

TRACKING SHEET FULL TRIATHLON



Name: _____

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 supporting the YMCA!

2.4 MILE SWIM

112 MILE BIKE

26.2 MILE RUN / WALK

MARINETTE-MENOMINEE YMCA

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mmymca906

mmymca.org

906.863.9983

text 'mmymca' to 545-39 for free updates

1600 West Drive Menominee MI 49858

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