



LOCK HAVEN YMCA

# ENDURANCE CHALLENGE

70.3

WEEK OF AUG 10-16, 2025



Spend 7 days tackling

1.2 mile swim  
56 mile bike  
13.1 mile run

Sign up and get an event sticker  
Finish and get an event microfiber towel!

*Mini  
Endurance  
for kids!*

**Scaled distances per  
age group! (5-18)**

**Member: \$15**

**Non - Member: 45**

## Single Adult

**Members: \$30**

**Non - Members: \$70**

## Family Entry (1 adult & 1 kid)

**Members: \$40**

**Non - Member: \$100**

For more information  
& registration:

[www.rvrymca.org](http://www.rvrymca.org)



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## Challenge Info:

- You have 7 days to complete the total distances for your age group.
  - You can use whatever split you would like to complete everything in that time frame. Attached is a possible daily split to make sure you hit your goal in 7 days.
- Distances per age group:
  - 5-7 years old: 50yd swim, 1 mile bike, .25 mile run
  - 8-10 years old: 150yd swim, 5 mile bike, .5 mile run
  - 11-13 years old: 300yd swim, 10 mile bike, 1 mile run
  - 14-18 years old: 500yd swim, 30 mile bike, 6.2 mile run
  - 19+ years old: 1.2 mile swim, 56 mile bike, 13.1 mile run
- If you come to the Y every day, you enter yourself into a drawing for the following grand prize:
  - 19+ : Massage from SilverBullet Wellness and gift card for Pearls
  - 5-18 : 2 Roxy Theatre tickets and gift card to It Is What It Is Candy Store
- If you finish, you will get a finisher hat, sticker, and get to take a photo in the backdrop we can post on social media/send to you to keep.
- There will be a daily leader board so you can track your progress against others in your age group.
- Tracking
  - the Y will have tracking sheets kept at the front desk during the event week.
  - Just stop and ask to fill yours out as you complete distances.
  - Kids will use stickers to keep track of their work.

## Registration:

- You can register up to the first day of the event.
- Rates:
  - Single Adult
    - Member - \$30
    - non-member - \$70
  - 2 Adults
    - Member - \$25/person
    - non-member - \$60/person
  - Single kid
    - member - \$15
    - non-member - \$45
  - Family (1 adult & 1 kid)
    - Member \$40
    - non-member \$100