



Iron Mason FAQ's:



How much does it cost?

Nothing!

Will there be gifts/prizes?

Yes. We are working on prize possibilities.

Do I have to use the gym to complete my miles?

No. Miles may be completed anywhere. For example, miles can be counted while walking to work or biking to class. The idea is to show how active you are throughout your day.

Do I have to be a member of a George Mason Gym?

Yes.

How do I register?

When registration opens you can register by completing a registration form at one of our 3 facilities. Then you can turn in the completed registration forms to the front desk.

Where do I track my miles?

When you register to participate, you will receive electronic sheets to record your distances. Current results will be shared on select dates in each facility using personal identifiers.

What if I cannot swim?

You may substitute rowing for swimming.

Can I make up swim miles with running and biking?

Yes, but that is not the “official” way to complete the incentive and you will only be given credit for miles completed in the specific activity for the Iron Mason Incentive

What does Gold, Silver or Bronze status mean?

In an effort to provide a challenge to our participants we have re-established status. If you finish the 3 tours by April 25 you will join the Gold Status Elite. If you finish 2 tours by April 25 you will join the Silver Status Elite. If you finish 1 tour by April 25 you will join the Bronze Status Elite. Pick your challenge and go for the goal!

Where did the idea come from?

We are sure other facilities have hosted a similar program/event, but Katrina Dryja introduced us to this idea. She hosted an incentive event similar to this and we felt that the Mason community could benefit from it too! Thank you, Katrina!

Does someone have to sign off on my distances?

No, we trust you to be honest in logging your distances. We provide you with our Iron Mason code of ethics to encourage integrity and support the participants in being motivated to finish!

When is the last day I can register?

We are not going to close registration. We would like for people to be motivated to work out because of Iron Mason whenever and however they can be active.

What does the Tracking Sheet look like?

Our tracking sheet is getting a makeover, but this is what we have used in the past. See below.

Iron Mason Distance Tracking Sheet



Date Range				
Last Name	First Name	Identifier		
Your Name	Your Name	0		
Week 1				
Monday, February 06, 2012				
Swim Distance	Swim Distance	Bike Distance	Run/Walk Distance	Total Distance
0	0.0000000	0	0	0.0000000
Tuesday, February 07, 2012				
Swim Distance	Swim Distance	Bike Distance	Run/Walk Distance	Total Distance
0	0.0000000	0	0	0.0000000
Wednesday, February 08, 2012				
Swim Distance	Swim Distance	Bike Distance	Run/Walk Distance	Total Distance
0	0.0000000	0	0	0.0000000
Thursday, February 09, 2012				
Swim Distance	Swim Distance	Bike Distance	Run/Walk Distance	Total Distance
0	0.0000000	0	0	0.0000000
Friday, February 10, 2012				
Swim Distance	Swim Distance	Bike Distance	Run/Walk Distance	Total Distance
0	0.0000000	0	0	0.0000000
Saturday, February 11, 2012				
Swim Distance	Swim Distance	Bike Distance	Run/Walk Distance	Total Distance
0	0.0000000	0	0	0.0000000
Sunday, February 12, 2012				
Swim Distance	Swim Distance	Bike Distance	Run/Walk Distance	Total Distance
0	0.0000000	0	0	0.0000000
Week 1 Totals				
Swim	Bike	Run/Walk	Weekly Distance	
0.0000000	0	0	0.0000000	
Week 2				
Monday, February 13, 2012				
Swim Distance	Swim Distance	Bike Distance	Run/Walk Distance	Total Distance
0	0.0000000	0	0	0.0000000
Tuesday, February 14, 2012				
Swim Distance	Swim Distance	Bike Distance	Run/Walk Distance	Total Distance
0	0.0000000	0	0	0.0000000
Wednesday, February 15, 2012				
Swim Distance	Swim Distance	Bike Distance	Run/Walk Distance	Total Distance
0	0.0000000	0	0	0.0000000
Thursday, February 16, 2012				
Swim Distance	Swim Distance	Bike Distance	Run/Walk Distance	Total Distance
0	0.0000000	0	0	0.0000000
Friday, February 17, 2012				
Swim Distance	Swim Distance	Bike Distance	Run/Walk Distance	Total Distance
0	0.0000000	0	0	0.0000000
Saturday, February 18, 2012				
Swim Distance	Swim Distance	Bike Distance	Run/Walk Distance	Total Distance
0	0.0000000	0	0	0.0000000
Sunday, February 19, 2012				
Swim Distance	Swim Distance	Bike Distance	Run/Walk Distance	Total Distance
0	0.0000000	0	0	0.0000000
Week 2 Totals				
Swim	Bike	Run/Walk	Weekly Distance	
0.0000000	0	0	0.0000000	
Grand Totals (Week 1 + Week 2)				
Swim	Bike	Run/Walk	Grand Total	
0.0000000	0	0	0.0000000	