

TWIN RIVERS YMCA

4th Annual Indoor Triathlon

Important Race Day Information:

-Please arrive 30 minutes prior to start time to check-in. Enter through pool house entrance. Bring photo identification for check-in. When you check-in, you will be assigned a number. This number will correspond with your swim lane, SPIN bike, and treadmill that you will use. Locker rooms are available to prepare before and after swim. Please be sure to bring your own lock.

-Please report to the pool deck 15 minutes prior to your official start time. Warm-up lanes for the SWIM portion will be available 15 minutes prior to your official start time.

-AFTER you finish please enjoy refreshments. Awards will be presented after the final heat finishes. Awards will be awarded to the Top 3 Male and Female Finishers in each age group.
(16-25, 26-35, 36-45, 46-55, 56-65, 66+)

-Please let timers know if you have any special needs or concerns.

ALL HEATS WILL BEGIN ON TIME.

If you arrive late to a heat, you will only be allotted the time remaining in that heat.

| | The SWIM 10 minute duration | The BIKE 30 minute duration | The RUN 20 minute duration |
|---------------------------------------|--|---|---|
| Where | Outdoor Pool | Group Exercise Room | Cardio Room |
| Time Tracking Monitors will... | <ul style="list-style-type: none"> -Provide final instructions and answer any last minute questions. -Announce when to start. -Count your laps -Tell you how much time is left (when asked) -Signal you when you have one minute to go and when time is complete. -Record your number of laps. | <ul style="list-style-type: none"> -Available to help get you started. -Provide final instructions and answer any last minute questions. -Announce when to start. -Record your trip distance upon completion. | <ul style="list-style-type: none"> -Provide final instructions and answer any last minute questions. -Available to help get you started. -Announce when to start. -Record your distance when time is complete |
| Instructions | <ul style="list-style-type: none"> -Go to assigned number pool lane and introduce yourself to your timer. -All swimmers will start in the water from the deep end. | <ul style="list-style-type: none"> -Go to assigned number SPIN bike. -Adjust seat and pedals as needed. -Set the bike resistance to your preference. | <ul style="list-style-type: none"> -Go to assigned number treadmill. -Adjust speed to your preference. -Your feet must not leave the treadmill while it is on. |
| Transition Time | 15 minute transition to spin bike | 5 minute transition to treadmill | You're done! Congratulations on completing the Indoor Triathlon!! |
| Scoring | 2 points per 25 yards swam | 3 points per bike trip (a trip is between a mile and a kilometer) | 8 points per mile (2 points per 1/4 mile) |

FAQs:

If I've never done a triathlon before, can I participate?

Absolutely! This event is indoors, so you will not need any special equipment. This is a great event for beginners and veterans. You can train/practice in our pool and on our treadmills for the swim and run, or come to one of our scheduled SPIN classes.

What equipment do I need?

Appropriate athletic clothes and swimwear for the three events. Participants may also want to bring a water bottle. For the swim, participants may wear a swim cap and goggles. ****Participants may not use wetsuits, fins, or flotation devices.****

May we compete as a team?

No. This is an individual event.

Is childcare available?

Yes. Childcare will be available for children between the ages of 6 weeks and 11 years old, upon prior request. You must indicate that you will need child care when registering for the event. Please indicate on the Sign-in Form at Child Watch/ Recreation Station that you are participating in the Indoor Triathlon. Non-member rates will apply for Child Watch and Recreation Station.

**If you have any questions and/or concerns please contact our
Health and Wellness Director Kira Parker at 252-638-8799 or kparker@trymca.org**