

WHAT IS IT?

A 10-week competition for club members-only designed to motivate winter training in preparation for the upcoming triathlon/multisport season.

Club members score points based on mileage for any swim/bike/run training/racing that they do during the 10-week period.

We have played this game annually, and it's a lot of fun. It doesn't matter how fast you are, members of all ages can participate, and you can score points on your own, although it's always more fun to rack up challenge points with other people. Training, racing, going on a family bike ride (the possibilities are many!) can count for points.

Also, all participants will get fabulous awards in April!

HOW DO I SCORE POINTS?

SWIMMING: 10 points for every mile

Must be done in a pool or open water (no dry-land simulations; buoys, fins, etc., OK for swimming)

CYCLING: 1 point for every mile

Outdoor: Any type of cycling counts (road, off-road, riding to the store) except for e-biking.

Indoor: Riding on a trainer counts. If you have the fancy kind that tracks mileage, more the better. For those who don't, you get 18 miles per hour (example: you spin for 20 minutes, then you would input 6 miles).

RUNNING: 3 points for every mile

Outside running, of course, counts. Treadmill/elliptical running that provides mileage counts. Walking counts, if it's part of a planned exercise. Steps or other counters recording distance while walking for other reasons outside of exercise, don't count.

HOW DO I TURN IN MY RESULTS?

Keep track of your yards/meters/mileage at home for whatever discipline(s) you do.

For example:

January 21, 20 miles cycling

January 22, 500 yards swimming

January 24, 15 miles cycling; 5 miles running

January 25, 737 yards swimming

You can do more than one discipline in one day. (The above example would be 57 points: 35 for cycling, 15 for running and 7 for swimming)

SUBMIT YOUR RESULTS ON <https://bakersfieldtrispokes.org/> there will be a form to fill out

DO NOT DO THE MATH for the running or swimming. If you ran 7.47 miles, put in 7.47 miles. If you swam 817 yards, put in 817 yards. The math will be calculated so you get the correct number of points.

WHEN DO I TURN IN MY RESULTS?

The challenge is broken into five two-week segments with an inputting deadline 48 hours after each segment. This keeps participants from hoarding mileage results and suddenly inputting late in the competition. You can input your results daily if you like but most people input their total mileage by the deadline day for each segment. Results for overall points and segment points will be posted after each segment.

INPUTTING DEADLINES

Here are the segment date ranges and deadlines. Reminders will be sent the day before each deadline, but there are no exceptions for accepting

results for a time period after the deadline. Make sure to submit for a segment by the deadline!

Segment One: January 21 – February 3
SUBMIT BY FEBRUARY 5

Segment Two: February 4 – February 17
SUBMIT BY FEBRUARY 19

Segment Three: February 18 – March 3
SUBMIT BY MARCH 5

Segment Four: March 4 – March 17
SUBMIT BY MARCH 19

Segment Five: March 18-March 31
SUBMIT BY APRIL 2