



Iron Munchkin Challenge

July 19 — August 13, 2010



Calling all 8 -13 year olds!!!

We are challenging you to complete these distances in one month!

Fee: Free (But You Can't Quit!)

Age Brackets: 8-9 yrs. • 10-11 yrs. • 12-13 yrs.



Swim

Swim/ Pool time – 1.2 miles • Outdoor Pool = 30 lengths (one direction is a length)
Indoor Pool = 33 lengths • 1 hour of pool activity = 10 lengths



Bike

Bike – 57 miles (indoor or outdoor)



Run

Run/ Walk – 3.1 miles

Prizes for each bracket. Record your distances in the Youth Activity Zone.

Contact: Sarah Kneff, ext. 122 or skneff@oxfordathleticclub.com



OXFORD ATHLETIC CLUB

100 Village Club Drive • Wexford, PA 15090 • 724.933.1911 • Fax 724.933.1910 • Hours Monday - Friday 5AM - 10PM • Saturday & Sunday 7AM - 7PM