

TUMBLEWEED RECREATION CENTER

Road to Rio Challenge

Aug. 1-Aug. 31

Ready...
Set...
Get Fit!

START

50 miles

100 miles

150 miles

half way point

200 miles

250 miles

300 miles

FINISH
350 miles

Mark your progress to Rio on the map! ▶

CONVERSION LEGEND



Cycle (45 min class) = 10 miles
Cycle (1 hour class) = 15 miles



Circuit Express = 5 miles



Group Fitness Class = 10 miles



Indoor Track (10 laps) = 10 miles



Lap Swim (5 laps) = 10 miles

Name: _____

BRING A FRIEND (+50 miles)						

Road to Rio Challenge

Challenge runs August 1–31.

Daily class fees apply.

Travel the distance from Phoenix to Rio by taking part in the Tumbleweed Recreation Center Road to Rio Challenge. This August, you'll travel 350 miles from Phoenix to Brazil – either by cycling, running, swimming or participating in a fitness class – logging a quarter of the 2016 Torch Relay Miles. Track your activity above by receiving a sticker at the completion of every class and unlock some amazing prizes while improving your overall health.

www.chandleraz.gov/fitness