

## THE UNSTOPPABLE PANTELIMON 2024 TRIATHLON FROM THE PERSPECTIVE OF THE PARTICIPANTS

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**Abstract.** As a result of an increasingly important need to compensate for the harmful effects of the lack of movement determined by daily activities, people are looking for more and more diverse and challenging alternatives in the area of free time motor activities, so that the benefits cover both the physical and the mental sphere as well. By nature and their particularities, triathlon competitions, in general, fit very well into this category, gaining more and more ground compared to other forms of movement, in the options of the participants, precisely because they offer a favorable environment where everyone can test their limits, can compete with other people and establish his own training strategy. Having this important and interesting information at hand, we will be able to better understand the perspective, preferences and reporting of the participants to the particularities of such a competition, all in the context of a deep awareness of the importance of constant involvement in a form of movement. The main purpose of this research is to create a profile of the participant in the Unstoppable Pantelimon 2024 Triathlon, by applying a questionnaire designed to lead to the identification of the main reasons that were the basis of this option. Moreover, through our scientific approach, we aim to highlight the way in which this competition resonates with the expectations and preparation strategies of the participants, thus leading to a common perspective regarding the benefits of participating in these physical activities.

**Keywords:** triathlon, perspective, options

### Introduction

“The current language considers performance as a result of an activity, such as the completion of a task or action successfully achieved”. Performance can be seen as the (individual or collective) result obtained following an assessment (expressed in absolute figures, considering the official scale system or the place in the ranking), (Epuran, Holdevici and Tonița, 2001).

The interest to reach optimal sports performance in a short time, with high efficiency and minimum biological risks, has led to a huge development of scientific research in sports, but also to an increased reaction for the knowledge transfer and implementation in other areas (Gagea, 2007:7).

Sports performance is defined (according to Dragnea, 1996: 61) as “a bio-psycho-social value achieved in an official competition, as a result of a capacity with multiple determinations and appreciated on the basis of rigorous criteria or scales”. It can be a valuable individual or collective result obtained in a sports competition and expressed in absolute figures, considering the official scale system or the place in the ranking. This means both the process and outcome of an action which, in specialized terms, represents craftsmanship, a task accomplished as well as possible, being dependent on the interrelationship of endogenous factors (predispositions, skills) with exogenous (environmental) factors expressed in the quality of training, motor conditions, motility and influence of social factors”.



Present in our entire life, physical activity is encountered in some areas of activity, the level of exercise and people's experience contributing substantially to the quality of life of each of us. Science movement introduces us only in areas of in physical activity study without deepening knowledge of each area.

The ways of leisure are influenced by a complex of social and economic factors. From the point of view of the individual, beyond cultural variables, access and appeal to different forms of leisure are determined by income. Ways of leisure imply different costs (transport, equipment, taxes, etc.). most of these active assets being more expensive than passive ones.

The triathlon is a product of post-modern society and because it combines three sports with a long tradition in the Western world (swimming, cycling and running), quickly became a very popular sport.

The most important competitions aline at the starting point thousands of participants, every year professionals trying to find new technical training options in order to exceed their performance.

The first forms of triathlon dating from around 1920, when there were several competitions in France that combined the three disciplines - swimming, running and cycling. At that time the competitions were called "Le trois sports".

These competitions have evolved to modern form of the triathlon which appeared in 1974, the first event of its kind being organized by San Diego Track Club, California. The event brought 46 competitors to start and consisted in 10 km running, 8 km cycling and 500 m swimming. In the next decade, triathlon's popularity continued to grow rapidly and gained worldwide recognition.

In 1989 the International Triathlon Union (ITU) was founded and in the same year it was organized in Avignon - France first World Championship Triathlon. The official distances for triathlon was set at 1.5 km swimming, 40 km cycling and 10 km running - distances taken from the existing competitions in the Olympic program.

Subsequently, triathlon made its Olympic debut at the Summer Olympics in Sydney 2000. Since this time, the triathlon has become a popular discipline with recognized competitions and thousands of participants. Currently there are over 120 national federations affiliated to ITU.

