

SYNOPSIS OF IRON DISTANCE EVENT GUIDELINES

“1st ANNUAL INDOOR/OUTDOOR IRON DISTANCE EVENT”, 140.6 MILES. STARTS 6 JANUARY AND MUST HAVE NO MORE THEN 21 DAYS OF WORKOUTS (WKO) LOGGED – IN ANY ORDER, FREQUENCY AND DISTANCE COMPLETED BY 26 JANUARY

IF YOU HAVE A COACH, ENSURE S/HE APPROVES YOUR PARTICIPATION IN THIS EVENT !

Event “timing” starts the first day you log your first WKO

Three time frames/periods - 1 week, 2 weeks and 3 weeks

Log the date, distance AND time for each WKO.

You can log your WKOs distance via any means accomplished

Some suggested prerequisites and guidance on the spacing, distances, and frequency of WKOs offered

When, how often, sequencing and the distances done are entirely your choice.

The 1st, 8th or 15th day you log your WKO is the beginning that time period

Use a Garmin or other sports-activity tracker; I can provide a generic worksheet

Fax me detailed Iron Distance "log" or forward your Garmin/electronic activity data when finished

There will be a special-designed Finisher Metal for everyone ☺

"Podium finish" (1st, 2nd & 3rd) prize in each period; discounts or special awards for 1st in each time frame

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