

# COUCH POTATO TRIATHLON

## 2019

**SWIM 2.5 MILES**

**BIKE 112 MILES**

**RUN 26 MILES**

**February 1<sup>st</sup> – February 28<sup>th</sup> 2019**

The **Couch Potato Triathlon** is an annual fitness challenge that gives you 4 weeks to complete an **Ironman Triathlon**. A fun twist to that is if you participate in any of our fitness classes or work out on our equipment you can convert those activities into miles using our conversion chart.

All levels are welcome!

**You are on the honor system**

**\$8 for one person**

**\$15 for two people**

**T-SHIRT**

**INCLUDED!!**



**You will be given a log sheet at Registration**

