



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2023 NEW YEARS LAZY MAN TRIATHLON

**BACK BY POPULAR DEMAND AT THE WARREN COUNTY YMCA**

Work that holiday fluff off with our Lazy Man Triathlon! The triathlon includes 26.2 miles of running or walking, 112 miles of indoor stationary bicycling and 2.5 miles of swimming, water walking, or row machine. Competitors will have 6 weeks to complete the triathlon. The three events may be completed in any order. Treadmills, ellipticals, and stationary bikes located in our wellness center along with our indoor pool may be used to complete the running, biking and swimming events.

Each athlete will receive a full set of rules and mileage tracking sheet to record miles completed. All participants completing the distance on time and turns in their mileage log will receive a lazy man's triathlon shirt and will be entered in the grand prize drawing. Register now at the Warren County YMCA's front desk. Race packets will be available for pick up at the time of registration.

For question contact Staci at 309-734-3183 or via email at [staci@warrencountyyymca.org](mailto:staci@warrencountyyymca.org)

**WHEN: BEGINS JANUARY 2, 2023 & ENDS FEBRUARY 13, 2023**

**FEE: \$30 Members, \$60 Non-Members (this includes use of the facility during open hrs. for the 6 week period)**

