

# Miami County YMCA- 2020 Indoor Triathlon

*Brave the event...not the elements!*

**WHEN:** Saturday, March 28, 2020

**WHERE:** Robinson Branch

**COST:** \$25 Members, \$40 Non-members- Registration deadline: Monday, March 23<sup>rd</sup>

**Course Information:** Four participants will race in each heat. All times will be calculated and results will be posted and emailed to all participants by Monday, March 30. There will be a **10 minute** transition between swimming and biking, and a **5 minute** transition between biking and running. After your heat, you are free to leave.

### Swim- 15 minutes

The Robinson Branch pool will have 4, 25-yard lanes designated to the race, with one athlete per race lane. Each lap lane will have a lap timer. Average water temperature is 80-82 degrees.

### Bike- 20 minutes

Keiser spin bikes will be used. You can adjust the bike for a comfortable fit. One side of the pedal is a standard platform with toe cages. The other side of the pedal is compatible with SPD-style bike cleats. You will adjust the intensity level (red gear lever) and cadence to resistance 13. A volunteer will check your time when you start and finish, and distance will be recorded using "Keiser miles." This distance is consistent for everyone, but tends to be about 30% faster than on upright or outdoor bikes.

### Run- 15 minutes

Precor treadmills will be used to track the time and miles of each triathlete.

\*\*\*Scoring will be prorated to Swim, Bike, Run: 13, 1, 3.

### **Event Notes:**

- Youth ages 14 and older can participate.
- You will be contacted the week of the event with your start time. The earliest start time will begin at 9:00am.
- Please plan to arrive 30 minutes before heat start time.
- All participants will receive a high quality t-shirt.
- Certificates will be awarded to top finishers in each division (Divisions include: Male, Female, Ages 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)

For more information email Kaci Gessaman at [k.gessaman@miamicountyymca.net](mailto:k.gessaman@miamicountyymca.net) or call 937-440-9622.

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### **Registration Form**

### **Indoor Triathlon**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Email: \_\_\_\_\_

Shirt Size: \_\_\_\_\_ Phone: \_\_\_\_\_