

TRIATHLON Stay at Home Challenge



New Mexico Senior Olympics, Inc.



You are invited to participate in a free virtual event to encourage seniors to be active during the Covid-19 Stay at Home Health Order. NMSO offers fourteen (14) individual sport activities, all modified to participate from home. Participants must complete and agree to the Liability WAIVER prior to getting started. Stay at Home Challenge participants will submit results monthly and be entered in a drawing for \$100 Gift Card. Consult a physician before starting any physical fitness exercise.

TRIATHLON Monthly Challenge Instructions

Triathlon Challenge is four months, August - November 2020
Each month do as much as you can and record results

Run	5K	3.1 Miles
Bike	20K	12.4 Miles
Swim	400 meters	

HOW to get Started and Report RESULTS

- ❖ Sign up and agree to the Liability Waiver at www.nmseniorolympics.org
- ❖ Participate and log your scores or times for one full month
- ❖ Each month submit challenge results virtually at www.nmseniorolympics.org
- ❖ **OR** submit results via email, fax, phone, or text - deadline is the 5th of each month by noon.
- ❖ Results must include name, sport, gender, age, county, month, times and/or scores
- ❖ All challenges are based on the honor system
- ❖ Check NMSO website monthly for results and Gift Card Winner Announcement
- ❖ Repeat the following month

**Remember have fun, be safe, stay hydrated, wear sunscreen,
and proper attire!**

