

2009 MARQUETTE TRIATHLON CHALLENGE

Running Time: August 31 - December 4, 2009

How to participate:

1) Sign-ups begin Monday, August 31, 2009 at the Intramural Sports Office in the Helfaer Rec Center.

2) Choose three of the following activities and complete all three:

Stairmaster	4,200 flights
Swimming	20 miles
Running	75 miles
Upright Bikes	200 miles
Recumbent Bike	200 miles
Rower	150,000 meters
Group Fitness	30 hours

(1 hr. of physical activity - ie. Tennis, Racquetball, Basketball, Soccer, Workout DVD etc.)

Elliptical 75 miles or 112,000 steps

(Matrix & LifeFitness measures in Miles and the Precor measures in Steps)



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3) After each workout, record mileage at weight room desk. Fill out a Daily Mileage Form and place it in the box provided.

4) Accumulated mileage will be totaled regularly by the Intramural Staff and posted on the weight room wall.

5) Once you have reached the required mileage in all three exercises, you have completed the Triathlon.

6) Triathletes that finish will also be posted on the weight room wall.

7) Once you see your name posted, come in and pick up your t-shirt at the Intramural Sports Office.

NOTE: There is a maximum of 75 participants, so don't delay!

Questions? Stop by the Intramural Office or call 288-1558 before 4:30 p.m.,

Monday through Friday.
Division of Student Affairs