CHIRO-MAN CHALLENGE

Blau Family CHIROPRACTIC
HEALTH & WELLNESS WITHOUT DRUGS & SURGERY
641 Latton Lane * Portage, WI 53901
608-742-1300 * www.blauchiropractic.com

The Challenge: Complete an IronMan Triathlon: 2.4 mile swim, 112 mile bike and 26 mile run.

The Edge: We're giving you 6 weeks to complete it, instead of the usual 17 hour time limit!

Use this handy log to record your miles, and return it to us when you're done. Deadline: August 20, 2010

Date	Swim	Bike	Run