Carolina, covering 214 miles from Greenville to Charleston.**

**You can accumulate miles on an indoor bike, during cycling classes, and/or outside on your bike! Record your progress on the log sheet. Every mile counts!**

**There are 7 city checkpoints along the way. As you complete each leg, have a cycling instructor or fitness team member sign your sheet!**

**You can also view your progress on our Cycling Challenge Banner located in the Kroc Spin Studio.**

**Challenge Dates: July 5 – August 15.**

<b>Check-in city</b>	<b>Date completed</b>	<b>Staff signature</b>
Laurens – 40 miles		
Newberry – 67 miles		
Columbia – 105 miles		
St. Matthews – 130 miles		
Harleyville – 170 miles		
Summerville – 193 miles		
<b>CHARLESTON! – 214 miles</b>		

**Are you ready?!**

**The ride begins July 5!**

