

Athlete Instructions: RecPlex Indoor/Outdoor Triathlons

Waves are posted at: <http://bit.ly/IndoorTri>.

Format

- 400 meter pool swim in the Aqua Arena; this is 4 laps of the 50 meter lanes.
- 5 mile pedal on FreeMotion spin bikes, which will be in the lobby outside the Orca/Dolphin rooms.
- 2.3 mile clockwise run around Lake Andrea on the path.
- Note this is a distance based event, not timed like in January, February, March, and November Indoor Triathlons.
- Transition time will count in this race, including time to set up the bike. Bikes may not be “reserved” before you start.
- You must wear your race number **on the front and clearly visible by the finish line volunteers** when you cross the finish line. Failure to do so may result in an incorrect race time, with no appeal.
- The decision whether we can race outside will be made by at 6:45 on race morning. We will be outside unless the weather is dangerously bad – snowstorm, lightening storm, etc.

What you will want to bring

- Standard tri clothing. Shirt/singlet is required for both men and women – no bare torsos. Remember to be prepared to run outside, which could mean jacket, hat, gloves, sunscreen, sunglasses, etc. You will also need to wear a race number. Safety pins will be provided or you may bring a race belt.
- Lock for lockers if you choose to use the locker room during or after the race.
- Swim caps are optional and are not provided.
- Towels – the RecPlex does not provide towels. Please bring a towel to dry off after the swim (T1) and if you want to take a shower afterward. We also recommend you bring a small towel for the bike if you sweat profusely.
- Bike Shoes are optional, and must be SPD compatible. The spin bikes have dual pedals, with a standard “cage” on one side and SPD cleat on the other. Remember though that transition time does count when deciding whether to bring bike and running shoes.
 - Important: if you wear bike shoes, they cannot be left by the spin bikes during your run. They must be placed with your other gear in transition.
 - **Per USA Triathlon rules (Section 7.2 Placement of Equipment), if a participant leaves equipment – e.g., bike shoes, towels – outside of the transition setup, they will be assessed a time penalty.** First offense: 2 minutes. Second offense: 4 minutes. Third penalty: disqualification.

- All waves start on time. It is your responsibility to be in position and ready to go at your start time. You will be able to warm up in the pool if desired, but all athletes must be at the wall one minute before your wave begins.
 - Please confirm your wave start time a day or two before the race to make sure you have the right time.
- If you miss your wave start, you will not be allowed to begin the race. **No exceptions.**

Race Day

- Check-in starts at 7:00am. Please note the RecPlex does not open until 7am, though you will be admitted at 6:55.
- Participants should check-in 20-30 minutes before their wave starts. Check-in will be in the Aqua Arena lobby, outside the Dolphin/Orca rooms, on the first floor (not upstairs in the Fitness Center like January, February, and March).
- The first wave starts at 7:30am and every 25 minutes thereafter.
- Transition will be in the Dolphin/Orca rooms, next to the pool.
- Do not leave any valuables in the transition area. The RecPlex is not responsible for lost or stolen items – please lock up valuables in the locker rooms.
- You have the option of transitioning in the locker rooms (though remember this will count as race time), which can be accessed through the Water Park. Please bring your own lock and towel. *Note: do not run through the Water Park. Unsafe conduct and failure to follow lifeguard instructions will result in disqualification.*

Swim

- 4 laps, two swimmers per lane, lanes 7 through 10. You will have a maximum of 20 minutes to swim the 400 yards. **Anyone still in the pool at their 20 minute mark must exit the pool and will receive a 5 minute time penalty.**
 - Choose right or left side and swim straight down and back – not a circle. Make sure your scorer knows your full name and whether you are left or right side.
 - Athletes are responsible for counting their own laps (400 meters = 4 laps of the Aqua Arena pool = 8 lengths) and exiting the water at the correct distance. Confirm your distance with the scorer before you leave the pool.
 - Lap = down and back, length = *just* down, or *just* back
 - Think about a NASCAR race: when you do a lap, you finish where you started
- Swim caps are optional and are not provided.
- You may use any stroke; flip turns are allowed (but please try not to splash the scorers!)

Bike

- Volunteers will direct you to an open bike. After pedaling for 5 miles, notify a volunteer and do not get off the bike until they confirm the distance. We strongly recommend you bring a water bottle for the bike.
- **DO NOT PRESS ANY BUTTONS ON THE BIKE COMPUTER UNTIL INSTRUCTED TO DO SO, AND ONLY PRESS THE BUTTONS ONCE.** Repeated pressing buttons may erase your results with no chance of recovery.
 - When instructed to do so, start pedaling and press:
 Stage button Once → "USB" Flashes
 Wait 5 seconds → "Warm-Up" displays → **WAIT FOR SCORER'S COMMAND**
 Press Stage button again to start the race
 - At the finish, stop pedaling but stay on the bike until the scorer has recorded your official distance.
 Wait symbol displays
 Press Avg/End button **ONCE** to display your "Ride" total
- You will have a maximum of 40 minutes for both the swim and the bike. **Anyone still on the bike at 40 minutes after their wave start must begin the run, and will receive a 5 minute time penalty.**

For example, if your wave starts at 7:00:

1. You must finish the 400 yd swim no later than 7:20 to avoid penalty
2. You must finish the 5 mile spin bike no later than 7:40 to avoid penalty

These rules are in place to prevent excessively slow participants from interfering with those in later waves.

Run

- Exit through the Aqua Arena lobby and outside to the RecPlex parking lot. Turn right and go down the sidewalk to the Lakefront Path, then follow the path *clockwise* around the lake.
 - *Clockwise* means you will start running towards the flagpoles and Highway 165, and will finish by running past the IcePlex and back to the RecPlex Parking lot.
- Finish line will be near the door to the Aqua Arena and will be manned by a volunteer who will record your finish line.
- Note that the path is not closed for this event, so you must watch out for walkers, bikes, other runners, etc. Common running courtesy is expected. Aggressive behavior toward other users of the path will result in disqualification without appeal.

Post-Race

- When you have finished the race, please re-enter the Aqua Arena by the same door where you exited for the run. Watch out for athletes exiting who are still racing!

- Goodie bags, t-shirts, finishers medals, and refreshments will be available in the Aqua Arena lobby.
- Awards will be presented after all participants have finished and results are final.
 - Results will be by overall race time. **The recorded times will be wave start and athlete finish.**
 - Interim results will be posted during the race but are not official until all athletes have finished.
 - Per USAT rules section 10.5, any protests or corrections must be discussed with the race director within 60 minutes of the person filing the protest finishing the race.
 - Official results will be posted at the RecPlex, the RecPlex web site, and at www.3-fitness.com (click the Tri Results link) by Sunday evening.
 - If you are not present for awards, they may be picked up later at the RecPlex Fitness Desk.
- Raffle – you must be present to win.
- **Note on Parking:** Parking in the RecPlex parking lot controlled access for members only. **IF** there is an attendant at the gates, tell them you are in the Indoor/Outdoor Triathlon and they will let you into the parking lot. Parking is also available on the street and in the softball field parking lot.

Questions: contact info@3-fitness.com

✧ ✧ *Have Fun, but Be Safe!* ✧ ✧