In Romania, the triathlon is a relatively young sport but has become very popular in recent years. The number of practicipants and clubs with triathlon branches has grown tremendously, and if in 2008 there were only two triathlon competitions in Romania and several dozen participants, in 2016 were over 10 such events with hundreds of participants.

"Unstoppable Pantelimon 2024 Triathlon " competition is organized by Unstoppable Sport Culb and aims to promote the triathlon as a leisure activity and sustaining high performance sport among Romanian triathletes.



**Picture no. 1.** The Unstoppable Club Team



Picture no. 2. Start



Picture no. 3. Swimming



Picture no. 4. Cycling



Picture no. 5. Running

## Operational and methodological framework

*The assumption* from which we started in achieving this research, was that the participants in such competitions, shows a similar profile, in terms of the reasons underlying the participation and also in terms of material resources and their spare time.

*Purpose:* in conducting our research we aimed to identify the main reasons and options that led the questioned subjects to participate in Unstoppable Pantelimon 2024 Triathlon.

*Objectives:* theoretical analysis of the speciality literature; analysis of the questionnaire, processing and interpretation of data using graphics.

## Materials and Methods

### Observation method:

Through its content and many forms of presentation, observation is one of the most appropriate methods to explore the natural environment. As a scientific method of research, it consists in "tracking deliberately, carefully and methodically the aspects of facts, processes, events and the accurate and systematic recording of their various manifestations, as they behave in natural, normal conditions, in order to present them in their essential aspects in an existing situational context" (Niculescu, 2002. Pag. 316).

**Questionnaire method:**

According to Epuran M., (2005), the questionnaire "represents a logical and psychological writing questions or graphics with stimuli function, relative to the research hypotheses which, administered by operators or self-inquiry, determine a verbal or nonverbal behavior of the subject , to be recorded in writing. "

According to Cosmovici A. (1996), quoted by Tudor V., (2008) "it is a question system developed so as to obtain more accurate data about an individual or a social group."

Questionnaire method applies when considering concordance or discordance, less variability in responses to prospecting character questions, echo, response (feed-back) etc. (Gagea A., 2000).

The purpose of the questionnaire, as a research tool is to measure attitudinal and behavioral characteristics of subjects or to probe them. Analysis of responses is both quantitative and qualitative. Research objectives depend on the assumptions made and the studied problem.

Subjects' responses are evaluated by scales. Questions should be clear, precise and understood by the subjects, unambiguously formulated and not suggesting a particular answer. Based on the information mentioned above, in our research we used the following questionnaire:

QUESTIONNAIRE	
The options of participants in Triathlon Unstoppable Pantelimon 2024	
Triathlon	o
Age category	o
Gender (M/F).....	o o o o o o o
1. Job (State system - S / privat system - P).....	privat state
2. What are the main reasons that led you to participate in this competition?	
a). Compensation intellectual activity through movement	o
b). Health improvement	o
c). Competition and socializing	o
d). Material motivation	o
3. How many days per week spent on the preparation for this competition?	a) 2 days; b) 3 days; c) more 3 days.
4. What kind of venues do you prefer for conducting training?	a) indoor; b) outdoor; c) both.
5. How prefer that preparation?	a) individual; b) in an organized group; c) both.
6. In your training, appeal to the guidance of a specialist?	a) yes; b) not.
7. What is the budget which you allocate for the preparation and participation in the competition (training equipment, sustaining effort, subscriptions, other expenses)?	a) between 2000-4000 RON; b) between 4000-6000 RON; c) more 6000 RON.

