“Try”-Athlon Rules
Spring 2010
March 1st - March 22nd

- Each individual participating must complete a registration form. Forms can be found in the FitWell Center or online at www.lmu.edu/campusrec. Cash, check, credit card or flexi will be accepted. Please make checks payable to Loyola Marymount University. Return entry form and payment to the FitWell Center located on the first floor of the Burns Recreation Center. The registration deadline is Friday, March 5, 2010.

- Teams of 2 or 3 will be allowed to participate in the “Try”-Athlon. The team members will work together to complete the total distance.

- There will be a binder in the Fitness Center where you must record your mileage on the log sheet provided for you or your team.

- MILEAGE START DATE is 6:00am Monday, March 1, 2010. Registration Deadline is March 5, 2010.

- All MILEAGE entries must be recorded by 12 midnight, March 22, 2010. No mileage entries will be accepted after this time.

- You can do any part of the program inside or outside of Burns Recreation Center.

- The “Try”-Athlon consists of a 2.4 mile swim, 112 mile bike, and 26.2 mile run.

- **SWIM 2.4 miles:** 1 lap - one length of the pool
  - Participants need to do 169 lengths of the pool (25 yd)
  - When pool is set up in long course, each length is 50 meters (55 yd)
  - Any style of swimming as well as the use of swimming equipment (kick boards, fins, etc.) is acceptable

- **BIKE 112 miles:**
  - Any indoor and outdoor cycling may be counted (including recumbent bikes in the Fitness Center)
  - Group-X Cycling Classes count as 15-miles per one hour class

- **RUN/WALK 26.2 miles:**
  - Treadmill, Stairmaster, Stepmill, Crosstrainer and Ellipticals all count as running/walking
  - All machines provide distance in miles, be sure to utilize this setting when counting miles

- Mileage entry procedures:
  - After completing each workout, record your mileage on your log sheet available in the “Try”-Athlon Binder at the Fitness Center
  - Burns Campus Recreation staff will tally your mileage every several days and add it to the wall mileage charts posted on the Fitness Center Display Board

- Tanks and Tees will be available to all participants, finishers & non-finishers, at FitWell. Please bring your exercise log sheet to receive your shirt.

GOOD LUCK!
310-338-3049