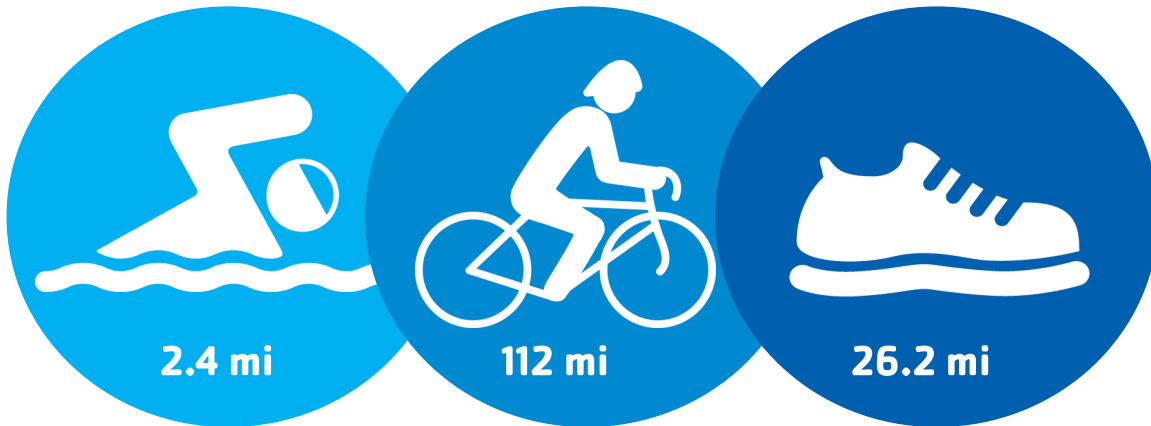




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# 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 7 - March 20

**Cost:**

\$20 per member  
- all participants receive a t-shirt upon completion

Participants will have 6 weeks to complete this challenge.

February 7 - March 20

Activity Trackers must be turned in by March 20.

## 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.

### 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 7 - 13 you can pick up your Activity Tracker at the Front Desk. You may also download a tracker from our website beginning February 7th.
- If you register after February 7th, 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 some Group Exercise Classes.