



YOUR HEALTH YOUR GOALS OUR MISSION



THE DOOR COUNTY YMCA PRESENTS **THE IRON ATHLETE CHALLENGE**

Join our latest Wellness Challenge! Participants must complete all 3 Triathlon events in 6 weeks. The distances can be completed by swimming, biking, and running; or by participating in group exercise classes and water exercise classes. Everyone that completes the triathlon will receive a custom, long sleeve unisex performance t-shirt (youth shirts are short sleeve).

REGISTRATION PERIOD: MARCH 20TH – APRIL 15TH

WHEN: APRIL 1ST – MAY 13TH, 2017

WHO: ALL MEMBERS ARE WELCOME!

COST: \$20 ADULT & \$10 CHILD

SAVE your last 5 run/walk miles for the **Blossom Run** on May 13th & **SAVE \$5** on your **Iron Athlete** registration fee!**

SWIM

Adult (18+)
2.4 Miles (172 Lengths)
Youth (12+)
1 Mile (72 Lengths)

BIKE

Adult (18+)
112 Miles (180.2 Km)
Youth (12+)
78 Miles (125.2 Km)

RUN

Adult (18+)
26.2 Miles
Youth (12+)
19 Miles