

# LINDON'S LAZY IRONMAN



"Every 'Little Bit' Counts"

June 3, 2013- August 10, 2013

2.4 mile swim \* 112 mile cycle \* 26.2 mile run/walk \* 2 months

Name \_\_\_\_\_



## Swimming: 2.4 Miles

1 lap = up and back

Lindon lap pool = 84 1/2 laps

Lazy river = 30 times around

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
81	82	83	84	1/2															



## Cycling: 112 Miles

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110	111	112								



## Run/Walk: 26.2 Miles

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	.2													

## Lindon Trails Approximate Distances:

Lindon Portion of Murdock Canal Trail from 200 South to 400 East = **1.70 miles**

Heritage Trail from Murdock Canal Trail on Center Street to 800 West in Lindon = **2.50 miles**

Any questions or comments contact Valarie Diehl @801-785-3540