



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Y...NOT...TRI

INDOOR TRIATHLON Stateline Family YMCA

Looking for a challenge? Then this Indoor Ironman-like Triathlon Challenge is for you! Swim, bike, and run the distance of an Ironman over 6 weeks. Record your progress on our Activity Tracker and turn it in at the end of the challenge.

Go at your own pace, on your time. Y....Not...Tri?

Adult

2.4 mile Swim

112 mile Bike

26.2 mile Run/Walk

Youth Ages 12-17

1 mile Swim

78 mile Bike

19 mile Run/Walk

Dates:

February 14 - March 27

Cost:

\$20 per member

- all participants receive a t-shirt upon completion

Participants will have 6 weeks to complete this challenge.

February 14 - March 27

Activity Trackers must be turned in by March 27.

Distance and Conversions

SWIM

Adults

2.4 miles (85 laps = 4,250 yds)

Youth

1 mile (36 laps = 1800 yds)

One lap (down and back) is 50 yds.

Water Exercise Class

1 class = .33 miles (581 yds)

BIKE

Adults

112 miles (180.2 km)

Youth

78 miles (125.2 km)

RUN/WALK

Adults

26.2 miles

Youth

19 miles

Group Exercise Class

1 class = 3 miles

Frequently Asked Questions

Who can participate?

- Anyone ages 12 and above can participate. Members 12 - 15 must complete Teen Orientation in order to use the Life Center.

How do I track my miles? And where can I find the Activity Trackers?

- February 14 - 19 you can pick up your Activity Tracker at the Front Desk. You may also download a tracker from our website beginning February 14th.
- If you register after February 14th, you will be given your Activity Tracker upon registration.
- If you would like, you can keep your Activity Tracker at the Y. We will have a binder on the pool deck that you can keep it in.
- Fill in all completed mileage for each area over the 6 week period. Once complete, sign your tracker sheet and turn into the Front Desk.

Do miles I swim/bike/run outside the YMCA building count?

- Yes! This event is operating on the honor system.

I don't like to swim, can I skip it?

- Unfortunately no, you must complete all portions of this event. If you are able to join a water exercise class you can count that towards your swim mileage. We will also have a 30 minute water exercise list available for you to do in the pool on your own if you can't make a class.

When will I receive my t-shirt?

- We will order t-shirts at the start of this challenge and they should be ready by the completion of this challenge. If you complete before the t-shirts arrive we will email you when they come in.

Reminder to make a reservation for the Lap Pool, Water Exercise Classes and Group Exercise Classes.

In addition to this challenge - register for our Stay Strong Challenge!!