



BIKE to WORK

Name: _____

Calvin ID: _____

Tour Tracker

Write in the date you biked to work.

Turn in completed forms to Healthy Habits, HPERDS Dept. by Oct 31, 2008.

STAGE IN TOUR		Date Completed		STAGE IN TOUR	Date Completed
1	Brest to Plumelec		12	Lavelanet to Narbonne	
2	Auray to Saint-Brieuc		13	Narbonne to Nîmes	
3	Saint-Malo to Nantes		14	Nîmes to Digne-les-Bains	
4	Cholet to Cholet		15	Digne-les-Bains to Prato Nevoso	
5	Cholet to Châteauroux		16	Cuneo to Jausiers	
6	Aigurande to Super-Besse Sancy		17	Embrun to L'Alpe-d'Huez	
7	Brioude Aurillac		18	Bourg-d'Oisans to Saint-Étienne	
8	Figeac to Toulouse		19	Roanne to Montluçon	
9	Toulouse to Bagnères-de-Bigorre		20	Cérilly to Saint Amand-Montrond	
10	Pau to Hautacam Argelès-Gazost		21	Étampes to Paris Champs-Élysées	
11	Lannemezan to Foix				

- **NOTE:** For participants who live adjacent to Calvin, we request that you bike a minimum of three miles (or walk a minimum of 1 mile) to or from work.