

# 5<sup>th</sup> Annual University Club of Boston

## Try the Tri/Duathlon; Virtual Edition!

March 5<sup>th</sup> & 6<sup>th</sup>, 2022

**Triathlon:** 300 yard swim/ 45 minute bike/ 2 mile run

**Duathlon:** 1 mile run/ 45 minute bike/ 2 mile run

**Entry Fee:** \$20 (for event t-shirt)

In addition to our Annual University Club “Try the Tri” we will have a duathlon component available for those who don’t have access to a pool. Whichever event you chose, whether it be the triathlon or the duathlon you will be able to complete it virtually. You will just need to send me proof of completion of each discipline of your event.

This year’s event is a “compete to complete” event, meaning the goal is to just complete the event you choose. All registrants will receive an event t-shirt!

Here are the rules:

- Choose to complete either the triathlon or duathlon.
- It is recommended that you try to complete them in the order of each discipline on the same day, but it is not required. You can split the disciplines up. For example: swim and bike on Saturday, then do the run, on Sunday. You have both Saturday and Sunday to complete the disciplines.
- For the bike, I will be teaching a 45-minute virtual bike class on zoom, Saturday March 6<sup>th</sup> at 9AM, which will cover your bike requirement. You can also choose to do a 45-minute peloton workout or just ride on your own (indoors or outdoors) for 45 minutes.
- To get credit you will just need to submit proof that you did each of the disciplines. It can be in the form of a picture of your garmin device, apple watch, peloton screen or phone showing what you completed. Please email to Coach Chris at [multisport@uclub.org](mailto:multisport@uclub.org).

**Registration:** Please email coach at [multisport@uclub.org](mailto:multisport@uclub.org) to register for the event and let him know your t-shirt size. **Registration ends Friday February 26<sup>th</sup>.**

**Proof of completion:** All proof of completion must be emailed to coach by 11:59PM on Monday March 8<sup>th</sup>! A picture of you when finished would be great for our newsletter!!