



BLUFFTON PARK & RECREATION'S VIRTUAL SUMMER TRIATHLON

Your Triathlon, Your Way

ACTIVITY TRACKER

All activities must be completed between August 1 – August 31, 2023

You do not have to complete the entire activity distance in 1 day.

You can complete activities indoors or outdoors.

Sprint Triathlon Options

- Sprint Tri Option 1 (Swim 750m, Bike 12 miles, Run 5k)
- Sprint Tri Option 2 (Swim 750m, Row 12 miles, Run 5k)
- Sprint Tri Option 3 (Row 750m, Bike 12 miles, Run 5k)
- Sprint Tri Option 4 (Swim 750m, Row 12 miles, Run 5k)

Olympic Triathlon Options

- Olympic Tri Option 1 (Swim 1500 m, Bike 24 miles, Run 10k)
- Olympic Tri Option 2 (Swim 1550m, Row 24 miles, Run 10k)
- Olympic Tri Option 3 (Row 150m, Bike 24 miles, Run 10k)
- Olympic Tri Option 4 (Swim 1550m, Row 24 miles, Run 10k)

Half Triathlon Options

- Half Tri Option 1 (Swim 1.2 miles, Bike 56 miles, Run 13.1 miles)
- Half Tri Option 2 (Swim 1.2 miles, Row 56 miles, Run 13.1 miles)
- Half Tri Option 3 (Row 1.2 miles, Bike 56 miles, Run 13.1 miles)
- Half Tri Option 4 (Swim 1.2 miles, Row 56 miles, Run 13.1 miles)

Iron Man / Long Triathlon Options

- Long Tri Option 1 (Swim 2.4 miles, Bike 112 miles, Run 26 miles)
- Long Tri Option 2 (Swim 2.4 miles, Row 112 miles, Run 26 miles)
- Long Tri Option 3 (Row 2.4 miles, Bike 112 miles, Run 26 miles)
- Long Tri Option 4 (Swim 2.4 miles, Row 112 miles, Run 26 miles)

Activity	Enter Distance Completed	Date Completed
Swim		
Row		
Bike		
Run		

Name: _____ Email: _____