

2010 MARQUETTE TRIATHLON CHALLENGE

Running Time: January 19 - May 7, 2010

How to participate:

- 1) Sign-ups begin Tuesday, January 19 at the Intramural Sports Office in the Helfaer Rec Center. **NOTE:** There is a maximum of 75 participants, so don't delay!

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

- 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.

Division of Student Affairs



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Questions? Stop by the Group Fitness Office located on the lower level of the Helfaer Rec Center or call 414-288-6979 before 3:00 p.m., Monday through Friday.