

Spin Cycling Festival 2023

JOIN THE CHALLENGE!

- Tour de Dulwich
Who can ride the most kilometres in 1 week?
- Mini Challenges - Prizes to be won!
- Fitness & Power (FTP) Testing - How fit are you?
- Instructor-led Big Screen sessions
- Bring a Buddy - free of charge all week

Competition Rules (Tour de Dulwich)

1. The competition will run from Tuesday 2 to Friday 7 May, 2023.
2. Male, female and under 18 member who cycle the highest number of kilometres in the DCSC Cycling Studio during the above dates will win a prize and trophy.
3. During all instructor led sessions, 10 minutes will be allocated to this challenge. These are the only kilometres that can be used as part of this competition.
4. Competitors must record the mileage on this form (using a pen) after each session and have the **instructor initial the form for verification**. Unless all entries are signed by the instructor, the entry will be invalid.
5. Forms must be handed to Reception by **9pm on Sunday 30 April, 2023**.



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DULWICH COLLEGE
THE SPORTS CLUB
get fit, have fun, meet people

Spin Cycling FESTIVAL 2023

TOUR DE DULWICH ENTRY FORM



2 - 7 May 2023

