



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

'STEELEMAN' TRI YMCA ENDURANCE TRIATHLON IN MEMORY OF DAVID STEELE

REGISTRATION:

October 23rd – November 19th

*Register by Nov 11th to guarantee shirt size

FREE for Y Members

Finishers receive a T-shirt!

Honor System: Participants keep track of their progress and turn in completed distances by deadline to receive a shirt

The Triathlon consists of three activities: Swimming, Biking & Running.

Participants have the entire month of November to complete the distances of an Ironman Triathlon.

Detailed instructions for logging your progress for the program will be provided at registration.

It's the distance, not the time!

Distances can be completed indoors or outside!

SWIM: 2.4 miles

Aqua Class = 20 Laps

BIKE: 112 miles

RPM Class = 15 miles

RUN: 26.2 miles

Cardio classes = 1 mile

Presented by:

LOCKWOOD PARTNERS
FOUNDATION

For additional information, contact Jillian at jmclachlan@ymcacolumbusga.com.

YMCA OF METROPOLITAN COLUMBUS, GA
www.columbusymca.com

