



LOCK HAVEN YMCA ENDURANCE 70.3 CHALLENGE

Challenge Info:

- You have 7 days to complete the total distances for your age group.
 - You can use whatever split you would like to complete everything in that time frame. Attached is a possible daily split to make sure you hit your goal in 7 days.
- Distances per age group:
 - 5-7 years old: 50yd swim, 1 mile bike, .25 mile run
 - 8-10 years old: 150yd swim, 5 mile bike, .5 mile run
 - 11-13 years old: 300yd swim, 10 mile bike, 1 mile run
 - 14-18 years old: 500yd swim, 30 mile bike, 6.2 mile run
 - 19+ years old: 1.2 mile swim, 56 mile bike, 13.1 mile run
- If you come to the Y every day, you enter yourself into a drawing for the following grand prize:
 - 19+ : Massage from SilverBullet Wellness and gift card for Pearls
 - 5-18 : 2 Roxy Theatre tickets and gift card to It Is What It Is Candy Store
- If you finish, you will get a finisher microfiber towel, and get to take a photo in the backdrop we can post on social media/send to you to keep.
- There will be a daily leader board so you can track your progress against others in your age group.
- Tracking
 - the Y will have tracking sheets kept at the front desk during the event week.
 - Just stop and ask to fill yours out as you complete distances.
 - Kids can use stickers to keep track of their work.

Registration:

- You can register up to the first day of the event.
- Rates:
 - Single Adult
 - Member - \$30
 - non-member - \$70
 - Adult Team (2-3)
 - Member - \$25/person
 - non-member - \$60/person
 - Single kid
 - member - \$20
 - non-member - \$50
 - Mini Team (2-3)
 - member - \$15
 - non-member - \$45
 - Family (1 adult & 1 kid)
 - Member \$40
 - non-member \$100