



ABOUT THE GREAT WESTERN CHALLENGE:

Registration Open: Monday Feb. 22nd - Sunday April 18th, 2021.

42 days of unique fitness tests to spice up your motivation and get you safely out the door and into shape for 2021! Wholly *not* based on speed or hyper levels of fitness, the Great Western Challenge (GWC) rewards consistency, creativity and dedication to ongoing fun and fitness, with prizes awarded for each challenge and a t-shirt to everyone who completes the series.

Open to all annual members of Triathlon BC and Triathlon Alberta, we're hoping to make your off-season a little more adventurous as we each (individually!) celebrate our health and fitness!

[Register HERE](#)

The first challenge kicks off Monday March 1, 2021!

It's up to you how you participate; make it wild and share the adventure through your glorious social channels, fire up the wick and tune each challenge towards the fitness fanatic in you, or keep it low key and use the GWC to spur on winter fitness with a series of fun, fitness-oriented goals.

A note on health and safety – All participants in this challenge are encouraged to complete these activities within the comfort of their own homes and within their bubbles. Please maintain a safe distance of 3 meters from others if completing the activities.

Like you needed additional motivation to participate... but did we mention the **FREE T-SHIRT!**? Yea, that's right, complete all challenges and receive a one-of-a-kind, limited edition, Great Western Challenge custom T-shirt!

SUBMISSION FORMATS:

Submissions are accepted manually using the supplied forms. Each challenge will have a link to the submission form. You will receive these links after registration. To be eligible for the individual challenge prize draw, you must complete the challenge before the deadline listed below. It's easy!

CHALLENGES	PRIZE DRAW DATE
FIT-5	MARCH 14
BASE BIKE	MARCH 21
STAIR WE GO	MARCH 28
ROUND & ROUND	APRIL 4
SWIM WEEK/YAM	APRIL 11

CHALLENGES:

Each challenge can be completed in the timeframe that suits you, so long as it's completed by the Challenge deadline of April 11, 2021. Prizes will be drawn on the dates listed above. Remember - you need to complete all challenges to be eligible for the free t-shirt!

FIT-5: Plot your favourite 5km run route, then go out and crush it. Capture your workout via screenshot of your app, fitness tracker or timer and submit it to the form link provided in an event email. The first 10 people to complete this challenge will be entered in a draw for 1 of 2 provincial exclusive packages.

- 5k Running

BASE BIKE: Sorry, only for Indoor riding! Select your challenge and build your base. You will have 2 weeks to complete one, two or all challenges! *Base Bike* challenge has three tries with increasing odds of winning! Win either a Triathlon Alberta Wind Breaker Jacket OR a Rudy Project Helmet OR Sunglasses. Capture your workouts and submit a screenshot of your app, fitness tracker or timer and submit it to the emailed form link.

- BASE 20k = (1) X Draw Prize Entry
- BONUS 40k = (2) X Draw Prize Entry
- IRONBUTT 100k = (3) X Draw Prize Entry

STAIR WE GO: How high can you go? The Stair We Go challenge will have your calves screaming for mercy with an uninterrupted stair climbing (non-stop climbing) challenge. Participants can complete this workout on a step mill, building (restrictions allowing) or set of stairs outside. Complete the activity and submit the submission form to earn a badge for reaching your own #GWCpersonalsummit. All participants who complete one, two or all three challenges between March 15-28 will be entered for a draw for 1 of 2 F2C nutrition bundles. Additionally all participants completing this challenge will receive an exclusive discount code for F2C products.

- EMPIRE - 1,600 stairs = (3) X Draw Prize Entry
- HALF PIRE - 800 stairs = (2) X Draw Prize Entry
- LIL' PIRE - 500 stairs = (1) X Draw Prize Entry

ROUND & ROUND: Bring the high stakes excitement of NASCAR oval track racing to your community running track! This challenge is for an indoor or outdoor track work and should be completed while respecting physical distancing guidelines. Check out the challenges below and test your engine! Submit a photo of your completed challenge to the form sent via email. Two (2) exclusive Triathlon BC Cinch Sacs will be drawn for BC members and two (2) exclusive Triathlon Alberta totes with Keychains and Hats will be drawn for AB members.

- 10-4 GOOD BUDDY: 10 x 400m, better than 5km pace. 60s recovery b/w each 400.
- EGYPTIAN PYRAMID: Build sets 400m, 800m, 1600m, 800m, 400m, 90s recovery b/w each set.

SWIM WEEK OR PUMP UP THE YAM (Strength, core or yoga sessions): Understanding some of the current limitations with pools, this challenge is a choice which works best for you! Submit a photo of your completed challenge in the form link supplied to you.

Pump-up-the-YAM: Think you can pump up your morning strength, core or yoga routine? *Pick Pump-up-the-YAM!* Complete one of the below challenges, submit your complete + picture and give yourself a high five!

- ARNOLD: 10 sessions in 14 days
- ROCKY: 3 sessions in 5 days

Swim Week: Have access to a pool and are able to still swim? Pick *swim week* and see how far you can go! Take one week, log your kms and see how far you can swim.

