



FAIRFAX COUNTY PARK AUTHORITY



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For Immediate Release

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Take the 5 Days of Iron Challenge at Lee District RECenter

“Are you ready to TRI?” That’s what Lee District RECenter staff members want to know. From July 28 through August 1, 2014, the RECenter in Franconia, Va., is hosting the 5 Days of Iron Challenge, an event in which participants will bike 112 miles, run 26.2 miles, and swim 2.4 miles in five days – the total of an Iron Man Triathlon. The fee to participate is \$33 per person and participants must be at least 13 years old.

The 5 Days of Iron is a self-run event based upon the honor system. Participants will be expected to swim 850 yards (approximately a half mile), bike 22.5 miles, and run 5.25 miles each day of the five-day event. It does not matter in what order the distances are completed or if it is done at separate times of the day, as long as some or all parts have been completed at the RECenter. Participants will record their distances in the log book at the front desk.

At the end of the week, those who logged the required distances each day will receive a t-shirt stating they **completed** the challenge. Those who participated but did not complete the full distances will receive a different t-shirt that reads “**I participated.**”

Registration is available online at www.fairfaxcounty.gov/parks/rec/leerec/iron-challenge.htm. For more information, please contact Lee District RECenter aquatics supervisor Laura Istvan at 703-922-9841.

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If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354.