



DES MOINES CORPORATE *GAMES*

CYCLING TOUR RIDE VIRTUAL CHALLENGE

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.

General Guidelines

1. This is a non-competitive tour ride. You may ride at your own pace.
2. Helmets are required.
3. Choose you favorite bike trail and ride at least 30 minutes.
4. No ride support will be offered. Participants are encouraged to be prepared for weather and trail conditions.

DMCG Point System

- Participants will be awarded **5** participation points. No medals will be awarded.