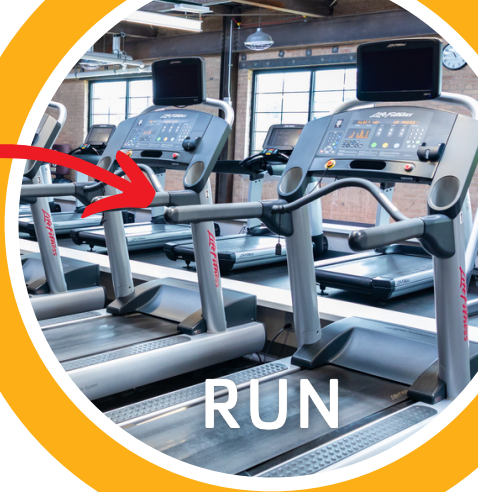




SWIM



BIKE



RUN

Y NOT TRI?

INDOOR TRIATHLON

\$25
MEMBERS
ONLY

CHALLENGE DATES:
February 5 - March 17

**Complete this challenge
at your own pace!**

- All swim styles and techniques welcome!
- Record your progress on our Activity Tracker
- Remember to reserve your lane if you intend to swim laps!
- **Receive a t-shirt upon completion**

QUESTIONS?

Contact Kim at
kwaite@statelineymca.org

Adults

2.4 Mile Swim
112 Mile Bike
26.2 Mile
Run/Walk

Youth (12-17)

1 Mile Swim
78 Mile Bike
19 Mile
Run/Walk



statelineymca.org/aquatics



WHO CAN PARTICIPATE?

Any Stateline Family YMCA member 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 TRACKER?

- Beginning February 5th, you can pick up your Activity Tracker at the front desk at either branch, or download a tracker from our website. This can be done at any time during the challenge
- 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 at either branch.

DO MILES I SWIM, BIKE, AND/OR RUN OUTSIDE STATELINE FAMILY YMCA COUNT?

Yes! This event is operating on the honor system.

I DON'T LIKE TO SWIM. CAN I SKIP IT?

You do have to swim to fulfill the requirements, but it doesn't have to be laps! Try a water exercise class, you can count that towards your swim mileage. We will also have a 45-minute water exercise list available for you to do in the pool on your own if you can't make a class.

DO I HAVE TO USE A SPECIFIC TYPE OF BIKE?

You can use any form of stationary bike, spin bike, or a traditional bicycle.

WHEN WILL I RECEIVE MY TSHIRT?

We will order t-shirts at the start of this challenge, and they should be ready upon completion. If you finish prior to the arrival of the shirts, we will email you when they come in.

DISTANCE AND CONVERSIONS

SWIM

Lap Swim: One lap (down and back) is 50 yards

Water exercise (class or individual): 45-minutes is equivalent to 1/2 mile

Adults: 2.4 miles (85 Laps=4,250 yards)	Youth (12-17): 1 Mile (36 laps=1800 yards)
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BIKE

Adults: 112 miles (180.2 kilometers)	Youth (12-17): 78 miles (125.2 kilometers)
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RUN

Adults: 26.2 miles	Youth (12-17): 19 miles
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