

## 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 2025 SLOTH SPRINT TRACKING FORM

**MUST COMPLETE DURING  
THE MONTH OF APRIL**



# What is the Slothathlon?

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 Slothathlon 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 does not want to 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, return it to Ivins City Parks & Recreation.

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

The prize packages include:

**BRONZE (1/3 activities)** – Slothathlon Medal & One Prize Ticket  
**SILVER – (2/3 activities)** – Slothathlon Medal & Two Prize Tickets  
**GOLD – (3/3 activities)** Slothathlon Shirt, Finisher Medal, & Three Prize Tickets

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

## Return Instructions

Return this sheet to Ivins Parks and Recreation at the Finish Line Event on Friday, May 2nd at 6:00pm at the Ivins City Park. If you are unable to attend the Finish Line Event you may turn in the tracking sheet at Ivins City Hall (85 N. Main) any regular workday between April 15 and May 2.

## Using Alternative Activities

For some participants, some of the portions of the Slothathlon 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 Slothathlon, all or in part, as indicated on my tracker during the month of April – and it was awesome!

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_