

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*

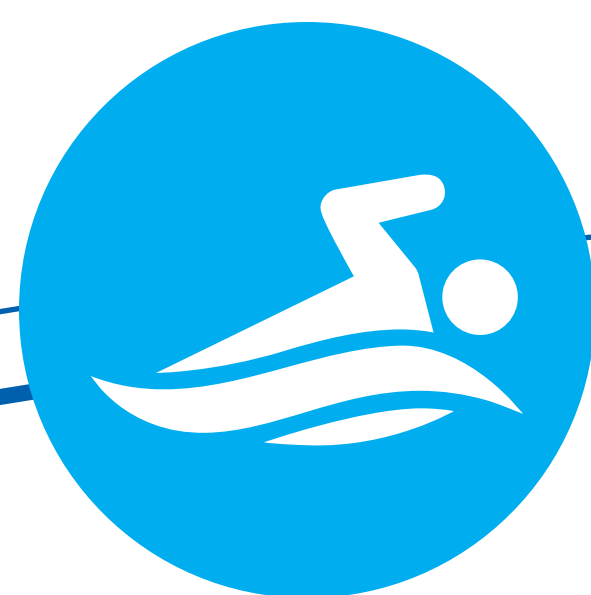


REGISTRATION & FEES:

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 lengths at Patchogue)

(155 lengths at Holtsville)

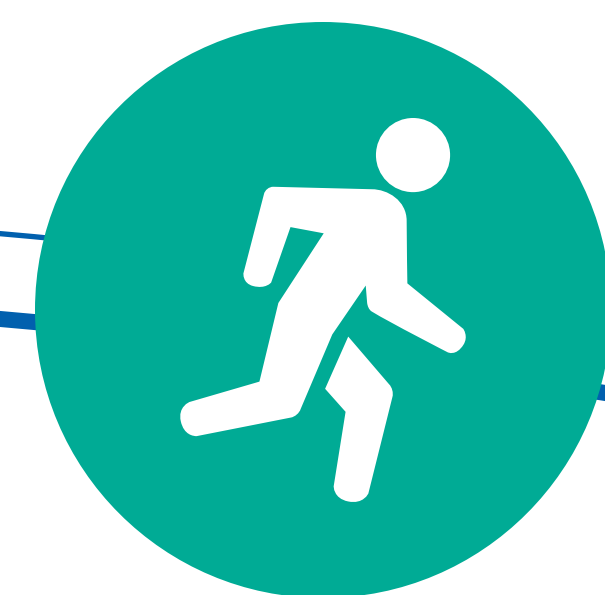


BIKE

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
255 W Main Street, Patchogue, NY 11772
631.891.1800
YMCALI.org