

INDOOR IRONMAN TRIATHLON

Presented by: Tri K Tri Club

SWIM*BIKE*RUN SWIM*BIKE*RUN SWIM*BIKE*RUN SWIM*BIKE*RUN SWIM*BIKE*RUN

NEED A LITTLE WINTER MOTIVATION? Then try our Indoor Ironman Triathlon. It is the same distance as an Ironman which is a 2.4 swim, 112 mile bike, 26.2 mile run. Complete it at your own pace. You track your miles at the gym, home, or out on the road by using the tracker sheet, return it by **3/15/17** and receive a participation prize.

SUGGESTED WEEKLY BREAKDOWN:

- * 34 lengths (17) laps per week
- * 22.5 miles cycling per week (1:15 hr per week)
- * 5.25 miles running/walking per week

COST:

\$10.00 for Tri K Tri Club Members
\$12.00 for KRRC
\$15.00 for Non Members

Send check to Tri K Tri Club, P.O. Box 38, Bradley, IL 60915

Registration is required by 1/31/17

