

# LAZYSMAN IRONMAN TRIATHLON

MAY 1<sup>ST</sup> – MAY 31<sup>ST</sup>

All proceeds go to YMCA  
Summer Day Camp Scholarship  
Fund and supporting services.

The swimming, running and biking can be done indoors or outdoors, at the Y or any other location of your choice. Events do not need to be done in the traditional order, and must be completed by May 31st.

**FREE  
Hat!**

Once challenge  
is complete\*



## REGISTRATION & FEES:

Please register at the Member Services Desk.

▶ **\$20 per Triathlete  
includes finisher prize!**

\*Hats awarded to all those who complete all 3 disciplines.



**SWIM**

2.4 miles

168 laps  
(1 Length)



**BIKE**

112 miles

or Elliptical 112 miles  
or group exercise  
cycling class  
(60 minutes = 15 miles)



**RUN**

26.2 miles

or Walk/Step/  
Cardio/Zumba  
(60 minute class = 3 miles)



YMCA AT GLEN COVE  
125 Dosoris Lane, Glen Cove, NY 11542  
516.671.8270  
YMCALI.org