



Arthur & Gloria Muselman Wellness Pavilion

Stay motivated in 2018 as you work towards one – or both! – of our challenges! We are offering “Clock Tower to Capitol City” and an Indoor Triathlon for 2018! Both span the course of this year.

Clock Tower to Capitol City

It's 238 miles from the Clock Tower to our Capitol City, Indianapolis, and back. Can you do it in a year? Earn miles on our bikes, treadmills, NuSteps, AMTs, elliptical machines, swimming or water walking, and by attending a class. You keep track of your miles on our chart. When you complete the challenge, you will receive a t-shirt marking the accomplishment! Start whenever you would like, but the challenge expires on December 31, 2018!

Indoor Triathlon

Challenge yourself this year with an indoor triathlon. You have one year to complete a total of 150 miles on our bikes, in the water, and on land, but the miles must meet these requirements:

- Swim/Water Walk 15 miles
- Bike 75 miles
- Run/Walk/Elliptical/AMT/NuStep 60 miles

Can you go the distance? You keep track of your miles on our charts. When you complete the challenge, you will receive a t-shirt marking the accomplishment! Start whenever you would like, but the challenge expires on December 31, 2018.

Registration

I would like to do the “Clock Tower to Capitol City” - \$20

Name: _____

Phone: _____ Shirt Size: _____

Email: _____

Total Balance Due: \$ _____

Office Use Only: Paid Cash Paid Check: # _____



Registration

I would like to do the Indoor Triathlon - \$20

Name: _____

Phone: _____ Shirt Size: _____

Email: _____

Total Balance Due: \$ _____

Office Use Only: Paid Cash Paid Check: # _____