

Frequent Traveler

We have changed our “Frequent User” club to the “Frequent Traveler.”



When you join our Frequent Traveler program we will place your order to receive this stylish SportsBarn windbreaker jacket

Visit the front desk of your club and join today and begin the journey. As you work out you will gain mileage points towards your ultimate destination (Hawaii) and gain rewards along the way. Each of your workouts equal mileage and the more mileage you add, the greater your reward! There are several “legs” or stops along the way so that you can enjoy the trip as you strive towards that ultimate destination. (See itinerary below)

Your itinerary will be kept at the front desk in your personalized log book and you will be on the honor system as you update your journey mileage. Program is January 1—December 31 (You can join any time, but the miles are not retroactive...mileage begins when you do.)

Frequent Traveler membership cost: \$25

For questions or more info contact: Teresa Wade—twade@sportsbarn.net/423.266.1125

HOW TO GAIN MILEAGE

(This chart represents how many miles you gain for certain workouts and activities)

- Cyclin Class = 15 miles
- All other classes = 10 miles
- Running/Biking/Walking = actual miles
- Precor = actual miles
- Treadmill = actual miles
- Stationary Bike = actual miles
- Gauntlet = 5 miles/30 minutes
- Stairmaster = 5 miles/30 minutes
- Swim = 5 mile/30 minutes
- Rowing Machine = 5 miles/30 minutes
- Personal Training Session = 10miles
- Charity Work = 5 miles per event

YOUR ITINERARY

(This chart represents mileage between each destination point)

- Chattanooga to Bowling Green = 197 miles
- Bowling Green to Indianapolis = 248 miles
- Indianapolis to Chicago = 176 miles
- Chicago to St. Louis = 298 miles
- St. Louis to Kansas City = 251 miles
- Kansas City to Denver = 603 miles
- Denver to Salt Lake City = 536 miles
- Salt Lake City to Las Vegas = 425 miles
- Las Vegas to Los Angeles = 266 miles
- Los Angeles to San Francisco = 382 miles
- San Francisco to Seattle = 808 miles
- Seattle to Honolulu = 2803 miles
- Total trip mileage = 6993