



Phillips County Amateur Triathlon – 6 Week Fitness Challenge & Mini-Triathlon GUIDELINES

Thank you for your participation in this year's Phillips County Amateur Triathlon - 6 Week Fitness Challenge! CSU Extension appreciates your commitment to **better health** and **support of our community** by joining the triathlon challenge. Have FUN and get motivated with your whole family, work colleagues and friends! Below are some important details about the challenge and the final mini-triathlon.

Information:

- 6 Week Fitness Challenge
 - BEGIN TRACKING 3 ACTIVITIES ON: **Sunday, May 26, 2019**
 - The three activities are biking (112 miles), swimming (2.4 miles) and running or walking (26.2 miles). You may substitute 1 different activity on the log sheet if you choose to not do 1 of the required activities. Two of the three triathlon activities are required to be completed along with your choice of an alternate activity to complete the fitness challenge. **Use the Triathlon Formulas Sheet to substitute an activity.** There will be recognition of all completed participants of each age group.
- REGISTER ANY TIME THROUGH THE MONTH OF MAY
 - **All registrations due NO LATER THAN FRIDAY, MAY 24TH!**
 - **GO TO THE GOLDEN PLAINS WEBSITE TO REGISTER ON-LINE AND FOR ACCESS TO CHALLENGE INFORMATION AND DISCLAIMERS.**
<https://goldenplains.extension.colostate.edu/> Go to “programs” in the top tabs, then “Family and Consumer Science”
 - **SUPPORT YOUR COMMUNITY PROJECTS- REGISTRATIONS WILL GO TO SUPPORT THE HOLYOKE COMMUNITY CHILDCARE AND HAXTUN SWIMMING POOL PROJECT.**
 - **\$150 registration fee per team of up to 10 made up of any age group OR \$20 for individuals- Fees can be dropped off at the Extension Office or sent to 22505 US Hwy 385, Holyoke, CO. 80734. YOUR TEAM IS NOT ELIGIBLE FOR AWARDS IF THE FEE IS NOT PAID.**
 - **Disclaimers due at registration with signatures for each participant.**
 - **All paperwork and fees must be paid to receive the challenge t-shirt and be a valid team or individual.**
- Log sheets must be turned in OR EMAILED (tracy.trumper@colostate.edu)
 - Monday, July 8th
 - Each team member needs to have the totals completed prior to turning in
- Lap Swim hours and cost:
 - Haxtun- M, W, F mornings 5:30am – 7:30am and Monday through Friday evenings 5:15pm – 6:15pm, starting the first week of June. \$50.00 for 30 visits or \$2.50 per session.
 - Holyoke- M, W, F mornings 6:00am – 7:00am and Monday through Thursday evenings 5:00pm – 7:00pm. \$44.00 for 22 visits or \$3.50 per session.

- **Mini Amateur Triathlon Competition Day**
 - **Saturday, July 13th**
 - Starting at the Holyoke Swimming Pool, 248 East Kellogg Street, 8:00 am. 7:30am registration/ check-in by the pool entrance. Order of events- Run/walk, ride, swim.
 - Pre-registration encouraged, so you just need to get your number on July 13th. (More information coming later in challenge)
 - Free to those registered for the 6 Week Fitness Challenge
 - \$20 for new competitors
 - We encourage each team to have at least 1 team of 2-3 competitors. One for each part of the triathlon.
 - You may pick up someone who was not a part of your team if you cannot create a team. They will need to pay the \$20 entry fee.
 - Competition day includes 4 miles biking, 2 miles of running/walking and 6 laps of swimming, any stroke. Maps will be available.
 - Awards ceremony and prizes will follow to recognize teams of the 6 week challenge and the triathlon event winners.

Enclosures:

- 10 Guideline Sheets
- Registration sheet
 - Please have the team registrations complete with names, t-shirt sizes, cell phone, and emails
 - Drop or send the registrations and health disclaimer off at CSU Extension at 22505 US Hwy 385, Holyoke; Phillips County Fair Grounds
 - It is best to turn these in as a team at one time by the registration deadline!
- 10 Individual tabulation sheets
 - Each participant will keep track of individual miles for the 6 week challenge
 - This will be emailed as well so you can electronically keep track as well
- 10 Triathlon formula sheets for alternate activities
 - Each participant will keep track of individual miles for the 6 week challenge
- 10 Disclaimers
 - You as a captain may turn these in with the team roster sheet or each participant needs to return this at weigh in signed

For more information contact
Tracy Trumper at CSU Extension 970-854-3616 or by cell phone 970-466-1551
or email tracy.trumper@colostate.edu



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We wish you the best of luck!
GO TEAM!