



Indoor Triathlon Challenge

BE MORE Triathlon Coaching and Events and the Columbia Association welcomes you to the 2011 Indoor Triathlon Challenge!

We will see you on Sunday, March 20th, at The Columbia Association, Supreme Sports Club, 7080 Deepage Dr., Columbia, Md. 21045.

Please do not bring valuables to the transition area. There are small secure lockers in the lobby area if needed and larger lockers in the locker room that require your own lock.

Please review carefully:

1. Prior to the event you will be assigned a Registration Time and Wave Start Time. Please show up on time so you do not miss your wave! The Long waves will go first followed by the Sprint waves.
2. Pack your triathlon bag the night before so you don't forget anything.
Items to Bring:
 - Photo ID or CA membership card
 - Swim gear: Swim suit, goggles, swim cap, hair ties for long hair, towels (available at the gym).
 - Biking gear: tank top, tri shorts or padded bike short, socks, shoes to bike (either Shimano SPD cleated bike shoes, non-cleated bike shoe, or run shoe), bike bottle filled with water or sports drink. Water coolers will be available in the transition area and cycle room for you to fill water bottles.
 - Run gear: run shoes
3. Be sure to eat a healthy light breakfast and a healthy drink at least 1-2 hr before you arrive.
4. Check in at the Front Desk and show your photo ID or CA membership card.
5. You will be directed to the lower level. Go to the left at the bottom of the stairs.
6. Report to the Registration Desk. You will receive your race number and will be assigned a swim lane. **The first number of your race number is YOUR WAVE NUMBER and the second number is YOUR BIKE NUMBER.** We will give you a swim cap and 2 towels, one for the swim and one for the bike. Your race number will be a sticker that you should apply to a dry shirt/tank top to wear on the bike/run segments. You can also attach your number to a race belt if you have one.
7. You will be directed to the transition area located in the arena. Find your transition mat with your race number and place your gear bag at your transition place.
8. Each wave will meet near the registration area to get final instructions. You will be escorted as a group to the pool area in the elevator (pool is on the bottom floor).
9. Be sure to take your swim cap, goggles, pool shoes, and a towel with you. Check in at the pool with one of our staff members. You may warm-up 5 min prior to your wave start.
10. You will swim 15 min for the long distance or 10 minutes for the sprint distance. Swim at your comfortable pace. Count your laps to track of how far you've gone in the designated time.
11. A horn will signal for you to stop your swim. Finish your current length and hop out of the pool. You will be escorted as a group back to the Transition Area to get ready to bike.



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12. At your transition area, put on your bike shirt/tank top with your number attached, bike shorts or tri shorts, and shoes for cycling. Be sure to bring your bike bottle and a towel with you to the bike room. You have 10 minutes to transition. A large bathroom is available in the transition area if you would like to change from your swim attire but remember you only have 10 minutes to transition.
13. Orange cones and volunteers will direct you to the bike room located just down the hall from the transition area. Please do not run. Stay on the right side of the hallway when transitioning between events.
14. Find the stationary bike with your number. Set up your stationary spin bike to fit you and adjust the resistance. There will be a volunteer in the cycle room to help you.
15. You will cycle 40 minutes for the Long Tri and 25 min for the Sprint Tri. A bike course will be provided during the bike session to simulate a race course. You can follow the course provided or do your own! You will be instructed when to start and stop the bike section.
16. After biking, you will return to the Transition Area, please do NOT run, and get ready to run. You have 5 minutes to transition. A large bathroom is available in the transition area if you would like to change but remember you only have 5 minutes to transition.
17. You will then enter the Indoor Track, adjacent to the transition area, to run 20 min for the Long Tri and 15 min for the Sprint Tri. You will be instructed to start and stop the run section. Count your laps to see how far you've gone, 1 lap around the track is equal to 1/10th of a mile. Be sure to slow down around the curves and go in the direction indicated to avoid injuries.

18. CONGRATULATIONS!! YOU ARE A FINISHER of the Indoor Triathlon Challenge!!!

19. Enjoy some post-triathlon refreshments with your fellow athletes in the Transition Area!

Showers are available in the locker rooms down the hall from the transition area and on the upper level.

Thanks for joining us! Keep on Tri-ing! You can visit our website: Tri2BeMore.com for info on our other triathlon programs.

Coach Liz
BeMore Triathlon Coaching and Events