

YWCA Indoor Triathlon Transitions, Clothing, and Race Day Instructions

YWCA Indoor Triathlon Transitions

Unlike most indoor triathlons, YWCA Minneapolis Indoor Triathlons are a set distance and your time is the total from when you start the swim to when you finish the run, i.e. transitions “count.” You will have a mat where you will place your transition items before the swim. You will come to this transition area after the swim but not after the bike. Take anything you will need on the bike or the run with you from the transition area after the swim.

What to Wear?

Most people choose not to change in order to save time and energy. However, the pool is located next to the locker rooms so you may change if you prefer. Please notify your swim counter volunteer and the Lead in the swim area if you will be going to the locker room before the transition area so they do not try to re-direct you.

Some people wear tri specific clothing while others pull on clothing over their swimsuit. Clothing that is close-fitting, stays in place even when soaked, and dries quickly will be the most comfortable for all three events. Baggy clothing and cotton tend not to work well, however, wear what is most comfortable for you.

Because of the speed of the Keiser spin bikes, most do not wear bike shoes and instead wear running shoes for both the bike and the run.

Do what works best for you and it’s always a good idea to try it out ahead of time.

Race Day

45+ Minutes Before your Heat Start Time - Arrive at the Midtown YWCA. Park in adjoining lot. Enter through Minneapolis Sports Center door. Sign in at registration. Cheer for the people racing and find your bike fit settings if needed.

Head to the locker rooms and start getting ready. You can bring your own lock or a quarter for a wallet locker (quarter is returned when you return the key).

30 Minutes Out - Bring your choice of clothes/shoes/towel/water bottles to the transition area. Race staff will direct you to the appropriate transition zone. Set up your transition area and make note of which mat you are using. Be respectful of those all ready set up. Change and head to the pool area for body marking WHILE STILL DRY.

15 Minutes Out - Pool opens for warm-up for the next heat.

5 Minutes Out -- Go to assigned pool lane and introduce yourself to your lap counter counter and fellow racers. Verify your race distance and number of laps with your lap counter. Let timers know if you have any special needs or concerns and they will do their best to address them. All swimmers will start the race in the water from the deep end.

2 Minutes Out -- Starter will provide final instructions and answer any last minute questions.

0 Minutes Out -- START SWIMMING and ENJOY!

The SWIM

The swim will be monitored by volunteers who will:

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Count your laps

Tell you the number of laps left when asked

Signal you when you have one lap to go (with kickboard) and when you are finished

Record your swim time as you progress to the transition zone in the **GYM**

After transitioning from the swim, proceed to the Sports Center to locate an open bike. A volunteer will place your belongings left in the transition area in a bag and bring them to a table beyond the check-in desk by massage for you to pick-up after you are finished.

The BIKE

Adjust seat and pedals as needed. Bike volunteers will be available to help get you started.

Start pedaling, bike turns on when you pedal. Make sure the time and distance say 0. If not, push the red handle up three times to clear the bike computer.

Adjust the level of resistance with the red handle as you would gears (push up for higher gears or more resistance).

There is no benefit to a higher level. Speed is determined entirely by rpm's so SPIN!

Keep pedaling throughout the event as stopping erases mileage and time and the wheels on the bikes do not coast.

Notify bike officials 1 mile from completing your distance.

Stop the bike by pushing the red handle all the way up.

Proceed to the track to begin the run.

****RELAYS:** Relay hand-offs can take place at the swim transition or near the bike, whichever works best for your team.

The RUN

Start running counter-clockwise around the track (to your right).

Run volunteers will keep count of laps completed and total time of completion.

After you FINISH

Proceed to the hospitality area to enjoy food, a massage and to pick up your transition bag placed on a table by massage.

Pick up a race medal made by Fit Kids Gym and fill race certificate with your results. If anything seems amiss with your results, please tell the Race Director to see if we can correct it. The sooner we can catch it, the sooner we may be able to figure out what happened.

Check out YWCA merchandise for sale.

If you can't wait for results, we will send via email and post online. Check for accuracy and email if you think there may be a mistake (event is hand-timed and laps are counted by volunteers; mistakes happen but we want to correct them if we can)

Congratulations! Shower, rest, relax and make sure to log on at <http://www.ywcamppls.org> in order to: 1) After corrections are made via email request, online results will be posted later in the week, 2) Join us for our next YWCA of Minneapolis Indoor Tri, 3) Check out all our great Endurance Sports classes and coaching services, and 4) Join us for Women's Triathlon in August as participant or volunteer!