

# POWER UP CHALLENGE

## Indoor Triathlon

What: Indoor Triathlon- Walk/Run for 20, Bike for 20, Swim for 10

Where: Dixon Recreational Center

When: Sunday March 7<sup>th</sup>, 2010

There are five rounds of the triathlon:

- 1:00pm- 1<sup>st</sup> round open only to Power Up Featured Challengers
- 1:30pm- 2<sup>nd</sup> round open to all OSU participants
- 2:00pm- 3<sup>rd</sup> round open to all OSU participants
- 2:30pm- 4<sup>th</sup> round open to all OSU participants
- 3:00pm- 5<sup>th</sup> round open to all OSU participants

What to expect the day of the challenge:

- Arrive 30 minutes prior to the start of your event.
- Check-in at the Power Up booth located inside West Entry of Dixon (In front of Dixon Café).
- Check out a locker at Dixon. If you are a member of Dixon you can check out a locker with your OSU ID card at the equipment rental desk. If you are not a member at Dixon you will need to inform the equipment desk that you are a part of the Power Up Indoor Triathlon and show a form of ID.
- Be comfortable with circle swimming. Circle swimming is a form of swimming in the pool that allows multiple people to be in one lane at the same time.
  - Just like on the road, stay to the right. Try to leave the middle of the lane open.
  - If a swimmer knows you are behind him/her and that you want to pass, the best place to pass is at the wall. A light touch on the foot can also signify this. If you pass in the middle of the lane, it should be between the backstroke flags, and you should pass on the inside or middle of the lane. Make sure the way is clear; you can lightly touch the foot of the swimmer in front of you to let them know that you are passing. This will signal the swimmer that you are passing to slow down a little and "hug the lane."
- \*Information provided by the University of Illinois-  
<http://www.campusrec.illinois.edu/aquatics/etiquette.html>
- Remember to pace yourself through out the event. It is sometimes tempting to go all out when given a limited time. Resist the temptation; pacing is just as important in a timed triathlon as it is in a triathlon measured by distance.

If you have any questions or concerns please contact Tiari Skrinde at

[Wellness.dixon@oregonstate.edu](mailto:Wellness.dixon@oregonstate.edu) or Kerry Evans at  
[Kerry.evans@oregonstate.edu](mailto:Kerry.evans@oregonstate.edu) or call us at 541-737-4883

What to bring:

Swim

- ✓ Towel
- ✓ Swimsuit
- ✓ Goggles
- ✓ Swim cap (if desired)

Running/ Bike

- ✓ Comfortable clothing
- ✓ Sturdy closed toed shoes
- ✓ Water bottle



# POWER UP INDOOR TRIATHLON

Health and Wellness Challenge  
Entry Form

Sunday March 7th, 2010

**Deadline for Registration: Thursday March 4<sup>th</sup>. Turn in form at the Rec Services Desk in Dixon**

Last Name: \_\_\_\_\_ First Name \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Individual       Team

If team please list members: \_\_\_\_\_

Please check at least two times that you are available to participate.

There are four rounds for the triathlon and they will be starting at the following times:

1:30pm

2:00pm

2:30pm

3:00pm

We will contact you by Friday March 5th with the time that you will be competing.

Are you currently a member of Dixon Recreational Center?  Yes     No

Affiliation to OSU:

Undergraduate       Staff/ Faculty  
 Graduate               Other \_\_\_\_\_

Are you currently participating in the Power Up Challenge?  Yes     No

How did you hear about this event?  Barometer  
 OSU Today  
 Triathlon Club  
 E-mail  
 Other: \_\_\_\_\_

How far do you predict that you will walk/run in 20 minutes? \_\_\_\_\_

How far do you predict that you will bike in 20 minutes? \_\_\_\_\_

How far do you predict that you will swim in 20 minutes? \_\_\_\_\_

*Prizes will be awarded to closest predictions for each event and over all*

If you have any questions or concerns please contact Tiari Skrinde at [dixon.wellness@oregonstate.edu](mailto:dixon.wellness@oregonstate.edu) or Kerry Evans at [kerry.evans@oregonstate.edu](mailto:kerry.evans@oregonstate.edu) or call us at 541-737-4883