

Biking — 12.5 miles (20 kilometers)

0.5	1	1.5	2	2.5
3	3.5	4	4.5	5
5.5	6	6.5	7	37
8	8.5	9	9.5	10
10.5	11	11.5	12	12.5

Running — 3.1 miles (5 kilometers)

0.2	0.4	0.6	0.8	1 mile	1.2	1.4	1.6
1.8	2 miles	2.2	2.4	2.6	2.8	3 miles	3.1

Swimming — 0.5 miles (750 meters)

50m	100m	150m	200m	250m
300m	350m	400m	450m	500m
550m	600m	650m	700m	750m

OFFICIAL 2021 SLOTH SPRINT TRACKING FORM



What is the Slothathon?

Sloths are mysterious creatures who are notoriously slow. By the same token that these tree-dwelling mammals take a little bit longer to get to their destination, The Slothathon is a slower-paced version of a traditional Ironman Triathlon.

Instead of only a few hours, you have a 30-day window to complete the running, biking, and/or swimming requirements outlined on this tracker. The purpose of this event is to help people of all skill levels to get up and move in a fun, customizable, personal, and entertaining way.

From the couch potato who wants to not break into a sweat when they have to reach for the remote, to the avid exerciser who is building up and training for a true triathlon, the goal of this event is to get you moving, and, most of all, to have fun doing it!

Tracking Sheet Instructions

Fill in a block for distance indicated in the block for the activity you completed. Once you have finished one, two, or all three categories on the tracker, you return it to Tremonton City or Tremonton City Parks & Recreation.

Those who complete all or part of the Slothathon will receive a prize package that corresponds with the number of categories completed.

The prize packages include:

BRONZE – Slothathon T-shirt

SILVER – Slothathon T-shirt

GOLD – Slothathon T-shirt & Finisher medal

And who knows, as the month progresses, so might the prize packages and drawings to become even cooler!

Using Alternative Activities

For some participants, some of the portions of the Slothathon may present barriers. For example, someone may not be a strong swimmer, or may not have a bicycle, or have a knee condition, which makes running difficult.

Don't let this prevent you from going FULL SLOTH! We want this event to fit your needs and personal goals, so we made it customizable. If one of the original activities isn't achievable, we encourage you to use an alternative activity to help fill in the gaps!

We don't want to limit you with prescribed alternate exercises, so we have created a simple formula, which you can use. Like everything else with this activity, it's done on your honor! We're trusting you to put in the work!

To earn ALTERNATIVE MILES, break down your activities by the level of intensity, using the chart below to match the intensity of your activity with the duration equivalent for 1 mile in one category.

RUNNING EQUIVALENT:

Vigorous (Running):	15 minutes of alternate = 1 Block
Moderate (Jogging):	20 minutes of alternate = 1 Block
Light (Walking):	25 minutes of alternate = 1 Block

BIKING EQUIVALENT:

Vigorous (Racing Pace):	10 minutes of alternate = 1 Block
Moderate (Regular Ride):	15 minutes of alternate = 1 Block
Light (Sunday Ride):	25 minutes of alternate = 1 Block

SWIMMING EQUIVALENT:

Vigorous (Racing Pace):	10 minutes of alternate = 1 Block
Moderate (Consistent Stroke):	20 minutes of alternate = 1 Block
Light (Leisurely / Treading Water):	30 minutes of alternate = 1 Block

Signature of Completion

On my honor, I (or my dependent, if signed by a guardian) have faithfully completed – finally! – the Sloth Sprint, all or in part, as indicated on my tracker – and it was awesome!

NAME: _____ PHONE #: _____

SIGNATURE: _____ DATE: _____