



**TRAV'S
OUTFITTER**



Indoor Ironman GRAND SLAM! January 6th - March 1st (8 weeks)

2.4mileswim,
112milebike,
26.2mile run

1. Finish in 3 weeks (Jan 6 - Jan 26) and get an ironman T-shirt, plus a prize from Trav's Outfitter.
2. Finish in 2 weeks (Jan 27 - Feb 9) and get a little bit better prize from Trav's Outfitter!
3. Finish in 1 week (Feb 10 - Feb 16) and get an even better prize from Trav's Outfitter!!
4. Finish in a weekend (Feb 22 & 23 or Feb 29 & March 1) and get the grand prize donated by Trav's Outfitter!!!

****All exercises must be completed at the Prairie Lakes Wellness Center****

Finish 4 Ironmans in 8 weeks and become Watertown's official IRONMAN!

Dates are set and cannot be extended due to vacations, sickness, work, etc...

Cost: \$31.95

tax included

Starts January 6th

Sign up at PLWC front desk or online at www.plwc.life/signup



Our most intense exercise incentive program EVER!

Name: _____

Phone: _____ Email: _____

Shirt Size: S M L XL XXL