



# FAIRFAX COUNTY PARK AUTHORITY



12055 Government Center Parkway, Suite 927 • Fairfax, VA 22035-1118  
703-324-8700 • Fax: 703-324-3974 • [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks)

For Immediate Release

Judy Pedersen, PIO

September 23, 2014

E-mail: [parkmail@fairfaxcounty.gov](mailto:parkmail@fairfaxcounty.gov)

PSA-114

Press Inquiries: 703-324-8662

## Take the 5 Days of Iron Challenge at Oak Marr RECenter

“Are you ready to TRI?” That’s what Oak Marr RECenter staff members want to know. From October 24 through October 28, 2014, the RECenter in Oakton, 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 distances of an Iron Man Triathlon. The fee to participate is \$34 per person and the challenge is open to all ages.

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 for participating.

Oak Marr recently reopened after a yearlong renovation and expansion project. Aquatics Supervisor Nicole Marko invites the public to come experience the new two-story fitness center with new cardio machines. “Customers already agree, it’s a great place to be,” she said.

Registration is available online at [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes). Use program code 1424184701. Oak Marr RECenter is located 3200 Jermantown Road in Oakton, Va. For more information, contact Oak Marr RECenter aquatics supervisor Nicole Marko at 703-281-6501.

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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.