



The Tour de France bicycle race takes 23 days. The cyclists ride all but two of those days! They ride for approximately 7 hours a day! Can you do it? Can you ride 7 hours? If you ride 20 minutes a day for 21 days you can complete our Tour de Plainfield! The race has just begun, it is too early to have a clear leader so it's not too late to join us, French club, in riding in our very own Tour de Plainfield! Ride

anywhere inside or out for 20 or more minutes and record it here:

[https://docs.google.com/forms/d/e/1FAIpQLSfhi4jbh8xWYQC8N3KmkP-QApNfQdGI-paKAxzelv30diDKJQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfhi4jbh8xWYQC8N3KmkP-QApNfQdGI-paKAxzelv30diDKJQ/viewform?usp=sf_link)

Each time you enter your name, you are closer to winning the "yellow or green jersey" given to you from the French Club. Each time you complete the form, you are also entered into a raffle, for a surprise French treat! Anyone completing all 7 hours before October 31 earns a certificate! Tu peux le faire! You can do this Wildcats! Join the fun and Ride in the Tour! Questions? email Madame Rodeck at [jrodeck@psd202.org](mailto:jrodeck@psd202.org)