

# HFM Lean on the Lakeshore Ironman Challenge Tracking

Participant Name:

Swimming/Pool Walking Log		2.4 Miles/160 Lengths	
Number of Lengths:	Date:	Number of Lengths:	Date:

Cycling Log		112 Miles	
Miles:	Date:	Miles:	Date:

Walking/Running Log		26.22 Miles	
Miles:	Date:	Miles:	Date:

## HFM Lean on the Lakeshore Ironman Challenge Requirements:

2.4 mile swim/160 lengths of the pool—If you do not know how to swim, walking or running lengths of the pool will count toward the requirement. A pool class that is aerobic counts for 20 lengths.

112 mile bicycle ride—Indoor or outdoor mileage applies toward this requirement. Please use a bicycle that records mileage, not the distance traveled by road.

26.22 mile run/walk—This should be dedicated walking or running—not just steps counted throughout the day on a fitness tracker.

If you are unable to complete a particular component of the Ironman due to **physical inability**, contact the challenge director at [shavcamp@att.net](mailto:shavcamp@att.net) and you will be assigned an alternate component.

Tracking sheets must be submitted to the front desk of the YMCA OR HFM Wellness Center **NO LATER THAN THE CLOSE OF BUSINESS ON WEDNESDAY, MARCH 27.**

