

LAZYMAN IRONMAN TRIATHLON

MAY 1ST – MAY 31ST

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

Laps, Kickboard,
Aqua Jog

(169 lengths at Patchogue)

(155 lengths at Holtsville)

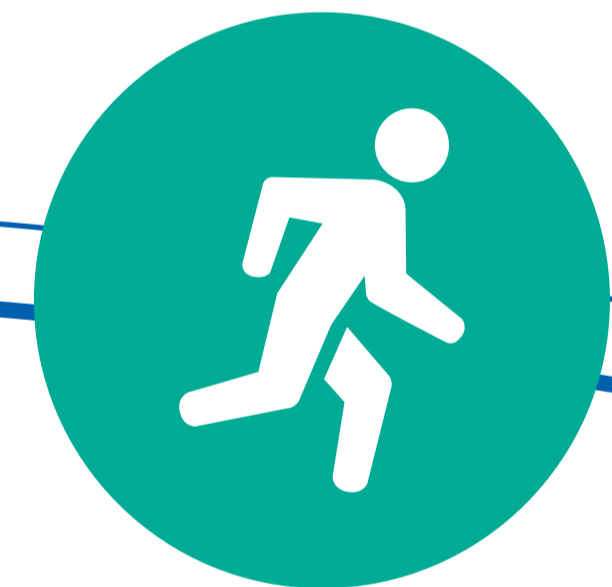


BIKE

112 miles

or Elliptical 112 miles
or group exercise
cycling class

(60 minutes = 15 miles)



RUN

26.2 miles

or Walk/Step/Cardio/
Kickboxing/Boot Camp/
Zumba

(60 minute class = 3 miles)



PATCHOGUE FAMILY YMCA
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