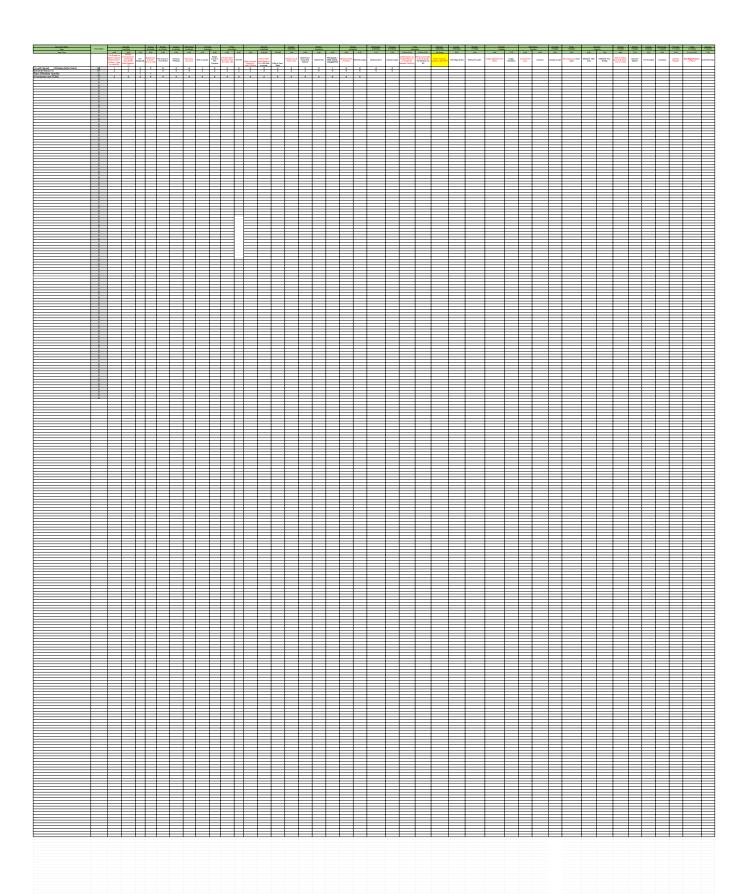
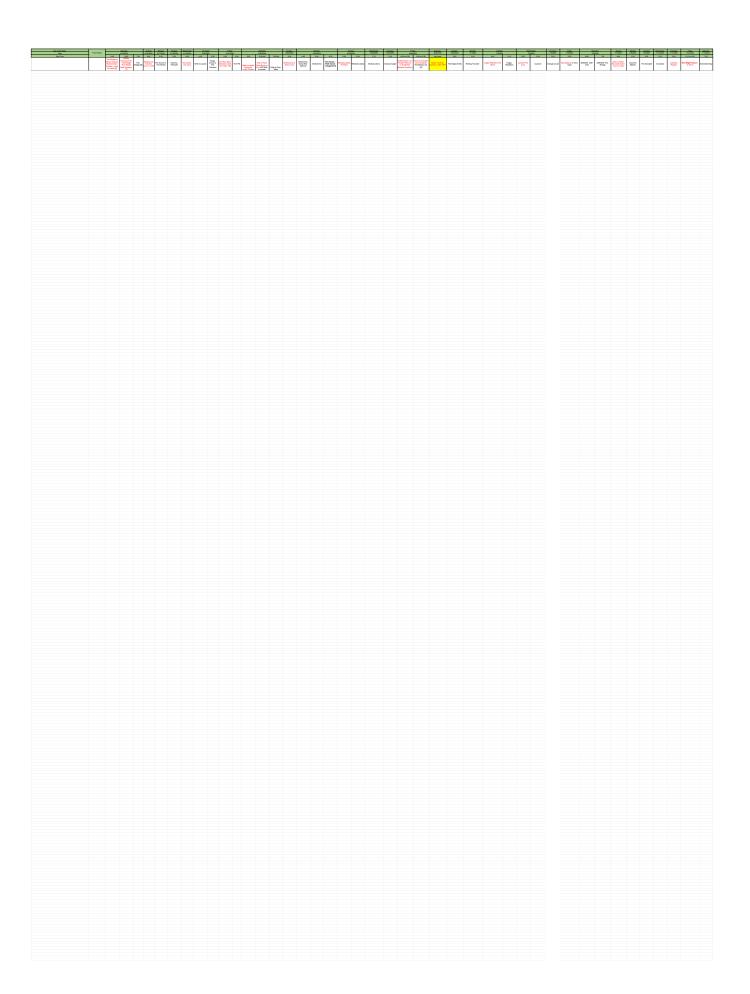
