



2018 Lazy Man Triathlon



4 weeks to complete: Jan. 15th - Feb. 11th

Conquer the race, not the elements. Tell all your friends that you finished a triathlon, no one needs to know if took 4 weeks. In the Lazy Man Triathlon, you hold yourself accountable in finishing all of the challenges of a triathlon in a 4 week span. A mileage book will be kept at the front desk and you will log your mileage as you go.

If you complete the challenge you will receive an official 2018 Lazy Man Triathlon t-shirt.

Cost: \$20 for OZONE members / \$25 for non members

Register at the OZONE or online at usd367ozone.org

Challenge	Ways to Earn Miles
2.4 miles of swimming	Water fitness class (0.25 mile per) Water walking/jogging Swimming laps (about 8 laps/ 16 lengths = 0.25 mile)
112 miles of bike riding	Stationary bike odometer Recumbent elliptical odometer Outdoor bike rides
26.2 miles of running	Treadmill odometer Standing Elliptical odometer Outdoor/indoor running

For more info please contact Hayden Mersman at the OZONE at (913)755-3622