



BIKE ACROSS PA

November 2nd – December 11th *come race with us!*

Track the miles you exercise at The Power Center on your own personal map at the front desk. You will have 6 weeks to “travel” 300 miles, from Pittsburgh to Philadelphia.

You will need to average 50 miles per week to complete this task.

Don't worry, Power Center miles take you further than regular miles...

here is a breakdown:

1 mile on an elliptical or treadmill = 3 miles on the map

1 mile on a stationary bike = 2 miles on the map

1 spinning class = 15 miles on the map!

Anyone who travels 225 miles on the map will win a PRIZE. Raffles will be drawn weekly for those completing the average 50 miles. This could be the motivation you need to get back on the bike or a payoff for all the work you already do every week.

Bon voyage!

Register at the front desk by October 28th

Questions? Contact Heather Ryan, Graduate Assistant for Fitness: fitness@duq.edu, x3504