

# 100 Hour Challenge

(Ages 15 and up)

## Youth 50 Hour Challenge

(Ages 8-14)

in

90 days

This is an Ideal training program to help prepare you for the upcoming triathlon/ duathlon races in our local area or can be used as a basic conditioning program. You must select one of the three categories to compete in and complete all the required hours in each of the discipline within 90days. In the triathlon category you must complete 30 hours swimming / 40 hours cycling / 30 hours running, and in the duathlon category you must complete 60 hours cycling /40 hours running, and in the Aquabike you must finish 40 hours swimming/60 hours cycling. Training hours can be completed on stationary bike and treadmills. Treadmill should be set at a minimum of 1 percent incline. Youth ages 8 to 14 may complete in the 50 hours challenge. Distances are cut in half for all three categories. (Triathlon 15/20/15 hours, Du 30/20 hours, Aquabike 20/30 hours). All participates will receive rules and training tips. To enter, mail in bottom portion of this form or register online at [www.active.com](http://www.active.com)

### Entry fee:

**Adults:** \$20 (STARRS members) **\$30** (non-member)

You will receive the following:

- **Weekly training hours**
- **3 group training session**
- **Receive training advise & tips from USAT Coach & Elite athlete**
- **All finisher will receive short sleeve cool max T-shirt**
- **For non-members it will include one year STARRS membership**
- **Award ceremony**

**Youth:** (Ages from 8 to 14) **\$15** (STARRS members) **\$25** (non-members)

You will receive the following:

- **Weekly training hours update**
- **3 group training session**
- **Training advise & tips from USAT Coach & Elite athlete**
- **All finisher will receive short sleeve cool max T-shirt**
- **For non-members it will include one year STARRS membership**
- **Award ceremony**

**Start Date:** 1 Feb. and end date 1 May 2010

Every Thursday participate will email completed weekly training to:

JROD@NRGCC.COM Screen names are used to post weekly results

If you have any questions please call John (361) 510-0622

----- Detach here -----

Make check payable to **STARRS**

Mail entry form to: **9320 South Padre Island Dr. #2907, Corpus Christi, Texas 78418**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ T-shirt size \_\_\_\_\_ S M L XL

(Please check only one)

Adult Category \_\_\_Tri 30/40/30 HRS\_\_\_ Du 60/40 HRS\_\_\_ Aquabike 40/60 HRS

Youth Category \_\_\_Tri 15/20/15 HRS\_\_\_ Du 30/20 HRS\_\_\_ Aquabike 20/30 HRS

(Ages 8-14)

Screen name \_\_\_\_\_ Email Address \_\_\_\_\_