



IRON FITNESS Indoor Triathlon

BeMore Coaching and Events and The Columbia Association welcome you to the 2011 Iron Fitness Indoor Triathlon!

Event Details

Date: Sunday, November 20, 2011

Location: Columbia Association, Supreme Sports Club, 7080 Deepage Dr., Columbia, MD 21045

Distances: 20 min swim, 80 min bike, 40.6 min run

PRE-EVENT DETAILS

1. Please check your wave assignment and review the event time line.
2. Pack your gear back the night before so you don't forget anything
Items to bring:
 - Photo ID or CA membership card
 - Swim gear: swim suit or Tri-suit, goggles, hair ties, extra towel. You will be provided a latex swim cap and two towels.
 - Biking gear: Tri-suit or tank top/shirt and padded bike short, socks, shoes for biking (an SPD cleated bike shoe, non-cleated bike shoe, or running shoe), water bottle. Race belts will be provided with your race number attached. Water coolers will be available to fill water bottles.
 - Run Gear: running shoes.
 - Optional- nutritionals you may need before or during the event.
3. Be sure to eat a healthy light breakfast at least 1-2 hours prior to check in.

REGISTRATION

1. Please arrive at least 45 min prior to your wave start.
2. Enter the gym through the main entrance.



3. Check in at the front desk and show your photo identification or CA membership card.
4. You will be directed to the lower level arena area (make a left at the bottom of the stairs).
5. Check in at the Registration Desk. You will receive your event number, swim lane, and event packet containing a swim cap, race belt with your race number attached, and two towels, one for the swim and one for the bike. The first number of your race number is your WAVE NUMBER and the second number is your BIKE NUMBER. You should wear the swim cap for the swim and the race belt for the bike and run segments.
6. After registration, you will be directed to the transition area to set up your transition space in the café area.

TRANSITION AREA

1. In the transition area, you will find a mat with your race number. This is your transition space. Set up your transition area with your essential race gear. There is room for bigger gear bags off to the side of the room.
2. Please secure valuables.
3. The transition area contains large restrooms with plenty of space to make a change of clothes if necessary.
4. Water cooler will be available in transition area to fill up water bottles.

WAVE START and SWIM

1. 15 min prior to your wave start, there will be short pre-event meeting in transition area. You will be escorted as a group to the pool using the elevators. You should be ready to go in your swim attire. Be sure to bring your swim cap, goggles, towel, and pool shoes or sandals.
2. You will have ~10 min to warm up in the pool prior to your wave start time.
3. The first wave will start at 5:30 AM and all subsequent waves at 30 min intervals.
4. You will swim for 20 minutes. Swim at a comfortable pace and count your laps to know how far you have gone. 1 length= 25 yds
5. A horn will signal for you to stop the swim. When you hear the horn, finish the length that you are on and then quickly exit the pool.



TRANSITION 1

1. You will be escorted as a group from the pool area back to the transition area using the elevator.
2. You have 10 min to transition from the swim to the bike segment.
3. At your transition area, put on clothes for cycling (bike shorts and top), socks, shoes for biking and race belt with your race number attached. Remember to bring your bike bottle, towel, and other nutritionals that you may need to the bike room.
4. There are large bathrooms available in the transition area, if you need to change out of your swim attire.
5. Go left out of the transition area and orange cones, signs, and volunteers will direct you to the bike room located down the hall on the right. Please stay to the right of the hallway and do not run.

BIKE

1. Find the stationary spin bike with your number (last two digits of race number). Adjust the bike saddle position to fit you. There will be a volunteer to assist you if needed.
2. The bikes are equipped with an SPD peddle and a toe clip. If using the clip, be sure to pull up on the black strap to make a snug fit.
3. There are water bottle holders on the bike. A water cooler will be available to fill up bottles during the bike segment. Volunteers will assist with water.
4. You will cycle for 80 min. A bike course has been provided for you. You will find the course profile on the bike. Music with a voice-over describing the terrain ahead will play while you bike. Follow the course provided or do your own! You will be instructed to start and stop the bike.

TRANSITION 2

1. After biking, you will follow the cones and signs back to the transition area.
2. You have 5 min to transition from the bike to the run.



3. Find your transition space and get ready to run.
4. There will be a table with a water cooler and cups near the track. You may place a water bottle on the table as well.

RUN

1. The track is adjacent to the transition area.
2. You will run/walk for 40.6 min. Runners stay to the outside and walkers stay on the inside. Please slow down around the turns to avoid injury.
3. You will be instructed to start and stop. After 20 min, you will be instructed to change direction on the track.
4. Count your laps to see how far you have gone in 40 min. 1 lap= 1/10 of a mile.

FINISH

CONGRATULATIONS!! You have earned an IRON FITNESS finishers T-Shirt!! Please enjoy the post-event refreshments provided by the Somerford Place of Columbia. Fresh fruit, bagels, and other goodies will be provided.

Showers, hot tub, and sauna are available in the locker room or pool area (hot tub) on the upper level/lower levels.

Thanks for joining us and keep on TRI-ing!! Please visit www.tri2bemore.com for info on other triathlon programs. Our spring Indoor Triathlon is set for MARCH 18th!