

2nd Annual International IronMonth Challenge

#IronMonth22

The Whole Community Inclusive Event
and Annual Fundraiser for the An Saol Foundation

May 2022

www.iron-month.com



Complete an Ironman-style triathlon (3.8k swim, 42k run/walk, 180k cycle,) over a month and support the work of the An Saol Foundation - Life and Living with a severe Acquired Brain Injury (sABI).

You can also join us for the inaugural TRYathlon, in association with Triathlon Ireland. Complete a short, in-person, non-competitive triathlon on the grounds of the state-of-the-art Sports Ireland Campus on 01 May.

Here is how to join (please complete by 29 April):

- **Sign up** using the links supplied on www.iron-month.org
- **Ask five of your friends** to sign up and join you for the #IronMonth22 Challenge.
- **Ask each of your friends to ask one of their friends** to sign up.

My Name:

(1) _____ I will ask to join: _____

(2) _____ I will ask to join: _____

(3) _____ I will ask to join: _____

(4) _____ I will ask to join: _____

(5) _____ I will ask to join: _____

Please return this form to the An Saol Foundation by 29 April.