

VIRTUAL TRIATHLON

4-28 FEB



Ready to take your fitness to the next level? Want to see where you rank against your fellow athletes? Or maybe you need a challenge?

With this Virtual Triathlon, you compete on your own schedule and track your own progress. Once registered, you will receive a tracking sheet. Upon completion of the triathlon, turn in your tracking sheet. Open to DoD ID Card holders.

All participants will receive one movie pass.

INSTALLATION

COMMANDER'S CHALLENGE

You can compete as many times as you like between 4-28 Feb, but only one entry of a participant's best time can be submitted. Open to all Active Duty. The Installation Commander wants you to try and beat his time. The top three challengers with times better than the CO will win an MCCS Gift Card.

PRIZES: 1st Place \$100
2nd Place \$50
3rd Place \$25

2,000 Meter Row

7 Mile Upright Stationary Bike

1 Mile Walk/Run on Treadmill

**Each segment must be performed in one session.*

To register for the Virtual Triathlon, email BPACRegistration@usmc-mccs.org or sign up at the front desk at Barber Physical Activity Center.

