

## THE IRONATHLETE CHALLENGE

This Challenge is based on Ironman distances of 2.4-mile swim, 112-mile bike and 26.2 mile run, which athletes complete in a single day. Here at the Y, we have taken the ideals of the Ironman and combined it with the workout possibilities offered each day. Participants have **five weeks** to complete the Challenge. Ironman distances combined with a Y mentality makes for a great workout plan!

## RELAY TEAMS

Members are welcome to participate in relay teams of up to 3 people. Each team will have one recording sheet. Please turn in one (1) registration form with your team name. **All participants must sign the waiver, and fee must be paid in full upon registering.**

## RULES

**Everyone must adhere to the 30-minute time limit on Wellness Center cardio machines.** If you would like more time, we encourage you to visit the Wellness Center during "slow" times.

**Youth ages 11-15 years old must complete Youth Fundamentals prior to registering.**

- All participants in relay teams must complete at least 30 miles of run, bike, or swim combined.
- We encourage you to try something new but if you uncomfortable with swimming or running, you can replace those miles with other activities.
- **Participants must log workouts within 24 hours to allow accurate standings each week.**
- Please include your time in your workout.
- At-home workouts do not apply!



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WORK HARD. TEST YOUR LIMITS. HAVE FUN.

## IronAthlete Challenge 2019

Peter Blum Family YMCA



**5 WEEKS** FEB 11 – MARCH 18

## REGISTRATION

Registration opens January 26th.  
Registration deadline is February 17th at 4 p.m.

## FEES

### Y Members

Individual	\$10
2 Person Relay	\$20
3 Person Relay	\$25

Register at the front desk or online today!



## COMPLETION AND AWARDS

Each participant who completes the distances by March 18 will receive a t-shirt. Once we determine all qualifying participants, t-shirts will be ordered and available at Member Services by the end of March.

**The first individual male, female and relay team to complete the distances will receive an award.**

**Questions? Contact Wellness Director, Ann Taylor Clawson at [aclawson@ymcaspbc.org](mailto:aclawson@ymcaspbc.org) 561-237-0935.**

## REQUIREMENTS



### 26.2 Mile Run

Participants can run outside or on the treadmill, attend a land fitness class, use the elliptical, rower, AMT, or walk.



### 112 Mile Bike

Participants can bike inside or outside, or attend a spin class.



### 2.4 Mile Swim

Participants may attend a water exercise class, swim, attend a land fitness class, or use cardio machines.

For a full list of allowed substitutions, see Equivalence Chart, available in a binder at the front desk (chart will be emailed to all participants after February 11).

## ELIGIBLE CLASS SUBSTITUTES

SPIN

MYZONE SMALL GROUP

BOOT CAMP

P90X

SILVER FIT

INSANITY

ZUMBA

HIIT

UNIVERSAL TRAINING

CARDIO MIX

BOXING

STRENGTH 101

AQUA AEROBICS

CARDIO STEP



2019

Iron Athlete Challenge

Registration Form

Name \_\_\_\_\_

Team Name \_\_\_\_\_

Member ID \_\_\_\_\_

Gender: M \_\_\_ F \_\_\_

Email: \_\_\_\_\_

Phone Number \_\_\_\_\_

T-Shirt Size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

Name \_\_\_\_\_

Team Name \_\_\_\_\_

Member ID \_\_\_\_\_

Gender: M \_\_\_ F \_\_\_

Email: \_\_\_\_\_

Phone Number \_\_\_\_\_

T-Shirt Size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

Name \_\_\_\_\_

Team Name \_\_\_\_\_

Member ID \_\_\_\_\_

Gender: M \_\_\_ F \_\_\_

Email: \_\_\_\_\_

Phone Number \_\_\_\_\_

T-Shirt Size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_