

# DK Indoor Ironman



Row 2.4 miles



Cycle 112 miles



Run 26.22 Miles

Push yourself to conquer the Ironman distances this February. The DK Indoor Ironman is a self guided event to keep you moving during the month of February. Record the distances you accomplish each day until you complete the Ironman. Participants that complete the program will get a DK Indoor Ironman tech t-shirt!

When: Feb 1st— Feb. 28

Where: Dan Kinney Family Center

Cost: \$10 per participant

Who: Participants 14 yr +

This is a self guided program. Your distance records will be kept at the fitness desk. Each distance recorded must be completed at the Dan Kinney Family Center. Once you have completed each distance, have the fitness staff members sign off on your completion sheet to receive your t-shirt! *(Please do not cheat yourself on the distances accomplished)*

Name: _____	Birth Date: _____
Address: _____	ZIP: _____
Phone Number: _____	Email: _____
T- Shirt Size:    ___Small    ___Medium    ___Large    ___XLarge    ___2XL    ___3XL	