

Iron Competition

The more-established Ironman competition is in October in Hawaii and takes place in one day. The Ironman Competition for Sylvania Township employees beginning this month will reflect the real thing, but make the rules a little less strict for those who are somewhat other than world-class athletes.

The running, cycling and swimming of the Hawaii event can either be literally performed or entrants to the local competition can have their walking steps translated into those activities.

It is the third annual physical challenge mounted by the township's wellness committee. Earlier competitions involved a virtual walk to Toronto and last year township employees "climbed" Mt. Everest.

The American Heart Association has determined that for events such as these, 2,000 steps constitutes a mile. Township employees won't have to swim 2.4 miles in choppy ocean water for the swim portion of the event, but they will have to take a total of 4,800 steps to complete that phase of the competition.

Next in the race is the bicycling segment, which in Hawaii covers 112 miles. No one will have to fix a flat tire, to complete the course, but it will take a total of 224,000 steps to cover the distance.

Last is the 26.2 miles run, which will be successfully completed after one of the competitors has taken 52,400 steps.

Although the Ironman competitors move continuously through the swimming, cycling and running portions of the competition, township employees will be measured over seven weeks of active exercise.

To show how that varies from the competition in Hawaii, last year's winner finished the grueling course in slightly more than 8 hours and 12 minutes.

The township wellness committee regularly sponsors events to spur exercise, for employees to learn more about nutrition and how generally to make decisions for a more healthy lifestyle for employees.

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