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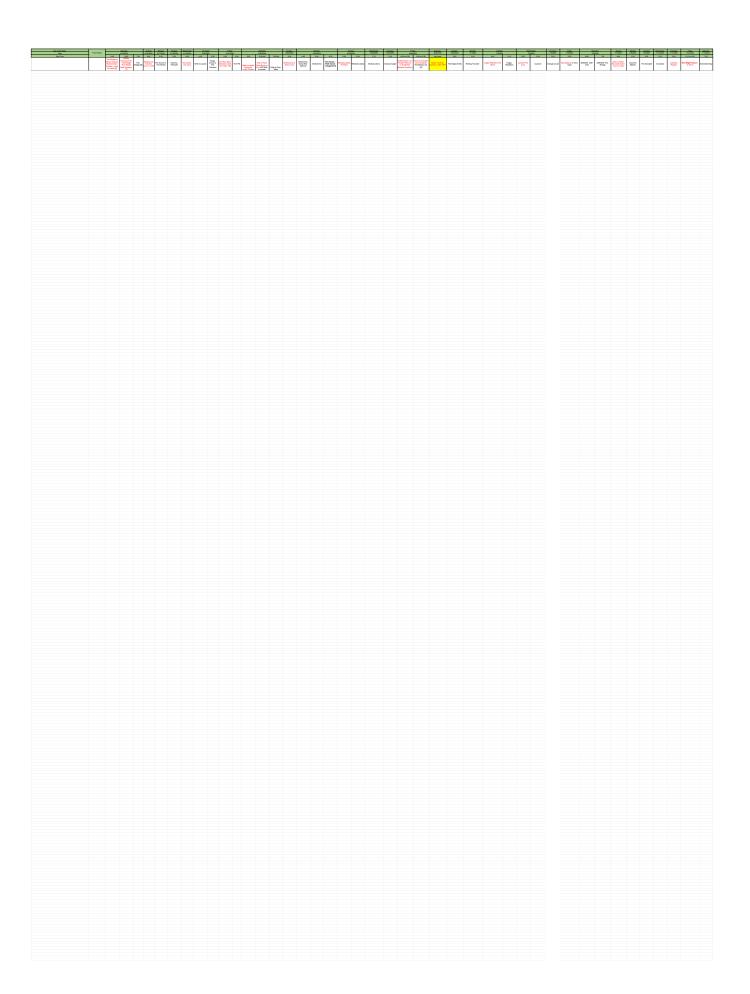














