Rules and Regulations for Biathlon-

1. Two time slots for participation: 12:30-2p.m. & 3-5:30 p.m.
2. Must check in with the desk for beginning.
3. Sign up’s are from October 3-October 19 in the Health and Fitness Lab.
4. Must use upright bike/ matrix treadmill marked off in fitness center.
5. Must place a resistance of at least 6 on the bike.
6. Must place an incline of 1.0 on the treadmill.
7. Must do a 5 minute warm-up before participating, walk/run/bike.
8. Must complete a Par-Q before participating.
9. The participant can run and then bike or bike and then run in either order.
10. Walk-ins are accepted.
11. Anyone who participates places their name in a drawing for a raffle prize.
12. 1st fastest time male and female will win a choice of a tumbler water bottle or a $10 gift certificate to Wal-Mart.