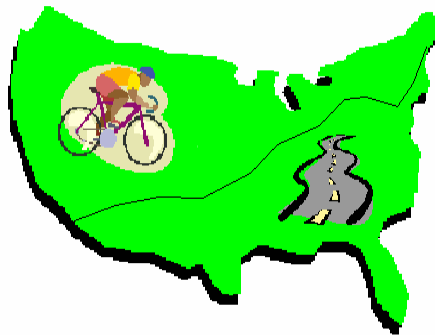




# Bike Across America!



## Can You Handle The Challenge?

**Distance:** 3,506 miles

(The distance from Augusta, Maine to San Diego California)

- ✓ One Mile = One Min. of Cycling
- ✓ 60 Mile limit per day
- ✓ FitQuest Mile Equivalent is 30 min. of biking equals 4 FitQuest miles
- ✓ Count your miles on indoor exercise bikes and/or any outdoor cycling.

Check out our FitQuest website at <http://fitquest.westerville.org>.