1.) The 2024 Tour De Charleston kicks off on 15 June. There is one point for every event you post.
2.) Teams can be formed with up to 4 PAX. Note a grace period of One week will be given to allow teams to form on or before the 6/22/24 post at Hills of Park West

3.) There are 10 double down opportunities

4.) The individual or team with the Most Points will have the honor of winners Team Effort Both will hold the flags until there is a new definitive points leader...
5.) Some days will be an "OR" day. You can only earn one point on those days.

The Tour de Charleston is a Great time. Respect the rules of the AO at which you are participating and mind any special instructions from that day's Q.

To "Complete" the tour, you must achieve 41 points. The Day Off remains, but also acts as an optional tie-breaker for anyone choosing to hit Rollin' Foxtrotz (Cycle). 42 possible points. Points can be earned from 6/15/24 - 7/13/24

YOU are responsible for tracking YOUR own points in THIS row-and-column-data-tracker. YHC recommends daily updates so that the current Tour leader remains transparent to all. The solo winner of the Tour is the first PAX to reach the max available points OR the highest point total accumulated by the end of the Tour.

For the workout to "count", you must perform it on the scheduled day and time with the PAX of that AO. (No running around downtown by yourself on Tuesday and calling it the Horse Lot Hustle. https://f3holycity.com/workout-locations/ is the official publication of work days and times. Click on the name of the workout on the website for workout location.

FNG Points - There will be a separate winner for most FNGs brought during the Tour.

Individual Points are 1 per event based on participation. le.. If you Post to an event you get one point. Just put a one in the colum that you posted to.

The Tour will conclude at Extended Stay

	F

- [1] Meet at The Bridge and leave promptly at 0445 to run to Marion Square to meet other PAX for trip to Mother Emmanuel; then leave from Mother Emmanuel to be back t The Bridge before 7:00 BC. Note: PAX can choose to do The Bridge or Bad Decision / Really Bad Decision separately for one point; you must complete all for 3 Points straight through as explained above.
- [2] Meet at The Bridge and leave promptly at 0445 to run to Marion Square to meet other PAX for trip to Mother Emmanuel; then leave from Mother Emmanuel to be back t The Bridge before 7:00 BC. Note: PAX can choose to do The Bridge or Bad Decision / Really Bad Decision separately for one point; you must complete all for 3 Points straight through as explained above.
- [3] Leave from The Pitt at 5:00 for a run and be back for BC at 5:30. You must complete both straight through for 2 Points.

[4] =====

ID#AAAAM1y1HQE

Wiseman, Jesse E CIV SPAWARSYSCEN-ATLANTIC, 52410 (2021-06-15 01:07:32) The SMIdge is this: post for the SMI bootcamp at Hampton Park, 0600 of a Saturday.

Leave promptly following the beatdown, which ends at 0645, and drive to TheBridge AO for the 0700 sweatfest there. Only take credit for the posts you make.

Note: PAX can choose to do SMI and TheBridge, but can only earn two point for TheSMIdge by completing the SMI/Bridge double-down on the same morning as explained above.

- [5] Anchor Time, Raleigh NC 5:30, 9 in Attendance
- [6] Meet at The Bridge and leave promptly at 0445 to run to Marion Square to meet other PAX for trip to Mother Emmanuel; then leave from Mother Emmanuel to be back t The Bridge before 7:00 BC. Note: PAX can choose to do The Bridge or Bad Decision / Really Bad Decision separately for one point; you must complete all for 3 Points straight through as explained above.
- [7] Meet at The Bridge and leave promptly at 0445 to run to Marion Square to meet other PAX for trip to Mother Emmanuel; then leave from Mother Emmanuel to be back t The Bridge before 7:00 BC. Note: PAX can choose to do The Bridge or Bad Decision / Really Bad Decision separately for one point; you must complete all for 3 Points straight through as explained above.
- [8] Meet at The Sandpitt and leave promptly at 0600 to run to The Bridge in time for the BC; then complete the BC there before re-tracing steps back to The Sandpitt. (Expect to finish between 0845 and 0900, depending on pace.) Note: PAX can choose to do The Bridge or Bad Decision / Really Bad Decision separately for one point, you must complete all for 3 Points straight through as explained above.
- [9] Leave from The Pitt at 5:00 for a run and be back for BC at 5:30. You must complete both straight through for 2 Points.

[10] =====

ID#AAAAM1y1HQE

Wiseman, Jesse E CIV SPAWARSYSCEN-ATLANTIC, 52410 (2021-06-15 01:07:32)

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[11] Plunger, Gandalf, El Jefe (KWON), Kaveman