

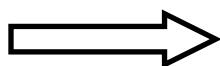


LAZY 2024
MAN
IRONMAN

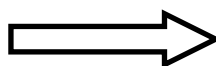
THERE'S NOTHING LAZY ABOUT IT



SWIM
2.4 MILES



BIKE
112 MILES



RUN
26.2 MILES

The Lazy Man's Ironman Triathlon is an opportunity for anyone who has ever dreamed of competing in an Ironman Triathlon. This challenge includes the following; swim 2.4 miles, bike 112 miles and run 26.2 miles. **DON'T PANIC!** This is the lazy man's version and it's not impossible for you to complete these distances! You have 7 weeks, starting February 5th until March 24th, 2024, to complete the Lazy Man's Ironman requirements. That's 49 days to swim, bike and run at any pace that you choose. Individuals of all levels are encouraged to participate in this event!!

EVENT DETAILS: The three events may be completed in any order. The bike and run portions may be completed indoors or outdoors. Treadmills, elliptical trainers and stationary/cycling bikes may be used to complete these two events. Also, those who wish to walk the 26.2 miles may do so. The swimming portion (2.4 miles) consists of 84 laps or 168 lengths in Vitale Pool at the Knox County YMCA. You can swim any style you choose, in addition to water walking and/or using kick boards. Other substitutes include: 2 hours on row machine = 2.4 mile swim, 1 hour of aerobic (or 2 hours of non aerobic) group fitness class = 5 mile run or 10 mile bike, 1 hour water fitness class or water walking/jogging = ½ mile swim, bike or run.

MILEAGE LOGS: Each triathlete will receive an official Lazy Man's mileage sheet in which to record completed distance. Mileage logs may be kept at the Member Service Desk. Participants may not begin logging mileage until February 5th. When the distance for the swim, bike and run have been completed, the log must be turned in to the Front Desk. The deadline for the completed mileage logs is 5:00 p.m. on Sunday, March 24th.

AWARDS: All participants who complete the distance and turn in their mileage log will receive an official Lazy Man's Ironman Triathlon t-shirt.

REGISTRATION & FEES: \$15 entry fee, due upon registration. Registration opens Monday, January 22nd and is ongoing until the completion of the challenge on Sunday, March 24th. Feel free to complete the events on your own, as well as take advantage of the Knox County YMCA facilities.