



# 2025 Noorda-COM Iron Gnome Participation Instructions

Noorda-COM is hosting the third Annual Iron Gnome Event. All Noorda-COM Faculty, Staff, Students, and their families are invited to participate. Please consult with your physician before starting any exercise program.

**What is the Iron Gnome?** The Iron Gnome Triathlon consists of two different events: Full Iron Gnome and the Half Iron Gnome. Participants may only choose one of the events. The Iron Gnome consists of Swimming, Running (with some alternates if running isn't your thing) and Biking. The difference between the Full Iron Gnome and the Half Iron Gnome is the distance of the individual events. (See tracking cards).

**When is the Iron Gnome?** The Iron Gnome officially starts on April 7, 2025 and ends on May 7, 2025. Participants will have the entire month to complete the challenge. Distances will be tracked on the tracking card. The tracking card should be turned into Analane Powell (Research Department) as soon as they are completed to be in the running for prizes. For the competition between Communities, no later than May 8, 2025, at 5 pm, to count towards Communities competition.

**Where do I Register?** To register for the event, log into Campus Groups, and sign up for either the Full Iron Gnome or the Half Iron Gnome. Registration for the event opens on March 25, 2023, and closes on April 10, 2023.

**Is there a fee?** There is no fee to participate, and participation is voluntary.

**Do I get a T-shirt?** More information to come on T-shirts

**How will the Prizes be Given:** Prizes will awarded as follows:

- The first three students in each class in each division to turn in their completed card.
- The first three faculty, staff, and administrators to turn in their card.
- The Community which has the most students complete the challenge.

All winners and prizes will be announced and awarded at the Iron Gnome Finish Line Party

**Note to Noorda-COM Students:** All students who complete the challenge will earn the IRON GNOME Triathlon badge and points that can be used in the wellness store.

**Iron Gnome Finish Line Party:** The Iron Gnome Finish Line Party will be Wednesday, May 12, 2025, at 12 pm. Refreshments will be served. Winners and Prizes will be announced and those who purchased t-shirts will receive them.