



Registration Form

June 19- July 23, 2017

Name _____

Address _____

City _____ ST _____ Zip _____

[] _____ [] _____
Home Cell #

E-mail Address _____

Method of Payment Cash Check Credit Card
 YMCA Member

Distances

THE SWIM - 2.4 Miles (3.86 km), just over two miles. 72 lengths in the YMCA pool = 1 mile. 162 Lengths equals 2.4 miles.

THE BIKE - 112 Miles (180.25 km) of biking to complete one Ironman. You can bike on the YMCA exercise Bikes or log your miles in a YMCA Spin class.

THE Run - a Marathon 26.2 (42.2 km) run.

Event	Cost	
	Crew Neck	Hooded
Youth	\$30.00	\$35.00
Adult	\$35.00	\$40.00
2XLg or Larger	\$40.00	\$45.00

Select Shirt Size

Color: Ash Grey

Youth

YXS YS YM YL YXL

Adult

S M L XL

PLUS (add'l charge)

2XL 3XL 4XL

