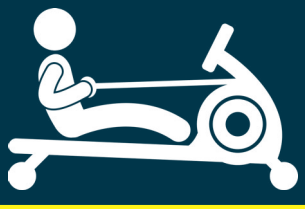
# 2016 WELLNESS WORKS INDOOR TRIATHLON

# ARE YOU IN?



**ROW 5 MIN**

**RIDE 15 MIN**

**RUN 10 MIN**

**PARTICIPATE: AUGUST 1-18 | REPORT RESULTS BY: AUGUST 19 | FINALS: AUGUST 26**

Just in time for the 2016 Summer Olympics, Wellness Works is sponsoring an Indoor Triathlon. The goal is to row, ride, or run as far as you can in the given time. You can participate as an individual or as a three-person team. You can also participate in either the recreational or competitive division. Share your photos and progress #AreYouInMC

| | |
|---|---|
| **RECREATIONAL DIVISION**<br>*I want to complete the triathlon for the fun of it. I don't want to be competitive and try and compete in the finals* | **TEAMS (TEAMS CONSIST OF THREE PEOPLE):**<br>• Select a team captain who will register the three-member team and report when the team completes the triathlon. Report by August 19.<br>• Participate as often as you can. Your goal is to improve your total distance.<br>**INDIVIDUALS:**<br>• Register, track your progress, and report when you complete the triathon. Report by August 19.<br>• Participate as often as you can. Your goal is to improve your total distance. |
| **COMPETITIVE DIVISION**<br>*Bring it on! I want the friendly competition between other County individuals/teams, and want to try and compete in the finals on Friday, August 26* | **TEAMS (THREE PEOPLE - ALL FEMALE, ALL MALE, OR MIXED):**<br>• Select a team captain who will register the three-member team, track the team's progress, and report the total miles for all three events by August 19.<br>• The nine (9) teams that rowed, rode, and ran the most miles will qualify for the finals.<br>• The team captain will be contacted on August 22 if the team qualifies for the finals.<br>• The finals will be held **Friday, August 26** from 3:00-5:00 pm at the downtown Lincoln YMCA, 350 N. 1st Ave., Phoenix.<br>**INDIVIDUALS:**<br>• Register, track your distance, and report the total miles for all three events by August 19. Report your best row, ride, and run times ONE time.<br>• The three females and three males who rowed, rode, and ran the most miles will qualify for the finals.<br>• You will be contacted on August 22 if you qualify for the finals.<br>• The finals will be held **Friday, August 26** from 2:00-3:00 pm at the downtown Lincoln YMCA, 350 N. 1st Ave., Phoenix. |

WELLNESS
Balancing Work/Life · Assessing Health · Moving More · Eating Healthier
WORKS

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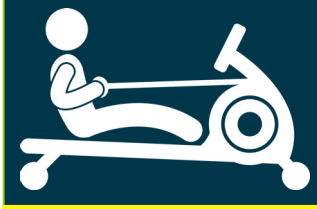

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| **TRAINING LOCATIONS** | You can complete the triathlon anywhere there is a rowing machine, spinning/exercise bike, and treadmill. However, if you are participating in the competitive division, it is to your advantage to train on the same equipment that will be used in the finals. All the facilities below have the equipment you need for the triathlon.<br><br>• Administration Building, 301 W. Jefferson, Fitness Center*<br>• MCDOT Operations, 2909 West Durango, Fitness Center*<br>• Environ. Services/Air Quality, 1001 North Central Avenue Fitness Center**<br>• Any Valley of the Sun YMCA<br>  • Employees who are not members can receive a YMCA guest pass to use between August 1-18. Contact hertzfeldj@mail.maricopa.gov to receive your pass<br><br>* Open 24/7. You must have fitness center access. For a fitness center application, go to: http://www.maricopa.gov/benefits/wellness/pdf/fitness_center<br>** Available to ES/AQ employees during business hours only |
| **CLINICS**<br>*Attend a clinic to help you learn how to properly use the equipment and train for the triathlon.*<br><br>***Please RSVP to hertzfeldj@mail.maricopa.gov*** | **Administration Building**, 301 W. Jefferson, Fitness Center<br>• Wednesday, July 27 \| 4:30-5:00 pm<br>• Tuesday, August 2 \| 12:00-12:30 pm<br>• Wednesday, August 3 \| 4:30-5:00 pm<br>• Friday, August 5 \| 11:30-12:00 noon<br>• Tuesday, August 9 \| 12:00-12:30 pm<br>• Wednesday, August 10 \| 4:30-5:00 pm<br><br>**MCDOT Operations**, 2909 West Durango, Fitness Center<br>• Monday, July 25 \| 5:30-6:00 pm<br>• Monday, August 1 \| 5:30-6:00 pm<br>• Monday, August 8 \| 5:30-6:00 pm<br><br>**Environ. Services/Air Quality**, 1001 North Central Avenue, Fitness Center<br>• Wednesday, July 27 \| 11:00-11:30 am<br>• Wednesday, August 3 \| 11:00-11:30 am<br>• Wednesday, August 10 \| 11:00-11:30 am |

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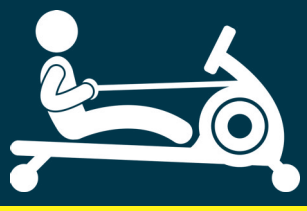

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## RULES - GENERAL

*For your safety, please read the event rules carefully*

### ROW AS FAR AS YOU CAN FOR 5 MINUTES:

- It is recommended you set the resistance between 5 and 6
- Record your distance at the end of five minutes - it will be measured in meters
- The tracking sheet will convert the meters to miles

### RIDE AS FAR AS YOU CAN FOR 15 MINUTES:

- You may adjust the tension throughout the 15 minute ride
- If you're participating competitively, make sure to use the spinning bike
- If you're participating recreationally, use either the spinning or exercise bike
- Record your distance at the end of 15 minutes - it will be measured in miles

### RUN OR WALK AS FAR AS YOU CAN FOR 10 MINUTES:

- Set the treadmill at 0% incline. You may adjust the incline and speed throughout the 10 minutes, but your feet must stay on the belt the entire time
- If you're participating competitively, you may NOT hold on to the handrails
- If you're participating recreationally, you may hold on to the handrails
- Record your distance at the end of 10 minutes - it will be measured in miles

### SUBMITTING YOUR ENTRIES - COMPETITIVE DIVISION

### TEAMS:

- You may only report your results one time. The entry should reflect the team's total miles covered (see this example)
- **You must report your entry by Friday, August 19 at 5:00 pm**

### INDIVIDUALS:

- You may only report your results one time. The entry should reflect the total miles covered from your best row, ride, and run (see this example)
- **You must report your entry by Friday, August 19 at 5:00 pm**

## RULES - FINALS

*The finals will be held at the downtown Lincoln YMCA on Friday, August 26*

### TEAMS (FINALS WILL BE HELD FROM 3:00-5:00 PM):

- One team member will be assigned to row, one to ride, and one to run
- You will compete against two other teams at the same time

### INDIVIDUALS (FINALS WILL BE HELD FROM 2:00-3:00 PM):

- You will compete against two other people at the same time
- There is a five-minute transition time between the row, ride, and run