



Tri-Tracker Challenge



WHO: Fort HealthCare employees

WHAT: Free triathlon (three-event) challenge

WHEN: April 20th, 2015 through June 1st, 2015

WHERE: Anywhere (feel free to utilize Cardiopulmonary Equipment – call 920-568-5475 for an orientation, if needed)

WHY: To improve the health and well-being of our community

Registration forms are due to Community Health & Wellness or cardiac rehab By Friday, April 17th!

Tri-Tracker Challenge Registration Form

Each individual or team (2-3 people) will have six weeks to complete three events (order does not matter). You will then use the Tri-Tracker Tracking Sheet to keep track of your workouts and distances. Lastly, turn in Tri-Tracker Tracking Sheets to receive your finisher prize. DO YOU DARE TO TRI?!

Name: _____ Gender (Circle One): M F

Teammates (if doing Team Challenge):

Birthdate: _____

Phone Number: _____

Address: _____

Email Address: _____

Shirt Size (Circle One): S M L XL 2XL

Please check off three (3) events based on INDIVIDUAL or TEAM Challenge.

Individual Challenge

- Swim (1.2mi=2000yds=80 lengths)
- Bike (56 miles)
- Run/Walk (13.1 miles)
- Fitness Classes (8 hours)
- Open Gym (10 hours)
- Rowing (1500 meters)

Team Challenge

- Swim (2.4mi=4000yds=160 lengths)
- Bike (112 miles)
- Run/Walk (26.2 miles)
- Fitness Classes (16 hours)
- Open Gym (20 hours)
- Rowing (3000 meters)