

ARE YOU READY...

INDIVIDUAL OR GET A TEAM!

ALL PROGRESS TAKES PLACE OUTSIDE YOUR COMFORT ZONE!!

LAZYMEN IRONMAN



6th Annual
TRIATHLON 2024
Mon. Feb 5 – Sun. March 31
8-week challenge
Entry fee: \$15 per person
Registration opens: Mon, Jan 15
Must sign a waiver

Kick off the New Year and stay motivated
through the winter with this fitness challenge.
ALL FITNESS LEVELS WELCOME!!



2.4 mi



112 mi



26.2 mi

Lazyman Ironman Rules:

- Anyone 13 years and older
- Register for individual, team or both
- Complete the Ironman once or as many times as you can in eight weeks
- Work out in Wellness Center, Group Fitness Classes or Rails
- Record your progress on the slips made available (the Y will record)
- Your weekly slips will go into a drawing (prize will be drawn every 2 weeks)

RECEIVE A
T-SHIRT AT THE
END OF THE
CHALLENGE