

THE JONES CENTER

IRONMAN

6
WEEK

Complete an
Ironman triathlon
in six weeks!



2.4
MILES



112
MILES



26.2
MILES

February 1 – March 15 | Fees: \$15

- + Tracking sheet will be provided
- + Come check out a spin class or Masters swimming
- + When you finish the mileage you will receive a finisher t-shirt