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2024 Bentonville Parks and Recreation

TRIATHLON Challenge

For more information, please visit playbentonville.com or call 479-696-0200



2024 October Triathlon Challenge

Outline

It's back! Our October Triathlon Challenge! The month of October we are challenging you to complete a Triathlon! What's the catch? You have the entire month of October to complete it!

Starting October 1 to October 31, you will swim 2.4 miles, bike 112 miles, and run 26.2 miles -140.6 total miles . This is the distance of an Ironman triathlon. You will be responsible for tracking your progress along the way. All participants will receive a Triathlon Challenge T-shirt when they turn in their Triathlon Spreadsheet. Good luck and enjoy the race!

Rules

RUN: Run or walk indoors or outdoors. You are welcome to use a treadmill, climber, cross trainer, elliptical to count towards your run. In addition, miles can be completed in the water, wheelchair, or using an arm ergometer.

BIKE: Collect miles using road miles, indoor cycling miles, stationary bike or even an arm ergometer (duplicate mileage on ergometer is not allowed).

SWIM: Swimming laps, walking, running in the pool, or using a rower all count towards your swim distance. Our BCC pools are 25 yards long. Since one mile equals 1,760 yards, you'll need to complete either 84.5 round-trip laps (down the lane and back) or 169 single laps to cover a distance of 2.4 miles.

- The official start is October 1
- Registration is \$25.00 for Members | \$35.00 for Non-Members
- Deadline to register is October 5
- Feel free to keep track electronically or print the spreadsheet. Spreadsheet will be emailed
- You can do any part of the Triathlon Challenge inside or outside of the Community Center
- After completing each workout, please see the official tracking sheet to record your miles. Official tracking sheet will be emailed
- The Triathlon consists of 2.4 mile swim, 112 mile bike, and 26.2 mile run. All events must be completed in full by October 31. Official tracking sheets must be turned into the Wellness Desk or e-mailed to snell@bentonvillear.com by November 4 at 5:00pm to receive recognition

If you have any questions or concerns, please email Stephanie at snell@bentonvillear.com