



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TORTOISE TRIATHLON

This SELF PACED event takes place November 1st-December 31st

Here's a triathlon everyone can do!

You have 8 weeks to accumulate mileage to complete a full Iron Man Triathlon.

*Run/Walk 26.2 miles

*Swim 2.4 miles (If you don't swim, you can substitute rower in the Fitness Room with 9.3 miles)

*Bike 112 miles

Things to know:

Each leg of the Tri can be completed indoors or outside.

Everyone who completes the Triathlon will receive a Finisher's t-shirt.

Track mileage in log book kept in Fitness Room.

Register at Front Desk starting October 1st.



Finishers will be entered into a drawing for TWO (1) Hour Sessions with a Personal Trainer!

(Valued at up to \$100!)

COST: \$15 - Open to Members 16 years and older and teens with a Teen Membership Card

Contact Sarah with any questions: selizabeth@superiorymca.org, 715-391-5611