

Do the Distance Challenge



**Scan the QR code for more information
about the challenge and registration details!**

FEBRUARY 18 - MARCH 9

Channel your inner triathlete and join
the 2024 Do the Distance Challenge!



Register for this free, members-only challenge under the Courses/Events Calendar on the
My Wellness portal *no later than Sunday, February 25*, then see a Fitness Specialist
for further assistance.

For more information, contact **Rodney Pintang** at **773-878-9936, ext. 3913**
or email **RPintang@schosp.org**.

SEE REVERSE SIDE FOR MORE INFORMATION



5157 N. Francisco Ave.
Chicago, IL, 60625
773-878-9936
GalterLifeCenter.org

Do the Distance Challenge

CHALLENGE RULES:

Option 1 - Individual Challenge: Swim, bike and run a long-distance triathlon within the challenge dates.

Option 2 - Team Challenge: Form a team of 3 with each member completing 1 leg of the long distance triathlon (*1 swimmer, 1 cyclist and 1 runner*).



RUN 26.2 miles

(can run or walk)

Examples how to get it done:

Daily: 1.25 miles a day

5 times total: 5.24 miles each time

10 times total: 2.62 miles each time

15 times total: 1.75 miles each time

SWIM 2.4 miles

(based on the West Pool)

1 lap: 2 lengths of the pool

88 laps or (50 yards each): 2.4 miles

176 lengths (25 yards each): 2.4 miles

Examples how to get it done:

1 day a week for 3 weeks: 29 laps

2 days a week for 3 weeks: 15 laps

3 days a week for 3 weeks: 10 laps

4 days a week for 3 weeks: 7 laps

5 days a week for 3 weeks: 6 laps

BIKE 112 MILES

- A 60 minute Group Fitness cycling class equals 18.6 miles.
(take 6 classes in 3 weeks)

- A 30 minute Group Fitness cycling class equals 9.3 miles.
(take 12 classes in 3 weeks)

- Exercise on a stationary bike:
 - 1 hour = 18.6 miles
 - 30 minutes = 9.3 miles
 - 20 minutes = 6.2 miles

This is a *FREE* challenge for Galter LifeCenter members only. Those who complete the challenge will win a prize! The individual and team that complete the challenge distance first will receive an additional prize.

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