



The Tour of Texas will begin on July 5th and end September 30th. The goal of the program is to promote the use of all the club's new cardio equipment, as well as increase participation in group fitness, spin, Crossfit, and individual cardiovascular exercise workouts. The "tour" is a simulated 837-mile journey across the state of Texas, starting in El Paso and finishing in Center.

How to participate?

Members must fill out a Registration Form and a Mileage Log Form at the Service Desk. Members can only log miles while in the Premier Fitness facilities. Miles attained while exercising outside of the club will not be logged. Mileage should be attained while participating in a Premier Fitness workout, limited to:

- Cycling Classes
- Group Fitness Classes
- CrossFit Classes
- Stationary workouts on treadmills, ellipticals, stairclimbers, or upright/ recumbent bicycles

How to keep track of miles covered?

A Tour of Texas Notebook will be located at the Service Desk. Each registered participant will have his/ her own Mileage Log Form in the notebook that will need to be filled out at the end of every workout. Information listed on the log will include the participant's name, type of workout, time spent, and distance covered during each workout.

How do I know how many miles to log?

- Group Fitness Classes are worth 14 miles.
- CrossFit classes are worth 18 miles.
- Cycling Classes are recorded as actual miles logged on the bike.
- Treadmill, Elliptical, Stairclimber, and Upright/Recumbent bike miles are recorded as actual miles logged on the equipment.

What else do I need to know?

- A large printed map of Texas will be on display at the club along with weekly posted updates.
- Prizes will be awarded to each registered participant who completes the distance. First, Second and Third place prizes will be given to the top three male and top three female finishers. Details of what the prizes are have not yet been decided.
- Blog with us! Visit www.touroftexas.blogspot.com to learn more about the tour and to encourage each other. Feel free to post as much as you like! Things like workout stories, workouts, thoughts, goals, etc...
- For further information, contact Jeff Waskowiak via email at Jwaskowiak5@gmail.com or via telephone at 903-746-2875.