

# IRONMAN CHALLENGE



## Here's how it works:

You or your team can take the Iron Man Challenge. **You have 30 days to complete a full Iron Man:**

- ⇒ **0.6 miles of swimming a week. (About 10 laps)**
- ⇒ **28 miles biking**
- ⇒ **6.5 miles running or walking**

**You may accumulate these miles at the YMCA or outside of the YMCA. You will have to log your miles inside at the Wellness Desk.**

**There are two ways to compete:**

- ⇒ **Individual Participant:** One person will complete the full Iron Man in 30 days
- ⇒ **Team Participants:** 3 people to a team - One Swimmer - One Biker - One Runner or Walker will complete the full Iron Man in 30 days

Participants will set a weekly goal and if your goal is reached, you will receive a small prize. If they meet the full Challenge, you will receive a cool Iron Man Tank Top, a gift card and your name will be entered to win the *grand prize basket*:

- ◆ Three sessions with a personal trainer, goggles, beach towel, energy bars, and one *free* paid class for a session.

The Iron Man is a fun challenge that will motivate you, help with weight loss through conditioning the body with cross training, help discipline yourself, and work with others that have the same passion that you do. This challenge will also be great training if you would like to do a real Iron Man or Sprint Triathlon in the near future. To have a goal and reach that goal is an awesome feeling.

## JUNE 7 - JULY 8

**Registration begins:  
May 24 YM May 31 PM**

**Fees:  
\$20 YM \$60 PM**

PM's receive a full membership for 30 days (*discounted fees on programs*)

**INDIVIDUALS MAY PARTICIPATE  
TEAMS ARE ENCOURAGED!**

Have you heard of the Iron Man Competition? In Kona, Hawaii, and other parts in the world, hundreds of athletes train for months to compete in this gratifying challenge.

The race consists of:

- ◆ 2.4 mile swim in the ocean
- ◆ 112 mile bike ride
- ◆ 26.2 mile run.

This is all done consecutively, without rest.

***Does this sound hard?***

**Yes, but we have made it easy but challenging enough for everyone. Just take a LOOK!**

