

# 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.

We are now utilizing timing chips! During check-in, you will be assigned a timing chip to wear around your wrist.

You will need to swipe your chip across a reader three times during the event to capture your time.

- Before your bike
- After your bike
- When you finish the run

Please turn chips in after you race, or you may be subject to a replacement fee.

## 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.

Our stationary bikes are equipped with SPD clip compatible pedals or flat pedal option. If you have SPD clipless shoes, you can use them for the bike portion or just wear your running shoes. 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. You can utilize our paid parking lot or free street parking around the facility. Enter through Minneapolis Sports Center door. Sign in at the check-in desk. Cheer for the people racing and find your bike fit settings if needed on our “test” bike. Head to the locker rooms and start getting ready. A key card (Membership card) will be needed to lock the lockers, if you do not have one, you can borrow one from the front desk.

**30 Minutes Out** – After you’ve stored any “extra” items not used for the race, head into the transition area to be body marked. You will also receive a Gear Bag. Volunteers will place items left on your

transition mat in the gear bag and transport it into the MSC for you to claim after you finish. When you are the next heat to go, 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 already set up.

**15 Minutes Out** – Two lanes of the Pool will be open for warm-up for the next heat.

**5 Minutes Out** – Go to assigned pool lane and introduce yourself to your lap counter and lane partner. Verify your race distance and number of laps with your lap counter. Let volunteers 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:

- Count your laps
- Tell you the number of laps left when asked
- Signal you when you have one lap to go by inserting a kickboard against the wall of the lane.
- Record your swim time

After transitioning from the swim, proceed to the Sports Center. **Be sure to swipe your chip across the reader as you make your way to an open bike.** A volunteer will place your belongings left in the transition area in your gear bag and bring them to a table near the check-in desk for you to pick-up after you are finished.

## The BIKE

You can choose any bike with in your specific Bike Block.

Make adjustments as needed to seat and handle bars. Bike volunteers will be available to help with adjustments if needed. But we strongly encourage you to know your adjustments before you start – there will be a “test” bike set-up near the check-in desk for you to practice on.

Once you are set and start pedaling, your time will begin. The bike will turn on when you pedal. Adjust the level of resistance with the red handle as you would gears (push up for higher gears or more resistance). The wheels on the bike do not coast, so keep pedaling throughout the event as stopping erases mileage and time!

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.

**After you finish your bike ride, make sure to swipe your chip across the reader BEFORE you start the run.**

**\*\*RELAYS:** Relay hand-offs – Swimmer will “tag” the biker at the transition mat. Biker will “tag” the runner in the designated Relay area (marked by tape).

## **The RUN**

Start running clockwise around the track. Run volunteers will keep count of laps completed, but a table with rubber bands will be available for YOU to also keep track of your own laps as an additional option. Be sure to make eye contact with your lap counter and use signals (such as holding up fingers) to keep track of laps.

**When you have competed your run, make sure to swipe your chip for a final time.**

**After you FINISH** make your way around our “inner circle” for the expo fun. Enjoy food, a massage, foam rollers, local vendors, info on YWCA programs, merchandise for sale and don’t forget to pick up your gear bag before you leave.

**Results** will be posted online once you finish (no printed results at the race will be available). You will receive an email with the results link after the race.

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 for accuracy and email if you think there may be a mistake (the 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 visit <http://www.ywcampls.org> in order to:

- 1) Check out your results (a few days after the race)
- 2) Join us for our next Indoor Tri
- 3) Check out all of our great Endurance Sports classes and coaching services
- 4) Join us for Women’s Triathlon in August as participant or volunteer!