



2020 Adventure Challenge Registration

What: Hike the “Top 10 Walk-Up Summit Hikes” in the U.S, according to National Geographic! There is 64.6 miles combined between the 10 hikes.

When: Complete all 10 hikes in 1 month.

Where: Complete all 64.6 miles at the Pavilion. Mileage can be obtained using the pool, rower, recumbent bike, NuStep, treadmill, elliptical, AMT, or outside on the walking path.

Why: To hold you accountable and show you that you can do what you set your mind to! It’s also just plain fun!

Who: YOU! All members can register for this challenge.

How: Cost is \$30. Turn in a registration form to the Front Desk. Check off your hikes on your map in the hallway as you complete them.

Awards

All finishers receive an embroidered fleece and poly travel blanket for any of your “real” hiking adventures! 😊

2020 Adventure Challenge Registration

Name: _____

Age: _____ Gender: _____

Phone: _____

Email: _____

Cost is \$30. Paid:

- Cash
- Check
- Credit

I want the embroidered fleece and poly travel blanket.

- Yes
- No

2020 Adventure Challenge Registration

Name: _____

Age: _____ Gender: _____

Phone: _____

Email: _____

Cost is \$30. Paid:

- Cash
- Check
- Credit

I want the embroidered fleece and poly travel blanket.

- Yes
- No

ENDURANCE CHALLENGE

2.4 mi • 112mi • 26.2mi

ARTHUR & GLORIA MUSELMAN WELLNESS PAVILION

2020 Endurance Challenge Registration

What: We are excited to introduce a brand-new facility challenge this year to push your limits, and perhaps you will find that *you can do what you never thought* you could. Are you ready? Complete a FULL IRONMAN in 2020 – that’s swimming 2.4 miles, biking 112 miles, and running/walking 26.2 miles.

When: Choose your time frame:

TIER 1: Complete a full Ironman in 1 month

TIER 2: Complete a full Ironman in 2 months

TIER 3: Complete a full Ironman in 3 months

Where: Complete all the mileage in our facility or choose the FLEX option to do some mileage outside of the Pavilion (walking path is considered “in the Pavilion”). Fifty miles of biking and 12 miles of running are allowed outside of the Pavilion with the FLEX option *as part of your total mileage* (highlighted below). Here are the guidelines for the mileage:

| | Pavilion | FLEX | Total Mileage | What counts? |
|-------------|----------|------|---------------|---|
| Swim | 2.4 | 0 | 2.4 | Pool or rower |
| Bike | 62 | 50 | 112 | Spin bike, recumbent bike, NuStep or outdoor bike |
| Run | 14.2 | 12 | 26.2 | Treadmill, elliptical, NuStep, AMT, or outdoor |

Why: To hold you accountable and show you that you can do what you set your mind to! It’s also just plain fun!

Who: YOU! All members can register for this challenge.

How: Cost for the challenge is \$30. Turn in a registration form to the Front Desk. Track your mileage on our monthly mileage tracker and keep it in the hallway.

Awards

All finishers choose from a “sport” t-shirt or half-zip long sleeve shirt once they complete the challenge. All finishers receive bragging rights and will be featured! In addition, TIER 1 receives a duffle bag and TIER 2 receives a water bottle (*while supplies last*).

2020 Endurance Challenge Registration

Name: _____

Age: _____ Gender: _____

Phone: _____

Email: _____

Which TIER are you choosing?

- TIER 1 (1 month)
- TIER 2 (2 months)
- TIER 3 (3 months)

I want to do the FLEX option.

- Yes
- No

Cost is \$30. Paid:

- Cash
- Check
- Credit

Do you want the t-shirt or half-zip long sleeve shirt?

- T-shirt
- Half-zip

What size do you want?

- X-small
- Small
- Medium
- Large
- XL
- 2XL
- 3XL