

The Fremont Parks and Recreation Department Presents:

THE IRONMAN CHALLENGE 2009

Take the challenge and maintain motivation to complete workouts during the winter months! Each participant will complete the actual distances of a level of a **Triathlon** and log their results in their quest for the Gold Medal!

The three activities involved will be: **Running, Biking and Swimming/Rowing/Fitness Program Participation.**

CHOOSE YOUR LEVEL AND CROSS THE FINISH LINE IN 2009!

Level I- ULTRAMAN

Running- 52 Miles- Total distance must be done running, jogging or walking on track, treadmill or outside

Biking- 224 Miles- Total distance must be done on upright stationary bikes or outside

Swimming- 4 Miles- Total distance may be completed by rowing 6,400 meters on the Concept 2 Rower, swimming 4 miles or taking part in 6 separate fitness programs.

Level II- IRONMAN

Running- 26.2 Miles- Total distance must be done running, jogging or walking on track, treadmill or outside.

Biking- 112 Miles- Total distance must be done on upright stationary bikes or outside

Swimming- 2 Miles- Total distance may be completed by rowing 3,200 meters, swimming 2 miles or taking part in 3 separate fitness programs.

Level III- OLYMPIC DISTANCE TRIATHLON

Running- 10K (6.2 Miles)- Total distance must be done running, jogging or walking on track, treadmill or outside.

Biking- 40K (24.8 Miles)- Total distance must be done on upright stationary bikes or outside

Swimming- 1.5K (.93 Miles)- Total distance may be completed by rowing 1,500 meters, swimming 1,500 meters or taking part in 2 separate fitness programs

LEVEL IV- SPRINT TRIATHLON

Running- 5K (3.1 Miles)- Total distance must be done running, jogging or walking on track, treadmill or outside.

Biking- 20K (12.4 Miles)- Total distance must be done on upright stationary bikes or outside

Swimming- 750M (.47 Miles)- Total distance may be completed by rowing 750 meters, swimming 750M or taking part in 1 separate fitness program

The **Ironman Challenge** will begin on January 2nd and continue through February 27th. The time it takes you to finish all three events in your chosen level will determine your Medal Status. Medal Status' are:

Gold Medal- All distances in chosen level completed in 2 weeks or less

Silver Medal- All distances in chosen level completed in 3 to 6 weeks

Bronze Level- All distances in chosen level completed in 6 weeks to 8 weeks.

Ironman Challenge Logs will be available at the Front Desk for you to record your completed distances and a chart will be posted in the Recreation Complex to monitor all participants progress. The chart will be updated at the beginning of every week until all participants are finished.

There is no cost to participate in the challenge, but registration is required. **All participants who finish any level of the Ironman Challenge will receive a special t-shirt.**

For more information, please contact Marc at (419) 334-5906

