

THE NORTHFIELD YMCA PRESENTS

THE IRON TRI

ATHLETE CHALLENGE



**SWIM,
BIKE &
RUN**

**YOUR WAY TO
THE
FINISH!**

DISTANCE CONVERSIONS

Swim:

Full Iron Tri: 2.4 Miles (170 lengths)

Half Iron Tri: 1.2 Miles (85 lengths)

Olympic Tri: 0.93 Miles (65 lengths)

*1 Water Aerobics Class = .30 miles (21.25 lengths)

Lap Lanes are 25 yds (1 Length)

1 Mile = 70 Lengths

2.4 Miles = 170 Lengths

Bike:

Full Iron Tri: 112 Miles (180.2 km)

Half Iron Tri: 56 Miles (90.1 km)

Olympic Tri: 25 Miles (40.2 km)

Run:

Full Iron Tri: 26.2 Miles (42.2 km)

Half Iron Tri: 13.1 Miles (21.1 km)

Olympic Tri: 6.2 Miles (10 km)

*Cardio Group Exercise Class:

- 60 min. Class = 3 Miles
- 45 min. Class = 2.25 Mile Run
- 30 min. Class = 1.5 Mile Run

*No substitutions for events outside of Group Exercise and Water Aerobic Classes.
You must complete the Swim, Bike, and Run/Walk to complete your TRIATHLON.
For more information please contact: Simon Dickerson at simon@northfieldymca.org

Frequently Asked Questions



WHO CAN PARTICIPATE?

Anyone 6 years and older can participate. For more information regarding our facility age policy, please check our website or follow this link: <https://northfieldymca.org/programs/policies-guidelines/facility-age-policy>

HOW MANY TRIATHLONS CAN I COMPLETE?

You may complete as many triathlons as you'd like in 7 weeks; however, you only need to register for 1 triathlon and you will only receive 1 t-shirt for completion.

WHERE ARE THE ACTIVITY LOG SHEETS? HOW DO I FILL THEM OUT?

There is a Log Sheet binder at the front desk. Your log sheet will be filed under your last name. Simply track the miles you have completed. You have the full 7 weeks to complete it. Once you have finished all of your distances, write **COMPLETE** at the bottom of your log sheet.

MAY I RUN OR BIKE OUTSIDE AT HOME AND HAVE THE MILES COUNT?

Yes, the Iron Athlete Challenge operates on the honor system.

WHEN WILL THE SHIRTS ARRIVE?

The shirts will be ordered after the completion of the challenge. It takes a few weeks, and when they arrive, notifications will be posted around the Y and an email will be sent to you. They will be available for pick up at the front desk.

THE POOL IS ALWAYS BUSY WHEN I TRY TO SWIM. WHAT SHOULD I DO?

We share lanes at the Y, so ask a swimmer if you may share their lane. Lifeguards are available to assist if you should need it. Take a pool schedule home so you know when we have open swim times and when classes are being offered or visit the website at www.northfieldymca.org.

I DON'T LIKE TO SWIM. CAN I SKIP IT?

Unfortunately, swimming is a required part of the triathlon. Fortunately, it is a great workout and there are many people willing to help you get started! If you do not like lap swimming, you may substitute water aerobics classes for laps.

If you are competing in a group, only one person is required to do the swim portion.

I AM NOT GOING TO HAVE ENOUGH MILES BY THE DEADLINE, WILL I STILL GET A SHIRT?

Participants that do not have enough miles to reach the goal number will not receive a shirt. However, the goal number can be switched prior to the deadline (e.g. switching from Full Tri to Half). To switch, notify the front desk worker and make a note on your activity log.

MAY I SWITCH MY SHIRT SIZE?

Unfortunately, size substitutions cannot be accommodated. The size you indicate will be the only sized ordered for you. (All shirts are unisex sizes)