



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**YOU
CAN
DO IT!**

*A summer
challenge for
adults, youth &
families.*



TIN MAN IRONMAN
Summer Family Triathlon



Swim, Bike, & Run/Walk an entire IRONMAN Triathlon
in 8 weeks or less!

June 1 - July 26, 2014

DISTANCE CALCULATIONS BY AGE GROUP

AGE	SWIM	BIKE	RUN
Adult (age 16+)	2.4 miles 173 pool lengths	112 miles	26.2 miles
12-15	1,500 yards 60 pool lengths	48 miles	16 miles
9-11	750 yards 300 pool lengths	24 miles	8 miles
6-8	250 yards 10 pool lengths	12 miles	2 miles



ACTIVITIES AND SUBSTITUTIONS

Swim

- lap swimming, water walking, kickboarding
- Substitute activities: 1 hour = 1/4 mile: water exercise class, rowing, open swim, swimming lessons, lake swimming

Bike

- riding outdoors, indoor bikes, NuStep, Octane XRider (fitness center)
- group cycling class: (use computers (or) 30 min = 7 miles / 60 min = 14 miles)

Run/Walk

- run or walk outdoors, indoor track, gym or treadmill
- Substitute activity: 1 hour STEP class = 6 miles



START & END DATES

June 1 – July 26, 2014

REGISTRATION

Register at the Y customer service desk.

COSTS

ADULT (AGE 16+) - \$10

YOUTH (AGE 15 AND UNDER - \$5

T-SHIRTS WILL BE AWARDED TO ALL FINISHERS!

FOR MORE INFORMATION: Contact Patti McEnroe: 701-775-2586 or visit www.gfymca.org.



TIN MAN TRIATHLON

Summer Family Ironman

June 1 - July 26, 2014



What is the TIN MAN TRIATHLON?

The TIN MAN TRIATHLON is a full IRONMAN triathlon for adults and a mini IRONMAN for kids! That's a swim, bike and run/walk combo that you can do individually or as a family. The good news is, you don't have to do the race in a day... you have 8 weeks to finish!

What are the dates of the event?

Start date: June 1 / End date: July 26

How do I keep track of my progress?

You will be provided with a tracking log for the entire 8 weeks. You'll be on an honor system, so be honest with your tracking!

Are there any prizes?

Yes! All participants receive a Tin Man Ironman t-shirt upon completion of the event!

Can I finish early?

Sure! You can complete the event as many times as you want.

What are the distances/categories?

ADULT (Individual)

2.4 mile swim, 112 mile bike ride, and 26.2 miles of running or walking - a FULL IRONMAN!

YOUTH (Individual - distances are approximate)

Ages 6-8: 250 yard swim, 12 mile bike ride, 2 miles of running or walking.

Ages 9-11: 750 yard swim, 24 mile bike ride, 8 miles of running or walking.

Ages 12-15: 1,500 yard swim, 48 mile bike ride, 16 miles of running or walking.

FAMILY

FULL IRONMAN as a family unit. The whole family tracks progress on the same activity log.