



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINONA FAMILY YMCA INDOOR IRONMAN CHALLENGE



Goals:

Swim- 2.4 Miles
Run- 26.2 Miles
Bike- 112 Miles

March 1-31

Challenge yourself with our month-long Indoor Ironman! Swim, bike, and run/walk the distance of an Ironman. Go at your own pace, on your own time. This is a friendly challenge to help motivate you to keep your mind and body active this winter. Proceeds from this event support the YMCA's financial assistance program. The first three male and female contestants to complete the challenge will receive a prize and bragging rights until next year!

Cost:

\$15 Members & Non-members (no shirt)

\$25 Members through Feb 28 (includes shirt)

\$35 Non-members through Feb 28 (includes shirt)

**Sign up before February 28
to get a shirt!**

REGISTER TODAY!

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