- 5km – Vancouver Island to Hornby Island BC
- 11km - Waterton townsite to the US (and back!) AB
- 18km – Length of Lake Windermere BC

MILEAGE-MAKER: Celebrate being active while staying apart with your club! The *Mileage-maker* is an award for the most active club. Aggregate mileage or participation, accumulated by an affiliated club.

- SMALL FRY: Up to 5 Club Members
- BIG POTATO: Up to 10 Club Members
- ENCHILADA: 10+ Club Members

BONUS: *The club with the most members will receive an exclusive, custom club T-shirt for every member in your club!*

SOCIAL MEDIA:

The goal of this event is FUN! Make sure to check out our social media channels and use the below #hashtags to be part of the conversation.

Triathlon BC:

- Web - www.tribc.org
- Facebook - [Triathlon BC](#)
- Instagram - [@triathlonbc](#)
- Twitter - [@triathlonbc](#)

Triathlon Alberta:

- Web - triathlonalberta.ca
- Facebook - [Triathlon Alberta](#)
- Instagram - [@trialberta](#)
- Twitter - [@trialberta](#)

Challenge Hashtags: #GWCFirmSeats, #GWCPersonalSummit, #GWCBattleAtBorder, #GWChallenge, #GWCSwimBikeRun

CHALLENGE RULES FAQ:

How do I enter a distance towards the challenge?

Fill up the corresponding form on cognitio (available to participant registrants). Forms have been listed in the table above and appear in the event registration email from CCN.

What's stopping someone from cheating?

Honesty is the best policy. Unfortunately, we do realise that no matter what we do or how we structure it people are always going to be able to cheat if that's what they want to do.

Prizes are drawn randomly and participants receive a t-shirt for completion of all events. There are no prizes for first place.

If someone wants to cheat then they are only really cheating themselves and wasting their money.

Can I enter multiple challenges at once?

Yes! You can complete challenges at your leisure and on a timeline that best suits your needs. To assist in keeping the excitement for the events rolling, prize deadlines and timelines have been set and are listed in the table above.

REGULATIONS & SAFETY

As an annual member of Triathlon Alberta or Triathlon BC, your safety and wellness are important to us. Please review the following checklist to ensure your own personal safety and maximize your challenge enjoyment:

- Consult with a physician before training or participating in an event
- Do not wear headphones as you are not on a closed course
- Review route before running
- Pick route and time to avoid congestion
- Carry a mobile phone as means to connect if you require assistance while running
- Plan route to obtain adequate hydration and nourishment
- Follow Provincial Physical Distancing Guidelines
- Complete the approved waiver specific to this event

- The organizer reserves the right to cancel the event if restrictions prevent participants from performing the given challenges

Participants must check current Alberta and BC Covid 19 Guidelines and restrictions which apply to their particular area whenever attempting a challenge. Any current restrictions at the time of the activity must be followed.

BC COVID-19 Information [HERE](#)

Alberta COVID-19 Information [HERE](#)

PRIZING:

Complete all challenges and receive a custom GWC t-shirt

- BC & AB High quality, soft and stylish custom T-shirt

Fity -5: first 10 people to complete entered in for 2 prizes

- BC - ITU True Clean Sport Mesh Bags + EZ Tie Laces + Rudy Project Buff
- AB - Triathlon Alberta branded WTS running Singlet, trucker Hat & cool bike key chain

Base Bike: 1 x Name entered at BASE 20k / 2 x at BONUS 40K / 3 x at IRONBUTT 100k stage 3

- AB - Triathlon Alberta Windbreaker Jacket from WTS
- BC - Your choice of a Rudy Project Cycling Helmet or Tralyx Sunglasses

Stair we Go: F2C Packages

- BC - (1) F2C Bundle of goodies
- AB - (1) F2C Bundle of goodies
- EVERYONE - 30% off coupon for any who complete the challenge!

Round N Round: Cinch Sacs or Totes 10-4 GOOD BUDDY – 2 packs EGYPTIAN PYRAMID – 2 packs

- AB - 2 totes with Key Chains & “trucker hats” available
- BC - 2 Triathlon BC Cinch sacs

YAM/Swim Week: 1 x Name for Arnold 2x for Rocky / 1 x Name for 5K 2 for 11K 3 x for 18K

- BC - AquaSphere Goggles
- AB - Swim Goggles (Brand TBA)

FIT-FIVE	BASE BIKE	STAIR WE GO	ROUND & ROUND	SWIM WEEK OR PUMP UP THE YAM	MILEAGE MAKER
<p>(AB) WTS running Singlet, trucker Hat & key chain</p> <p>(BC) Mesh Bag, EZ Tie Laces, & Buff</p>	<p>(BC) Rudy Project Helmet or Sunglasses</p> <p>(AB) Windbreaker Jacket</p>	<p>(AB)(BC) 2x Cool F2C Packages (1 for each province)</p>	<p>(AB) Tri AB tote bags with goodies inside</p> <p>(BC) BC cinch sacs</p>	<p>(BC) Aquasphere Goggles & ITU Mesh Bag</p> <p>(AB) Swim goggles, Tote bag & Key chain</p>	<p>(AB)(BC) Recognition and bragging rights & special colored GWC T-shirts!</p>
					