



## EAC Lazy man Triathlon & Triple Tri Challenge

February 20 – March 19, 2012

Run, Swim and Bike your way to getting fit, staying fit and  
Being ready for all your summer time activities!

Swim 2.4 miles = 132 laps (264 lengths in EAC 16 yard pool)

Bike 112 miles

Run 26.2

\*You get 4 weeks to complete these distances

What! Doesn't seem like enough?

Then accept our Triple Tri Challenge.

Complete the above distances 3 times!!!

\*You get 4 weeks to complete these distances

(Registration begins February 1, 2012)

Details on back

# EAC LAZYMAN TRIATHLON 2006

## February 20 - March 19, 2012

You are not limited to just 3 activities to accumulate your mileage.

Complete your mileage by:

- Running/walking
- Ellipticals (towards the running portion)
- TRX/Bootcamp classes (each class counts as 1.5 miles towards the running portion)
- Indoor-Cycling classes (10 miles)
- Biking: outside or inside on the exercise bikes
- Swimming: any form from dog paddle to free style
- Water Exercise (each class counts as 5 laps)
- Weight Machines (30 minutes of weight training counts as 1/2 mile of Bike or Run or 5 laps of swimming)
- Half of all distances must come from actual exercise. (Must swim 43 laps)
- An honor system will be used. A binder will be kept at the front desk for you to log your mileage.

### Event Distances

- Swim: 2.4 miles = 132 laps (264 lengths in the EAC 16 yd pool)
- Bike: 112 miles
- Run: 26.2 miles

If you are choose to do the **Triple Tri Challenge** you will need to complete the above listed distances 3 times!

- Swim: 7.2 miles = 396 laps (1188 lengths in the EAC 16 yd pool)
- Bike: 224 miles
- Run: 78.6

**Cost:** \$10 per person

Please register at the Front Desk.

Each participant completing the Lazy Man Tri and Triple Tri Challenge between Feb 20 - March 19 2012 will receive a prize.

Registration begins February 1, 2012