

# TOP 100 TITAN 5000

JANUARY 1 - 31

Lift up the Expressosphere and rain down a fury of limitless proportion, that the gods themselves might cast a shadow upon all who oppose.



## How to Join

Riders **MUST** be registered to compete by logging on to [Expresso.com](http://Expresso.com), clicking "Register" at the top right-hand side of the page and filling out the "Register Now" form.

## The Rules

It's simple. Ride and burn 5,000 Calories by the end of the month. Riders who do will be honored with a Titan badge next to their name on the Top 100 and receive half-off the special edition Titan t-shirt. Burn more than 5,000 Calories this month and watch your name climb the leaderboards!

## Team Prizes

Teams will earn 100 points for every rider that completes the Titan challenge. The team with the most points will win free t-shirts for each of the members that complete the challenge and will be forever immortalized in the Top 100 Hall of Fame.

Follow along live at  
[Expresso.com/Top100](http://Expresso.com/Top100)

Bikes must be connected to the Internet with eLive and all rides must be reported directly from the bike. Neither team nor individual totals will be adjusted for crashes, flat tires, missed workouts, sudden mortality, or any other down time. Good Luck!

