

LAZYSMAN IRONMAN TRIATHLON

MARCH 1 – 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, & must be completed by March 31st.

**FREE
GIFT!**

Once challenge
is complete*



REGISTRATION & FEES:

Please register at the Member Services Desk.

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

*Gift awarded to all those who complete all
3 disciplines.



SWIM

2.4 miles

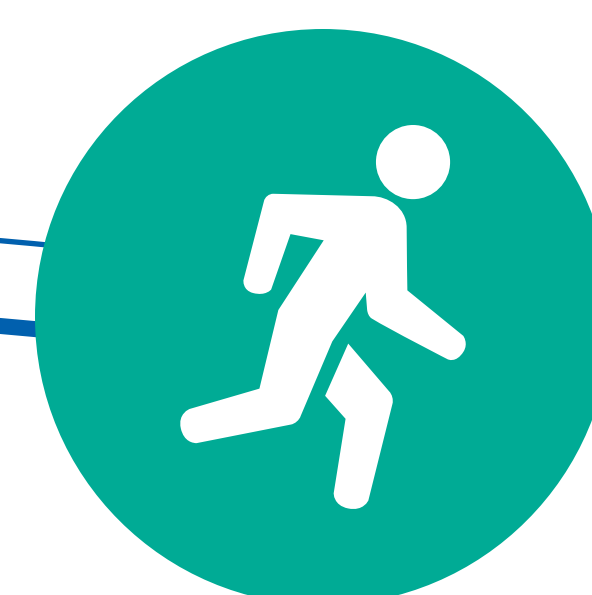
Laps, Kickboard,
Aqua Jog
169 laps
(1 Length)



BIKE

112 miles

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



RUN

26.2 miles

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



YMCA EAST HAMPTON RECENTER
2 Gingerbread Lane, East Hampton, NY 11937
631.329.6884
YMCALI.org