



Just TRI It.

Event Dates: March 1-May 1
Registration: Open through April 26

Just Tri It is a paratriathlon challenge for both first-time and experienced triathletes. The goal is to see how many miles you can swim, bike, and run from March 1 to May 1. As you surpass certain milestones, you will earn badges and have the opportunity to win some great prizes. Come on! Just Tri It.

How to Participate

This is a virtual challenge so you can complete your miles anytime, anywhere, whether it's at home, in your community, or at a local gym. The cumulative-distance format allows you to count every swim, bike, and run during the two-month challenge toward your overall total. If you wish to only run, you can! If you prefer to bike and run, you can! You can do as much as or as little of each discipline as you'd like.

Triathlon Distances

You're encouraged to reach any distance goals you set for yourself, whether it's a Sprint Triathlon distance or Ironman Triathlon distance. As you surpass the milestones below, you'll earn a digital badge that you can share on social media. And other prizes along the way.

Sprint Distance: 16 miles total

0.5 mile swim / 12.4 mile bike / 3.1 mile run

International Distance: 32 miles total

0.93 mile swim / 24.8 mile bike / 6.2 mile run

Half-Ironman Distance: 70.3 miles total

1.2 mile swim / 56 mile bike / 13.1 mile run

Ironman Distance: 140.6 miles total

2.4 mile swim / 112 mile bike / 26.2 mile run



How to Log Your Miles

There are two ways to log your mileage, but we recommended using the fitness app [Strava](#).

With Strava, you can automatically track your miles by linking your account to a compatible device like a Garmin or Apple Watch. If you don't have a Strava account, you can create one for free!

[Learn how to set up Strava by clicking here.](#)
[Join the Just Tri It Strava Club by clicking here.](#)

Use the Strava Club leaderboard to track and compare your performance throughout the challenge. You'll also receive bi-weekly emails with the complete leaderboard, standings, and optional challenges.

If you prefer not to use Strava, you can use [this online form](#) or Excel log to track your workouts. If using the Excel log, please email your log to Dare2tri Program Director [Dan Tun](mailto:dan@dare2tri.org) (dan@dare2tri.org) by Friday each week.

If you don't have a tracking device to use, here are some suggestions for time/distances:

- 15 minutes of cycling = 2.5 miles
- 20 minutes of walking = 1 mile
- Swimming will depend on your pool length. Please record the number of laps you swim and enter the distance in yards or meters.

Two Divisions

Open Division

For anyone who wants to be active, track their progress, and learn the basics of paratriathlon. You may use any type of cycle to log your miles. This includes an upright or stationary bike, trike, recumbent, handcycle, UBE or Krankcycle.

Competitive Division

For anyone who wishes to compete against individuals across the nation. This division will feature three sub-divisions:

- **Ambulatory athletes:** Athletes who will log their running miles on foot and use an upright, foot pedaled bike, recumbent or stationary bike for the biking portion.
- **Athletes who use a wheelchair:** Athletes who will log their running miles using an everyday chair, sports chair, or racing chair and use a handcycle, stationary arm bike, UBE or Krankcycle for the biking portion.
- **Athletes with visual impairments**

Each sub-division will be listed on the leaderboard by gender and age (17 & under, 18-40, 40 & up).

Awards

- Complete the Sprint triathlon distance to receive a special finisher's prize.
- Finish atop your competitive division to win a fun co-branded swag bag from Lakeshore and Dare2tri. Prizes will be awarded to the top male and female finishers in each division.
- Earn a grand prize raffle entry for every triathlon distance you complete.
- Earn bonus raffle entries for completing the bi-weekly challenges.

Bi-Weekly Challenges

To help you stay on track with your goals, event organizers will be throwing out challenges in the bi-weekly emails. Each challenge that you complete will give you an extra entry into our grand prize raffle.

Zoom Meetings

You're invited to connect with your fellow participants, Lakeshore staff, and Dare2tri staff during these optional Zoom meetings.

Paratriathlon 101 – March 31

Learn everything there is to know about paratriathlon.

Finish Line Celebration – May 5

Celebrate your success and find out who wins the grand prize.