

# DIY Tri Information Sheet

The first annual Menomonie Field House and Menomonie Area Aquatic Club DIY Tri kicks off on Monday, January 18th. The last day to complete the DIY Tri is March 12th, so you have 8 weeks to finish!

## What is a DIY Tri?

This triathlon is based on an Ironman triathlon and can be completed over an 8-week period. Participants will swim 2.4 miles, bike 112 miles, and run 26.2 miles.

By spreading the Ironman over 8 weeks, individuals can break the distances into small, more manageable chunks.

- To swim 2.4 miles is equal to 82 laps in the pool, which is swimming about 10 laps per week.
- Biking 112 miles over 8 weeks is biking 14 miles per week.
- Running 26.4 miles is running just over 3 miles per week.

Don't like to swim? Can't sit on a bike that far? Running not an option? That's okay!! With the DIY Tri you choose the activities that you will do to make your own Ironman triathlon. See the table below to convert other activities.

## Who can participate?

All ages are encouraged to participate. You can participate as an individual or as a team. Teams of **4 or fewer people** can be made up of friends and/or family.

## How do I track my triathlon information?

There are three ways to track your miles and laps for the triathlon:

- Make a copy of the google tracking sheet, electronically record your information, and when you have completed the triathlon, share the tracking sheet with [mhsfieldhouse@msd.k12.wi.us](mailto:mhsfieldhouse@msd.k12.wi.us)
- Print a copy of the google tracking sheet, record your information, and mail or bring your tracking sheet to the MHS Fieldhouse.
- Pick up a copy of the tracking sheet from the MHS Fieldhouse, record your information, and mail or bring your tracking sheet to the MHS Fieldhouse.

## Are there any prizes?

Each completed tracking sheet (either individual or team) will be entered into a raffle for prizes.

### How much does it cost?

The DIY Tri is **FREE**; there is no cost to participate.

### Where do I sign up?

You can sign up here: <https://forms.gle/RaorXJj5X4XKuM7u9>

\*\*\*One email per registration.

### What other activities can I do?

Knowing that not all people will use running, biking, or swimming as their chosen physical activities, we created the table below. If your activity isn't under the "sample activities," please use your best judgment when converting your physical activity.

Activity Level	Sample Activities	Conversion
<b>Light</b>	bowling, snowmobiling, dusting or vacuuming, walking, yoga, physical therapy	20 minutes is equivalent to: Running 1 mile Biking 3 miles Swimming 10 laps
<b>Moderate</b>	weightlifting, recreational dancing, shoveling light snow, recreational ice skating or roller skating, sledding, jumping rope, snowshoeing	20 minutes is equivalent to: Running 2 miles Biking 6 miles Swimming 20 laps
<b>High Intensity</b>	Exercise classes: i.e. (spinning, step, kickboxing, elliptical, rowing, body pump, circuit.) basketball, cross country skiing, downhill skiing, martial arts, chopping wood, competitive dancing, shoveling heavy snow	20 minutes is equivalent to: Running 3 miles Biking 9 miles Swimming 30 laps

### How do I submit my activities?

You can make a copy of the google document, record your activities, and electronically submit your tracking sheet by sharing it with [mhsfieldhouse@msd.k12.wi.us](mailto:mhsfieldhouse@msd.k12.wi.us). You can print out the tracking sheet and turn it into the Menomonie Fieldhouse.

**All tracking sheets must be turned in  
by or before March 12th**

Questions? Contact Field House at [mhsfieldhouse@msd.k12.wi.us](mailto:mhsfieldhouse@msd.k12.wi.us)

