



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

DOOR COUNTY YMCA  
www.DoorCountyYMCA.org  
Sturgeon Bay 920.743.4949  
1900 Michigan St, Sturgeon Bay

Northern Door 920.868.3660  
3866 Gibraltar Rd, Fish Creek

# UNLEASH YOUR INNER ATHLETE

## IRON ATHLETE CHALLENGE

**MARCH 11 – APRIL 19**

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 land and/or water exercise classes. Everyone who completes the triathlon challenge will receive a long sleeve unisex tri-blend t-shirt (short sleeve for youth).

**Not a runner?** Earn miles toward your run by attending group exercise classes. **Participants have 6 weeks to complete the challenge.** Ironman distances combined with a Y mentality make for a great workout plan!

**AGES 12+**

**FEE Individual:** \$15

**2-person Relay:** \$30 • **3-person Relay:** \$45



**RULES** We encourage you to try something new, but if you are not a swimmer, runner, and/or biker, you can replace those miles with other activities. • Participants must log workouts within 24 hours to allow accurate standings each week. Please include the time you finished your workout. • Participants may exercise together and record individual miles. • For a full list of allowed substitutions, see equivalence chart, available in binder at the front desk and emailed to all participants at the start of the challenge.

**RELAY TEAMS** Members are welcome to participate in relay teams of up to three people. Each team will have one recording sheet. Please turn in one registration form with your team name. Relay team registration fee must be paid in full upon registration.

**COMPLETION & AWARDS** Each participant who completes the distances by April 19 will receive a long sleeve t-shirt. Once we determine all qualifying participants, long sleeve t-shirts will be ordered and available at the front desk.

Registration deadline is **March 22nd at 12:00 pm**

NAME (Individual) GENDER

NAME 2 (2-person Relay) GENDER

NAME 3 (3-person Relay) GENDER

TEAM NAME

TEAM NAME

TEAM NAME

EMAIL

YES! Include me in weekly progress updates.

**T-SHIRT SIZE:**

XS  S  M  L  XL  2X  3X

EMAIL

YES! Include me in weekly progress updates.

**T-SHIRT SIZE:**

XS  S  M  L  XL  2X  3X

EMAIL

YES! Include me in weekly progress updates.

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Make check payable to Door County YMCA. **MAIL TO:** DOOR COUNTY YMCA, 1900 Michigan St, Sturgeon Bay, WI 54235