



## Welcome to the Life Time Indoor Tri!

For your safety and for the safety of all the participants in this year's event, please read the following information carefully.

Please register 30-45 minutes prior to your start time. Please be punctual. We will have waves of 10 people participating in each group. If you're not in the pool area by your start time, the race will start without you. Registration will be located in the hallway at the Life Time club. If you are a Life Time member, please check in at the front desk as you normally would. Non-members should check in at the front desk and will need to complete a guest registration form. Lockers and towels are available for non-member use and are complimentary. We will have volunteers to answer questions and to point you in the right direction. Please check your club's child center hours if necessary.

**Overview:** The Indoor Triathlon is based on time rather than distance - meaning you receive points for going further in a specific period of time, not going faster over a fixed distance. Participants are graded on a curve. The furthest distance in each category gets the most points (actual number is based on total participants), the shortest receives 1 point, and your "score" for the discipline is based on the points you achieve. All three disciplines count equally toward your final score. Therefore, your rank and score will not be determined until all participants have completed the event. The total event will be 75 minutes: 10 minutes in the pool, a 10-minute transition, 30 minutes on a spin bike, a 5-minute transition and 20 minutes on a treadmill. Transition times are fixed between events and do not count toward participants' scores. The transition times are planned to allow safe progression to the next discipline. Headphones are allowed during this event.

**In the Pool:** Participants will swim for 10 minutes in the pool. There will be no more than two participants per lane. Each wave will have 10 participants, with all participants starting at the same time. Participants will be body marked with their assigned number and must wear the event-issued swim cap. The swim caps will be given out at the pool. The head ref for the pool will use a whistle or horn to mark the start and stop time. Participants are required to be in the pool for the start. Once started, participants are allowed to stop to rest by hanging on the wall, lane line or by standing. When the stop whistle or horn goes off, all racers must stop and return to the start end of the pool. Participants will be given credit for total lengths completed measured in  $\frac{1}{2}$  lengths. For example, if you've finished 20.8 lengths you will be given credit for 20.5 lengths.

**T1 (Transition 1, from the pool to the bike):** Participants will be given 10 minutes from the whistle or horn to go to the locker room, change into clothing for cycling/running and get to the cycling room. Again, please be prompt, but safe and considerate of others while moving through the facility. Bike shoes with cleats are not allowed on your feet until you have reached the cycling studio. The 10 minutes allowed should be adequate to make the transition in a safe, controlled manner. We recommend bringing your bike and running gear for a smoother transition 2.

**On the bike:** Participants will bike for 30 minutes. Each bike will have a power console that tracks distance. Participants will be allowed to adjust their own tension throughout the bike portion. Participants are not allowed to bring their own pedals. Indoor bikes will be available with pedals with toe clips for use with athletic shoes. Bikes will also be available that have SPD and SPD SL/Look cleat types. Time permitting, participants can adjust the handlebar height and seat height positions. The head ref for the bike area will ensure the trip counter on each bike computer is reset to zero before each wave starts and that no one gets off to a false start. At the end of the 30 minutes, the head ref will signal participants to stop. Volunteers will record the total distance based on your bike's computer. Participants will be allowed to bring towels and have water bottles while on the bike.

**T2 (Transition 2, from the bike to the run):** Participants will be allowed 5 minutes to transition from the bikes to the treadmills. Please be courteous of other people as you make your way to the run.

**On the run:** Participants will run 20 minutes. The run segment will be done on treadmills. We will make every effort to ensure all treadmills are of the same brand and are calibrated accurately. The head ref for the run area will ensure that no participants press their start button before the start is called and that all participants stop their machines at the end of 20 minutes. Treadmills will be set at a 0% incline and may be adjusted as long as you do not have a negative incline. Participants can control how fast they set their treadmills and can change the speed throughout the 20 minutes. If you need a break, slow down the machine. Participants must remain on the belt of the treadmill for the entire 20 minutes. If you choose to stop early and step off the belt, your distance will be recorded at the point you stopped. Otherwise, volunteers will record distances at the end of the 20 minutes. Participants will be allowed to bring towels and water bottles with them for the run.

**Scoring:** Volunteers will record the distances of each participant in each event and tabulate the final score. Results will be available online at [www.indoortri.com](http://www.indoortri.com) no later than Tuesday following the event, but we will try to have them online earlier if possible. Ranking will be provided for Overall, Open Men, Open Women, Masters Men (40+) and Masters Women (40+).

We look forward to having a fun event. Thanks for participating.