Triathlon Rules:

YOUR GOAL IS TO COMPLETE THE TRIATHLON AS QUICKLY AS POSSIBLE!

STEPS:

- Notify a Fitness Center Attendant before beginning the workout
- Walk/run one mile on the treadmill as fast as you can
- Bike for three miles as fast as you can
- Complete one mile on the elliptical as fast as you can
- Report your exact times to the Fitness Center Desk Attendant

- NOTE: Your times will be rounded up to the nearest quarter minute (0:15 seconds)
  e.g. 8:37 = 8:45 = 8.75 minutes

- The Fitness Center Attendant will record your individual times and total time on the Muscle of the Month board

- Participate as many times as you want during the month to improve your overall score! (Limit once per day)

- You must participate TWICE to receive credit