



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# SWIM, BIKE, RUN TO MAKE A DIFFERENCE

Lazy Man Triathlon

Session 1: April 23 through May 25

Session 2: May 28 through June 29

Fort Madison Family YMCA

## THE DETAILS

**WHAT:** The Ironman Triathlon is one of the hardest events in the world, consisting of a 2.4 mile swim, 112 mile bike ride, and 26.2 mile run. Are you up for the challenge? Register with us for the chance to find out!

**Registration Fee for Members** - \$20 for one session; \$30 for both sessions

**Registration Fee for Nonmembers** - \$50 for one session; \$80 for both sessions *\*Includes access to the FM YMCA*

**Registration opens Monday, April 9th**

**WHY:** The Lazy Man Triathlon is a fun, competitive event! And...it's a fundraiser to help support children, adults and families in our community. Triathletes will have the opportunity to have people sponsor them for the event! By participating in the Lazy Man Triathlon, you make a difference at the Y and in Fort Madison and surrounding communities!

**WHO:** All levels are welcome! The best part about the Lazy Man Triathlon is that you can complete it at your own pace, and if you get some friends together it will make it that much more fun!

**WHEN:** The first session of the Lazy Man Triathlon begins April 23rd, and you get 5 weeks (until May 25th) to complete it. The second session will kick off May 28th and you'll have five weeks (June 29th) to complete it.

**Session 1: Registration deadline Friday, April 20th**  
**May 26th**

**Session 2: Registration deadline is Friday,**

**WHERE:** You can complete your miles here at the Y, at home, or out on the open road. Just be sure to use your tracker sheet to record everything you do! The Map My Run App is fantastic to help record your workouts.

**HOW:** You get 5 weeks to complete the swim, bike, and run portions of the triathlon, all on the honor system. We will provide a form to track your miles. **When this form is complete, return it to the Y by Tuesday, May 29th (Session 1) or Tuesday, July 3rd (Session 2) to receive a Lazy Man Triathlon t-shirt!** With 5 weeks to complete, here is a weekly breakdown:

- ❖ Swim – 34 pool lengths (17 laps) per week
- ❖ Bike – 22.5 miles per week
- ❖ Run/Walk – 5.25 miles per week

Alternate activities are also an option in place of swimming, biking, and running! See the Lazy Man Triathlon Tracking Sheet for details.



Contact Justina Spear, YMCA Program Director, for further information 372-2403 ext 2.

# LAZY MAN TRIATHLON - TRAINING FOR THE TRI 2018 TRI-STATE TRIATHLON SAVE THE DATE – JUNE 30<sup>TH</sup>

The Lazy Man Triathlon will prepare you for the Tri-State Triathlon that is hosted by the Fort Madison Family YMCA.

Session 1 will take place from April 23<sup>rd</sup> through May 25<sup>th</sup>.

Session 2 will take place from May 28<sup>th</sup> through June 29<sup>th</sup>.

Tracking sheets will be due by Tuesday, May 29<sup>th</sup> (session 1); Tuesday July 3<sup>rd</sup> (session 2).

Registration includes access to all Y amenities, along with a T-shirt for those who finish the challenge and return their tracking sheet to the Y by the deadline.

**Member Fee: \$20 for Session 1; \$30 for both Sessions 1 & 2**

**Nonmember Fee: \$50 for Session 1; \$80 for both Sessions 1 & 2**

**Registration Deadline: Session 1 – Friday, April 20<sup>th</sup>; Session 2 – Friday, May 26<sup>th</sup>**

***\*Must register for both sessions simultaneously time to receive the discounted cost.***

To win addition prizes, you can raise funds in support of the 2018 Fort Madison Family YMCA Annual Campaign by contacting friends, family and businesses to “sponsor” you throughout your Lazy Man Triathlon process!

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_  
\_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**T-Shirt Size (adult unisex):    Small    Medium    Large    X-Large    XX-Large**

*The Fort Madison Family YMCA is committed to conducting its programs and activities in the safest manner possible and holds the safety of its participants in the highest regard. Participants registering for a program must recognize, however, that there is an inherent risk of injury when choosing to participate in recreation activities. The Fort Madison Family YMCA continually strives to reduce such risks and insists that all participants follow safety rules, guidelines and instructions which have been designed to protect the participant's safety.*

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**

*Office Use Only*

Receipt #: _____ Amount: \$ _____
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***\*Return the registration form with payment to the Fort Madison Family YMCA before April 20<sup>th</sup>!***  
*Make checks payable to the Fort Madison Family YMCA. Send form to 220 26<sup>th</sup> Street, Fort Madison, IA 52627*