

Indoor Ironman Challenge

January 7th to February 3rd
(4 weeks)

2.4 mile swim
112 mile bike
26.2 mile run

You can do the events in any order and can break up the distances. The swim is 84 laps (down and back is 1 lap), the bike must be done on the pacing bikes and have at least a level 10 resistance, the run can be done on treadmills or indoor track. Distances can be used from group fitness classes. You will keep record of mileage at the front desk (please be honest)



Cost: \$21.30

tax included

Finish the challenge in time
and receive a INDOOR
IRONMAN CHALLENGE
pullover.

Name: _____

Pullover Size: S, M, L, XL, XXL