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2019 Ultimate Wellness Challenge

"Batesville's 365-day wellness challenge where we challenge everyone to participate and be the best you in 2019!"

Registration Price: Members \$100 Guests \$110

Covers entry into all 2019 Challenges listed below:

Swim Your Resolution (Swim Challenge)

When: Month of January

Registration Price: Members \$25 Guests \$30

Ages/Divisions: All

A long-distance swim challenge where participants have the option to swim a 5K (3.1 miles), 10k (6.2 miles), or a 20k (12.4 miles) throughout the month of January. We'll also offer a "Beast Mode" challenge for advanced swimmers who may opt to do all options which would total 35K (21.7 miles). All participants will receive a long sleeve t-shirt for registering and a medal upon completion of the program.

March Madness Iron Distance Wellness Challenge (Swim/Bike/Run Program)

When: Month of March

Registration Price: Members \$25 Guests \$30

Ages/Divisions: All ages, option to complete in 1 month or 3 weeks.

While a long-distance triathlon is a one-day event, the Batesville Community Center Ironman Distance Wellness Challenge takes place over the course of a month and provides participants with the experience of a competing in a triathlon, in small manageable stages. In this four-week challenge, participants will plan their workouts to equal the distance of long-distance Triathlon - a 2.4-mile swim, a 112-mile bike and a 26.2-mile run. You can sign up as an individual or as a relay team with two or three people. All participants will receive a short sleeve t-shirt for registering and an IDWC medal upon completion of the program.

Spin Your Wheels Challenge (Bike Challenge)

When: Month of May

Registration Price: Members \$25 Guests \$30

Ages/Divisions: All

A long-distance biking challenge where participants have the option to bike 50, 100, or 200 miles throughout the month of May. We'll also offer a "Beast Mode" challenge for advanced cyclists who may opt to do all options which would total 350 miles. This will coincide with Bike to Work Month. All participants will receive a short sleeve t-shirt for registering and a medal upon completion of the program.

Fire It Up 50K (Ultra Marathon)

When: Month of July

Registration Price: Members \$25 Guests \$30

Ages/Divisions: All

A long-distance running marathon challenge where participants have the option to run/walk 50k (30 miles) or 100K (60 miles) throughout the month of July. We'll also offer a *"Beast Mode"* challenge for advanced runners who may opt to do all options which would total 150k (90 miles). All participants will receive a running shirt for registering and a medal upon completion of the program.

Back to School Challenge (Mystery Challenge)

When: Month of September

Registration Price: Members \$25 Guests \$30

Ages/Divisions: All

A mystery challenge that will be announced later in the year. We hope to develop a special program that is designed to keep you focused on daily exercise, encourage diversity in your exercise routine and provide accountability during one of the busiest times of the year.

Iron Distance Wellness Challenge (Swim/Bike/Run Program)

When: Month of November

Registration Price: Members \$25 Guests \$30

Ages/Divisions: All ages, option to complete in 1 month or 2 weeks.

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