

# LAZYS MAN IRONMAN TRIATHLON

MARCH 1 – 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, & 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

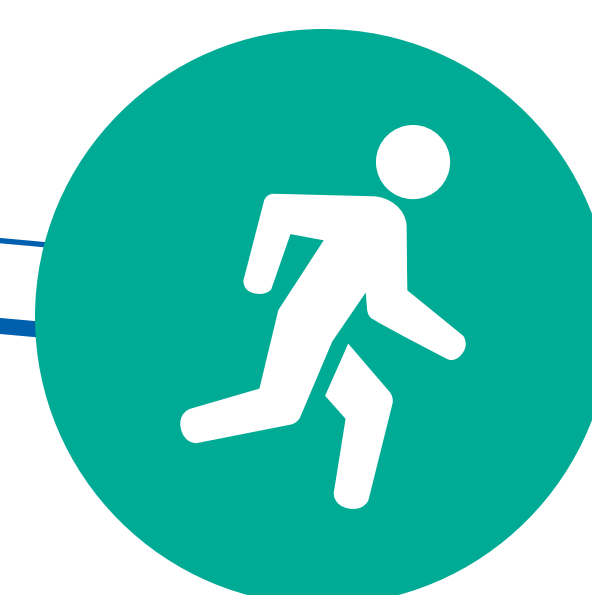
Laps, Kickboard,  
Aqua Jog  
173 laps  
(1 Length)



**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)



GREAT SOUTH BAY YMCA  
200 West Main Street, Bay Shore, NY 11706  
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YMCALI.org