

General FAQs

Do I have to do the whole challenge in one day?

No, the Virtual Triathlon is a race at your pace. You have the 29 days of February to complete your challenge in any way you wish.

Can I take part as part of a team?

Yes, of course. You can form a team of up to 4 people to take on the Virtual Triathlon.

Do I have to go to the gym to take part?

No, you can take part in the Virtual Triathlon in any location.

Are there prizes?

Yes! Prizes will be awarded to the highest fundraiser and the fastest participant. Everyone who completes the challenge will also be entered into a draw to win a mystery prize.

How much do I have to fundraise?

We ask all participants to try and raise a minimum of £80.

How do I set up my fundraising page?

You can set up a fundraising page by following this [link](#), if you would prefer a paper sponsorship form please call 01444 470208 or email fgray@stpjhospice.org.

I can no longer take part, can I get a refund?

Unfortunately, the £15 registration fee is non-refundable.

Cycle

How far do I have to cycle?

40 km (25 miles) if you are taking part in the Olympic Triathlon.

180 km (112 miles) if you are taking part in the Iron Man triathlon.

I don't own a bike, can I still take part?

Yes, of course. You can take part on a static bike in your own home or at any gym or leisure centre. The fabulous [Triangle Leisure Centre](#) in Burgess Hill are offering **free** classes every day for Virtual Triathlon participants to help you complete your challenge.

How do I book onto a cycling class at The Triangle?

Classes are booked on a first come, first served basis. You can download the class timetable from our website and we will give details of how to book in January.

How much do the spin classes cost?

Places Leisure will be offering these spin sessions free of charge to Virtual Triathlon participants for the whole of February. They also offer extra classes throughout the week to Places Leisure members.

I am already a member of the Triangle can I still join the special charity classes?

Yes, of course. As a member of the gym, you can take part in any session, just make sure that you book in advance.

I want to continue spinning after the challenge is over, how do I do this?

Contact your local gym to discuss membership options or visit placesleisure.org.

How do I prove how far I have cycled?

You can do this in a number of ways:

1. Track your journey using a distance tracking app such as Strava and send us a screen shot.
2. Send us a photo of your bike's speedometer before and after you take on your challenge.
3. Send us a picture of the distance tracker on your static bike at the end of each spin class or gym session.

Where do I send my cycling evidence to?

Please email your pictures and screen shots to fgray@stpjhospice.org.

Splash

How far do I have to swim?

1.5 km (0.9 miles) if you are taking part in the Olympic Triathlon. This is the equivalent of 60 laps of a 25 metre pool.

3.9 km (2.4 miles) if you are taking part in the Iron Man Triathlon. This is the equivalent of 156 laps of a 25 metre pool.

Where can I swim?

Anywhere! You can swim at any local pool.

How do I prove how far I have swum?

Proving evidence of how far you have swum can be difficult; we don't expect you to go out and buy any fancy equipment and we will accept an email detailing the times you have gone to the pool and distances you swam.

If you decide to do your swim at the Triangle Leisure Centre, they will issue you with a distance tracking wrist band to wear whilst you swim. This information can then be downloaded and sent to the hospice via email.

Where do I send my swimming evidence to?

Please email your pictures, screen shots and downloads to fgray@stpjhospice.org.

Step

How far do I have to run/walk?

10 km (6.2 miles) if you are taking part in the Olympic Triathlon.

42.2 km (26.2 miles) if you are taking part in the Iron Man Triathlon.

Do I have to run on a treadmill?

No, not at all, you can complete your steps in any way you wish. Some people might want to take up walking to work for a month or go on a long country walk, whilst others might run their favourite route or track.

How do I prove how far I have walked/run?

You can do this in a number of ways:

1. Track your journey using a distance tracking app such as Strava and send a screen shot to the hospice.
2. Send us a photo of the monitor on your treadmill.

3. Send us a screenshot of the route you have walked on google maps or any other location software

Where do I send my evidence to?

Please email you pictures and screen shots to fgray@stpjhospice.org.