



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NOVEMBER INDOOR IRONMAN CHALLENGE OR IRONMAN 70.3 CHALLENGE

NAME: \_\_\_\_\_

EMAIL/CELL: \_\_\_\_\_

CIRCLE ONE:      IRONMAN CHALLENGE      IRONMAN 70.3 CHALLENGE

T-SHIRT SIZE: \_\_\_\_\_

I understand that this is an honor system challenge and that the Danville Family YMCA is providing this program to provide a challenging fitness activity for those wishing to have fun with their workouts. As with any fitness activity, please make sure you are cleared by a medical professional to participate in these activities. The funds raised in this program directly benefit our Fitness Programs.

After registering, we will provide you with a log sheet in a binder in the lobby. Please log your workout each time so we can help you keep track of your progress. The challenge begins on Monday, November 1 and ends on Tuesday, November 30. We will tally the log sheets on Wednesday, December 1 and notify participants by email or cell if they completed the challenge. Shirts will be ordered that day and should be in within three weeks.

## Ironman Triathlon

2.4-mile Swim = 4000 yds. (80 laps)

112-mile Bike

Marathon = 26.22-mile Run

## Ironman 70.3

1.2-mile Swim = 2000 yds. (40 laps)

56-mile Bike

Half Marathon = 13.1-mile Run