



CYCLING TOUR RIDE

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Des Moines Corporate Games in order to receive team points. This event and course is open to the public and participants are encouraged to ride in groups.

General Guidelines

1. This is a non-competitive tour ride. You may ride at your own pace.
2. Helmets are required.
3. Course will be approximately 6 miles each way on paved paths near Captain Roys in Des Moines. You may ride one way or both. Maps available at <http://www.dmccorporategames.org>
4. No ride support will be offered. Participants are encouraged to be prepared for weather and trail conditions.
5. Participants will check in at the DMCG table at Captain Roys. You may ride an alternative route of your choosing but must check-in at Captain Roys to earn points. Check in times will be listed on the Des Moines Corporate Games cycling tour ride webpage.

DMCG Point System

- Participants will be awarded **25** participation points. No medals will be awarded.