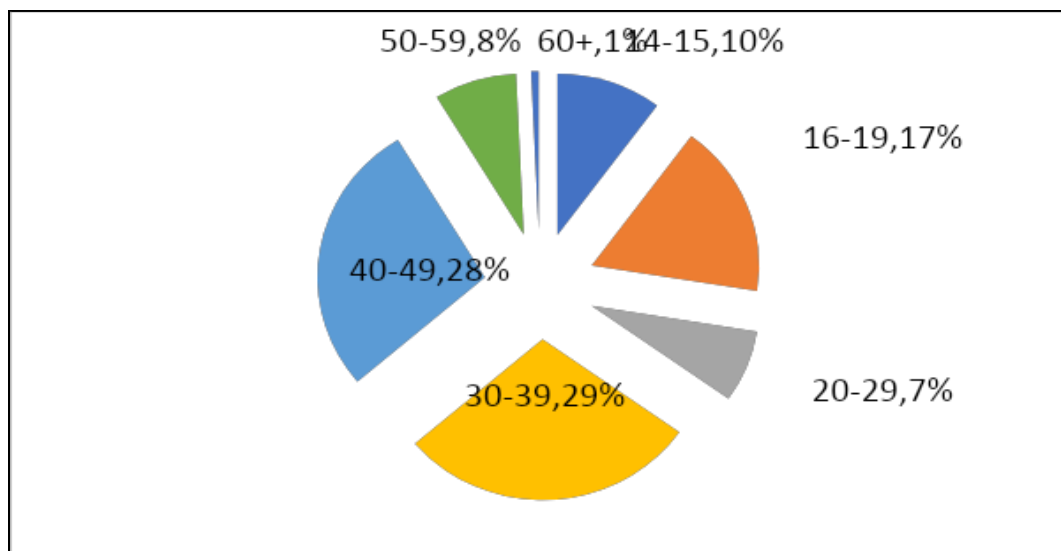


## Results

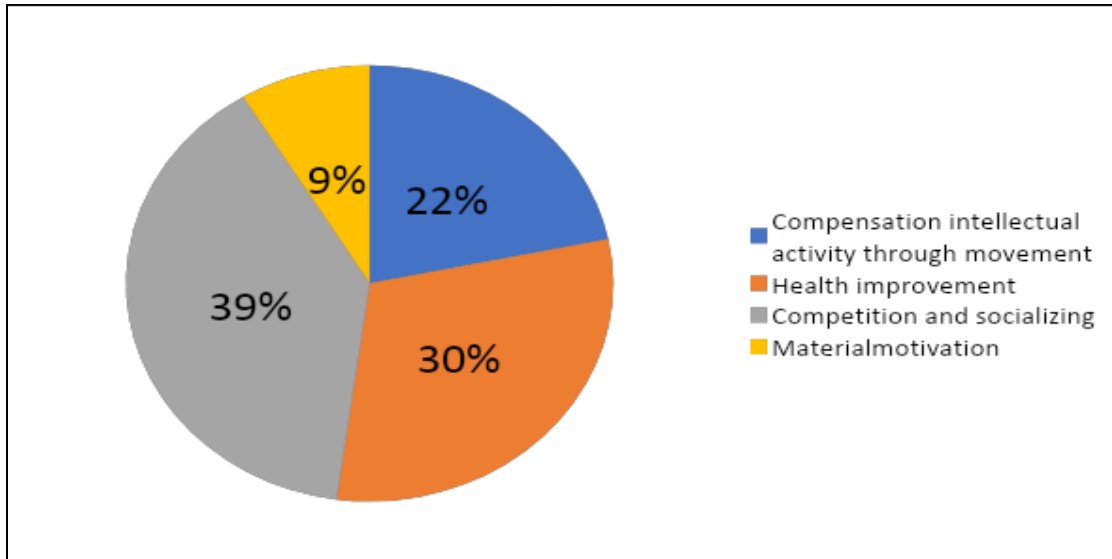
**Table 1.** Age categories

questions	Age categories							Total
	14-15	16-19	20-29	30-39	40-49	50-59	60+	
	14	24	10	40	38	11	1	138
1		3	10	36	37	11	1	98
				4	1			5
2. a	2	7	2	11	6	2		28
b	4	6	2	9	14	6	1	38
c	7	9	4	15	16	3		47
d	1	2	2	5	2	0		11
3. a	2	2	0					4
b	3	5	2	3	1			14
c	9	17	8	37	37	11	1	120
4. a	3	1						4
b	8	21	8	29	31	8	1	106
c	3	2	2	11	7	3		28
5. a	5	3	7	19	20	10		64
b	9	18	3	11	12	1	1	55
c		3	0	10	6			19
6. a	14	22	9	33	35	9	1	123
b		2	1	7	3	2		15
7. a	1	2	0					3
b	4	6	2	1	0			13
c	9	16	8	39	38	11	1	122

