



GREATER MARINETTE-MENOMINEE YMCA
BODY OF IRON
Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Date of Birth: _____ (circle) Male Female

*Email: _____

*Email must be filled out in order to complete your registration

Employer: _____

Registration due before or on March 3, 2019

_____ **Single Member Rate:** \$50 Body of Iron

_____ **Single General Public:** \$100 Body of Iron

_____ **Single Virtual:** \$50 Body of Iron (out of town supporters)

Registration includes: 1/4 zip, first 50 receive a swim cap, and for the general public the opportunity to use the YMCA.

DID YOU TRY ON A 1/4 ZIP AT THE FRONT DESK? YES NO

Mens Adult 1/4 Zip: S M L XL 2XL 3XL

Womans Adult 1/4 Zip: S M L XL 2XL 3XL

For our staff to input your registration form, it is necessary to fill out your Emergency contact information!

Emergency Contact Name: _____

Emergency Contact Phone: _____

Employer: _____

If your child is 17 or younger please complete this Parent/Guardian information listed below:

Parent / Guardian Name: _____

Parent / Guardian Employer: _____

Phone: _____ Circle one: Male Female

Parent Guardian Date of Birth: _____

E-mail: _____

CODE OF CONDUCT

I agree to follow all rules and policies of the Greater Marinette-Menominee YMCA. Informed Consent for Exercise Participation: All forms of physical activity involve a risk of injury. By voluntary participation in YMCA programs and activities, I assume and accept all risks of injury related to that activity.

Signature of Guardian/Participant _____ Date _____

TEAR HERE

TEAR HERE

TEAR HERE

TEAR HERE



Pictured: Tom and his family supporting each other at one of his radiation treatments.

Tom Leow was a husband, father, brother, son, orthopedist, friend and a proud community member. Any number of things could be said to describe who he was, but no amount of words could every truly encompass what it was like to know such an incredible man. He was generous and he was kind. He simply oozed life. No feat was too big or small for him to take on, which led him to the Ironman lifestyle that he eagerly shared with his family and friends.

Tom's first Ironman race took place in Cozumel, Mexico in November of 2010. He had set his goal to finish under 12 hours, and he did. Once that was finished he never looked back. His goal was to complete 12 Iron Man's because it is then, your name will be entered into a lottery to be able to run the Ironman in Kona, Hawaii. Tom was half way to his 12 when he passed away. While in Florida for an Ironman in November of 2014, Tom had significant sinus problems, which shortly after, turned into sinus cancer, then lymphoma. Tom passed away almost a year later. We chose to honor Tom through this Triathlon because he was close to our Y family and has supported the Y in many ways throughout the years.

Tom's love for the Iron Man was passed down to his daughter, Makenzie (22), who competed her first Ironman in Madison in 2014 with Tom running the last 9 miles with her. The races were always an opportunity to come together as a family and cheer together. We hope you will join the Y and participate in this event and remember Tom or someone close to you who has survived or lost this battle with Cancer.



Ironman training partners left to right: Scott McVane, Jeff Hayward and Dr. Tom Leow.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

#LEOWSTRONG

BODY OF IRON

ONE MONTH TRIATHLON

March 1st—31st, 2019

GREATER MARINETTE-MENOMINEE YMCA

At the Y or outside and a virtual option for those who live far away!

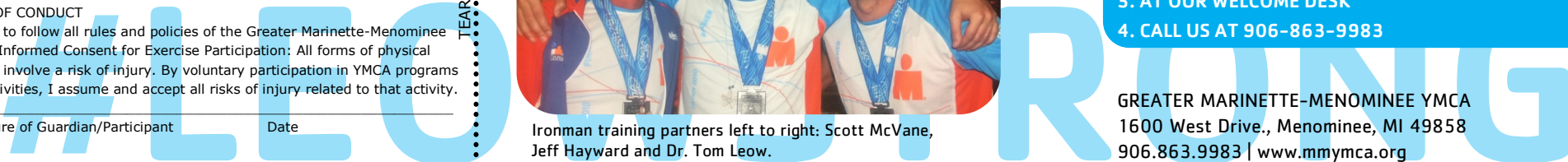
- 2.4 mile swim
- 112 mile bike
- 26.2 mile run/walk



4 WAYS TO REGISTER BY MARCH 3, 2019!

1. ONLINE AT WWW.MMYMCA.ORG (UNDER EVENTS)
2. MAIL THIS FORM WITH PAYMENT
3. AT OUR WELCOME DESK
4. CALL US AT 906-863-9983

GREATER MARINETTE-MENOMINEE YMCA
1600 West Drive., Menominee, MI 49858
906.863.9983 | www.mymca.org



