



# *Tour de Wisconsin*

## Join the Ride!

Earn a Commemorative be Fitness  
Tour de Wisconsin T-Shirt



10 different indoor rides

to get you in shape for the riding season!

*All rides are based on real Wisconsin Bike Routes.*

Register on clipboard at front desk

FREE to members

\$75 for non-members

Questions? Email [Tamara@befitnesscenter.com](mailto:Tamara@befitnesscenter.com)



# Tour de Wisconsin

Ride all 10 Wisconsin Bike Routes before June 13<sup>th</sup> and earn a Commemorative be Fitness Tour de Wisconsin T-Shirt

2 ways to complete rides:

1. Take indoor cycling class, following designated format when given
2. Ride a stationary bike following time and guidelines

Ride #	Date you completed ride	Cycling Class Format	Individual Stationary Program Easy, Moderate, & Challenging refers to the program levels. Adjust based on how it feels to YOU.	
#1		Interval or Circuit	30 min.	Warm up program, 7 minutes; Random Hill program, 20 minutes very challenging; Manual program, 3 minutes easy
#2		Interval or Circuit	30 min.	Manual program, 5 minutes easy to moderate to warm up. Then, alternate 1 minute challenging & 1 minute easy 12Xs (24 minutes total). Finish with 1 minute easy
#3		Any	60 min.	Manual program, 10 minutes easy to warm up; 10 minutes moderate, 1 minute challenging, repeat 4Xs (44 minutes total); Finish with 6 minutes easy
#4		Any	60 min.	Manual program, 10 minutes easy; 45 minutes moderate; 5 minutes easy
#5		Interval or Circuit	60 min.	Warm up program, 7 minutes; Random Hill program, 45 minutes moderate to challenging; Manual program 8 minutes easy to cool down
#6		Any	60 min.	Manual program, 10 minutes easy; 45 minutes moderate, aiming to ride a little faster than usual; 5 minutes easy
#7		Any	60 min.	Manual program, 10 minutes easy; 20 minutes moderate and quick; Random Hill program, 30 minutes moderate
#8		Any	60 min.	Manual program, 10 mins. easy, 5 mins. faster; Increase level between easy & moderate for 10 mins., then 5 mins. faster; Increase level to moderate for 10 mins., then 5 mins. faster; Decrease level to between easy & moderate for 10 mins., then 5 mins. faster
#9		Interval or Circuit	75 min.	Warm up program, 7 minutes; Alpine Pass program 60 minutes moderate; Manual Program; 8 minutes easy
#10		Endurance	90 min.	Manual program, 5 minutes easy, 5 minutes a bit harder (still relatively easy), 10 minutes moderate; Alpine Pass program, 30 minutes moderate to challenging; Random Hill Program, 30 minutes moderate to challenging; Manual program, 10 minutes easy

Rides may be completed in any order.

Register on clipboard at front desk. (Free for members, \$75 for non-members)  
Turn in completed form into front desk by June 13, 2009.

See route details on back.

Email [tamara@befitnesscenter.com](mailto:tamara@befitnesscenter.com) with questions.

# Tour de Wisconsin

## #1 Mississippi River Trail, Southern Segment

Route: Bridgeport to Wyalusing

Distance: 9 miles

Terrain: 2 mile flat, 5 mile rolling hills, 2 mile flat

## #2 Chequamegon Short & Fat

Route: Cable, loop

Distance: 10 miles

Terrain: Extremely hilly and intense

Other info: For this ride, you will have to dig out your mountain bike for a gnarly adventure.

## #3 Milwaukee, Lake & River

Route: Milwaukee Art Museum, loop

Distance: 19 miles

Terrain: Some short hills, 360 ft total elevation change

Other info: Begin heading north along lakefront & return along the Milwaukee River and Oak Leaf Trail

## #4 The Door

Route: Baileys Harbor to Ephraim

Distance: 15 miles

Terrain/Difficulty: Flat

Other info: Follow Cty Q

## #5 Mississippi River Trail, Northern Segment

Route: Prescott to Hager City

Distance: 20 miles

Terrain: 3 miles flat, 14 miles rolling hills, 3 miles flat

## #6 Mississippi River Trail, Mid Segment

Route: La Cross to Genoa

Distance: 22 miles

Terrain: flat

## #7 White River Trail

Route: Springfield, loop

Distance: 20 miles

Terrain: 446 foot total elevation change

Other info: Converted railroad right-of-way and local roads creates a loop that passes farms and wetlands in the White River Valley.

## #8 Washington Island

Route: Ferry Dock, loop

Distance: 18 miles

Terrain: Flat

Other info: Tour small island. Don't forget to stop in at the light house!

## #9 Lake Geneva

Route: Maple Park in Lake Geneva, loop

Distance: 22 miles

Terrain: Many quick steep hills. 1046 ft total elevation change

Other info: Circle the lake on residential and semi-rural roads, passing mansions built during the Victorian era.

## #10 Madison to Devils Lake

Route: Lakeview Park in Middleton to Devils Lake Park

Distance: 33 miles

Terrain: Long, rolling hills. 2142 foot total elevation change

Other info: Route uses low traffic back roads and a ferry across Lake Wisconsin to get to the dramatic talus sloped shores of Devils lake State Park. This is your longest and most challenging ride in the Tour.



Turn Completed Form into Front Desk