

Indoor Ironman Triathlon

Participant Name: _____

Swimming/Pool Walking Log		2.4 Miles/169 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:

Indoor Ironman Triathlon 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. 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 Triathlon due to **physical inability**, contact the challenge director at 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 19, 2020.**

You can purchase 1 month memberships at any or all participating facilities* (HFM Wellness Center, YMCA, Planet Fitness, Strand Adventures) for the bargain of only \$10.00 within the 30 day time period of Feb Feb 17th to March 17th. You may earn no more than 1 prize no matter how many challenges you complete, but the fitness level you achieve from completing them all is priceless, right?!