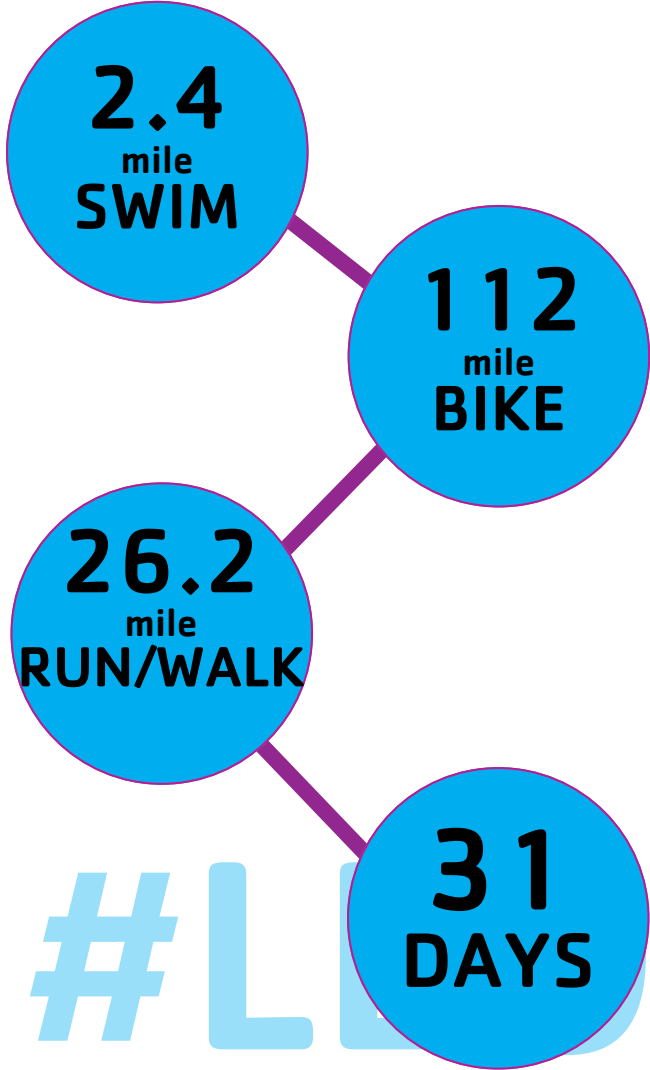
#LEOWSTRONG

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IMPORTANT INFORMATION

IS THIS REALLY A FULL TRIATHLON?

Yes, you will complete an Ironman Triathlon in 31 days to continue your health journey in 2019.

THIS SOUNDS AWESOME HOW DO I SIGN UP?

You may sign up right at The Marinette-Menominee YMCA's Welcome Desk or online at www.mmymca.org under "events." You can also mail in this brochure or call us!

I SIGNED UP, NOW WHAT?

At the Welcome Desk, there will be a Body Of Iron log sheet to keep track of your miles and by March 1st a swim cap awaiting you if you are one of the first 50 registered. Your 1/4 zip will be available by the middle of March. Please leave a good phone number or email address to be reached at. You may also download a log sheet at www.mmymca.org under events. There are log sheets and more information and ways to log your miles under events on our website. mmymca.org

WHEN DO I HAVE TO SIGN UP BY?

March 3rd, 2019 is the LAST day to commit.

WHO CAN PARTICIPATE? Anyone! YMCA MEMBERS & GENERAL

PUBLIC 12 years and older. **NEW: VIRTUAL TRIATHLON** (12-17 must have parental permission) The Virtual option is for those out of town who want to participate!

HOW MANY TRIATHLONS CAN I COMPLETE?

You can complete as many Ironman's as you'd like in the 31 days, however, you can only register for one and can only receive one swim cap and 1/4 zip.

WHAT DO I DO WHEN I COMPLETE THIS EVENT?

You can start by celebrating because you are amazing! When you are done celebrating, please turn in your log sheet into the Ironman Box at the Welcome Desk or turn in a copy if you want to keep the original.

HOW DO I KEEP TRACK OF MY MILEAGE?

You can use what is given to you at the Welcome Desk, or you can use whatever option that will help you best track for yourself.

MAY I RUN OR BIKE OUTSIDE OR AT HOME?

Yes, you may. The Body of Iron Triathlon operates on the honor system. Please enjoy the outdoors.

I DON'T LIKE TO SWIM, CAN I SKIP IT?

You must complete the swim, bike and run/walk. You can substitute lap swimming with water walking. But, this is YOUR personal triathlon, so you get out what you put in.

WHAT DO I GET FROM BEING A PAID PARTICIPANT?

Registration includes: 1/4 zip, the first 50 receive a swim cap, and for the general public the opportunity to use the YMCA. The swim cap should be available by March 1st but you will be contacted if they aren't available. Your 1/4 zip will be available by mid March.

NOT ONLY ARE YOU DOING THIS IN HONOR OF TOM, YOU ARE DOING IT FOR ANYONE YOU KNOW WHO HAS BEEN AFFECTED WITH CANCER AND HONOR THEIR NAME PROUDLY. #LEOWSTRONG



FOR YOUTH DEVELOPMENT®
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BE A PART OF SOMETHING BIGGER

This is the third time the Y has done a 31 day triathlon. We all know you have big goals and aspirations for 2019 and we want to help you keep moving forward! This is the perfect way to get your body, mind and spirit in sync. Sign up with a family member, friend, or co-worker.

COMMUNITY AFFAIR

The #Leowstrong Body of Iron is for everyone! This is your own journey, you can set a tough challenge, or just complete the event. The Y is a judgement free zone. We support everyone equally!

OUR CAUSE DEFINES US

We know that lasting personal and social change comes when we all work together. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

OUR IMPACT IS FELT EVERY DAY

With a mission to put Christian principles into practice through programs that build a healthy spirit, mind and body for all, our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good.