

# ***Oahe Family YMCA***

# ***Lazyman Triathlon!***

## Iron Man Triathlon Distances

Swim – 2.4 Miles, Bike – 112 Miles and Run/Walk – 26.2 Miles

You will have five weeks to complete the distances. A record sheet will be given to you when you register to record your distances accomplished.

Registration: January 9<sup>th</sup> – January 29<sup>th</sup>

Triathlon starts January 30<sup>th</sup> and ends on March 4<sup>th</sup>.

Cost: \$25 for YMCA members and \$60 for non-members

which includes a t-shirt or

\$15 for YMCA members and \$50 for non-members without the t-shirt.

(Non-Member Fee includes use of the YMCA and Aquatic Center for 5 weeks.)

Sign up at the YMCA Front Desk

A drawing will be held from those who finish the triathlon and the winner of the drawing will be given a gift card from Capitol Sports.

March 4<sup>th</sup> a “Finish Line” Finale to celebrate finishing the triathlon: including bagels, fruit, and drinks!

