

# CARDIO de FRANCE



**January 22 - March 18**

**Cost: Free**

## **Levels:**

**Elite- 2,193 Miles**

**Advanced- 400 Miles**

**Intermediate- 210 Miles**

**Beginner- 120 Miles**

**Bike, Walk, Run, Row,  
EFX or Crosstrain  
your way through  
21 Stages of the  
Tour de France.**

Owned and Operated by  
Fargo Park District:



**For More Information:**

**Wayne Herrick**

**wherrick@courtsplus.org**

**CourtsPlus.org - 701.237.4805**

Connect With Us:

