



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**YOU
CAN
DO IT!**



TIN MAN TRIATHLON
Summer Family Ironman

*A summer
challenge for
adults and
kids!*



June 10 - August 1, 2013

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 or NuStep (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 10 – August 1, 2013

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.



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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 10 / End date: August 1

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?

The adult (age 16+) race includes: a 2.4 mile swim, a 112 mile bike ride, and 26.2 miles of running or walking - a FULL IRONMAN! There are some substitute activities that you can choose from.

The youth races are designed as follows:

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.

Age recommendations are just estimates. Participants can choose any group that they feel comfortable with.