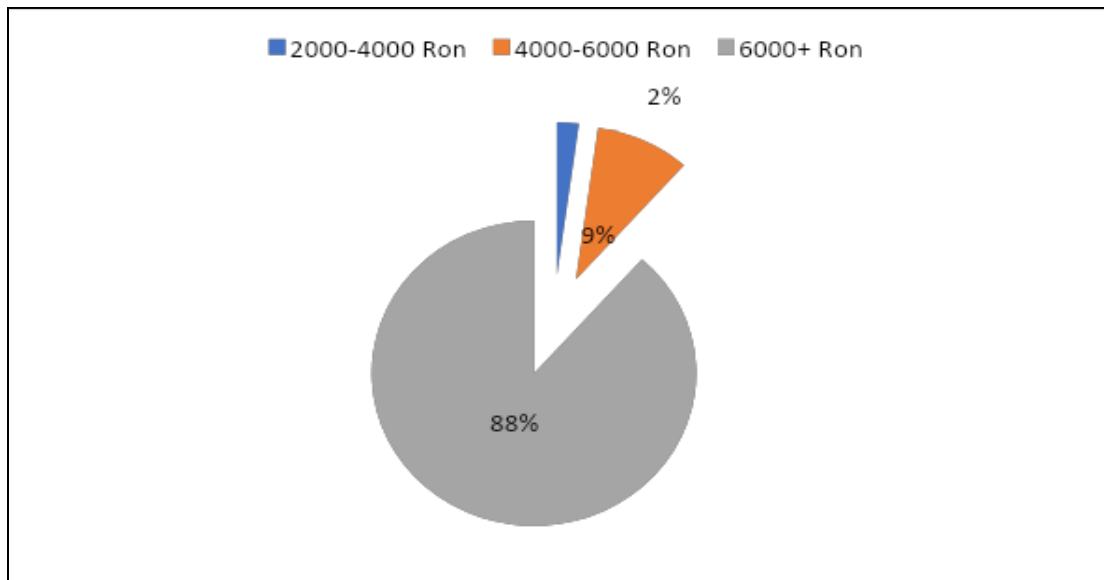
**Table 2.** Age category participants



**Table 3.** Main reason that led to participate in this competition



**Table 4.** The budget which you allocate for the preparation and participation in the competition



## Conclusions

Through its numerous educational and formative facets that they present, leisure activities should continue to be a concern to any persons interested in a healthy lifestyle, in agreement with current demands of modern society. If we add to this the benefits of practicing them in a competitive, formal framework, we might have a general idea of the importance and opportunity of this research topic.

The analysis of information obtained from the questionnaire, indicate that subjects participating in the Triathlon Unstoppable Pantelimon 2024 are coming, particularly, from the private sector, as confirmed by main reasons underlying their participation: improving health, the compensation of intellectual activity through movement, competing and socializing.

Regarding the material resources involved, responses indicate that preparing and participating in such a competition involves a financial effort according to previously aspects described by the participants, in most cases exceeding the threshold of 6,000 RON.

Although our scientific approach has led to the achievement of the originally proposed objectives, it meets the partial need for knowledge and understanding of the participants' particularities in such activities, especially through their rapid evolution on national scale.

Therefore, we consider useful and necessary that the topic addressed in this paper to be backed by a number of subsequent research that will provide important vectors directed towards promoting the benefits of regular practice of these forms of movement.

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