



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM, BIKE & RUN ALL MONTH LONG



## Lazyman Triathlon GEATER SCRANTON YMCA

The Greater Scranton YMCA's Lazyman Triathlon is a competition in which contestants have 5 weeks to complete 3 events, swim, bike and run. These activities can be completed in any order. Participants will be given a mileage chart to be completed and must keep track of their own progress.

- Categories include: Male, Female and Family
- Free to YMCA Members
- First 25 finishers will receive a Lazyman Triathlon T-Shirt

**Registration Deadline - April 22, 2018**

**START DAY:** Monday, April 23rd

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### Olympic Category

Swim 2 Miles or  
(water exercise class-3 hours =1 mile)  
Bike 56 miles or  
(group cycling class 1 class = 15 miles)  
Running 10 miles or  
(group wellness class- 1 class = 5 miles)

### Ironman Category

Swim 2.4 miles or  
(water exercise class- 3 hours =1 mile)  
Bike 112 miles or  
(group cycling class 1 class = 15 miles)  
Running 26.2 miles or  
(Run/Walk/Elliptical)  
(group wellness class- 1 class = 5 miles)