TRACKING SHEET HALF TRIATHLON





Welcome to 2024 Body Of Iron! Use the tracking sheet as you see fit. No goal is too small. After you have finished

	your challenge, email us a picture or turn in your card to the Welcome Desk. Thank you for suppotting the YMCA!		
1.2 MILE SWIM			
		13.1 MILE RUN/WALK	
56 MILE BIKE			

MARINETTE-MENOMINEE YMCA



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