Incentive program that challenges you to step up your physical activity during the semester.

It is not a race. Participants will walk, run, swim and bike their way up to the traditional Iron Man distance between September 1st and December 1st.

What is Iron Mason?

Be on the lookout for:

- Iron Mason prizes!
- New details about the event.

This semester's theme?

- Keep It Movin!

Dates: September 1, 2014 - December 1, 2014
Registration Form: Available August 15th, 2014

fitness.gmu.edu