



**TRAV'S
OUTFITTER**



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

2.4 Mile Swim, 112 Mile Bike, 26.2 Mile Run

***Finish in 3 weeks (Jan 6 – Jan 26) and get an ironman T-shirt, plus a prize from Trav's Outfitter.**

***Finish in 2 weeks (Jan 27 – Feb 9) and get a little bit better prize from Trav's Outfitter!**

***Finish in 1 week (Feb 10 – Feb 16) and get an even better prize from Trav's Outfitter!!**

***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 Ironman's 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



Name: _____

Phone: _____ Email: _____

Shirt Size: S M L XL XXL

Our most intense exercise incentive program EVER!