

# FAMILY IRONMAN CHALLENGE



Stay active with your family this summer! Work together to complete a Family Ironman Challenge.



**26.2  
miles**

**112  
miles**

**2.4  
miles**  
OR 20.4 hours of  
water time

HOW CAN YOUR FAMILY USE FEET, WHEELS, AND WATER TO STAY ACTIVE THIS SUMMER? ADD YOUR OWN IDEAS TOO!

- Walk the dog
- Walk around the neighborhood
- Go for a run
- Ride a bike
- Skateboard or scooter
- Rollerblade
- Swim in a pool
- Splash in a lake
- Water games / sprinkler in a yard

# HOW CAN I PARTICIPATE?



Here are a couple ways you and your family can participate in the Family Ironman Challenge:

1

Decide if you want to participate as an **individual** or as a **family**.

- Individual - You will track only **your** feet, wheels, and water distance. Its up to you to meet the goals!
- Family - Everyone tracks and **combines** their feet, wheels and water distance. You are all working together to meet the goals!

*Example - If a family of 3 goes on a 10 mile bike ride, on their tracking sheet they would count the bike ride as 30 miles (3 people x 10 miles).*

2

Decide **which challenges** to participate in. Just 1? two? All 3? It's up to you!

- Aren't excited by one of the challenges? That's okay! You or your family can focus on achieving the challenges that are enjoyable & fun!
- Is your summer already packed full? That's okay! Maybe you or your family decides to try 1 of the challenges to see how it goes!