



BE MORE Triathlon Coaching and Events and the Columbia Association welcomes you to the 2010 IRON FITNESS 140.6 min Indoor Triathlon Challenge!

We will see you on Sunday, December 5, at The Columbia Association, Supreme Sports Club, 7080 Deepage Dr., Columbia, Md. 21045.

Please Do Not Bring Any Valuables with you!

Please review carefully:

1. Prior to the event you will be assigned a Registration Time and Wave Start time. This information will be posted by Dec 1st.
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 (Shimano SPD cleated bike shoes, non-cleated bike shoe, run shoe), bike bottle filled with water or sports drink. (water will be available)
 - ✓ Run gear: run shoes
3. Be sure to eat a healthy light breakfast and a healthy drink at least 1-2 hr before you come.
4. Check in at the Front Desk. Show us your photo ID or CA membership card.
5. Report to the Registration Desk. You will get body marked here with your race number and will be assigned a swim lane. We will give you a swim cap and 2 towels, one for the swim and one for the bike.
6. Come down to the 1st level "Transition Area" in the Arena Snack Bar area. Place your gear bag in your transition place.
7. Pre-event meeting will take place before your wave.
8. Make your way to the swimming pool. 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.



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IRON FITNESS
140.6 minutes

indoor triathlon

9. You will swim 20 minutes at YOUR comfortable pace. Count your laps to track of how far you've gone in the designated time. You will exit the pool and use the elevator as a group to go to the Transition Area to get ready to bike.
10. At your transition area, put on your tank top, bike shorts and shoes and socks, and 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 would like to change but remember you only have 10 minutes to transition.
11. Please do not run between swimming and biking. Stay on the right side of the hallway when transitioning between events.
12. You will then go to the bike room, just down the hall from the transition area, with your filled bike bottle, other nutritionals, and towel. Set up your stationary spin bike to fit you and adjust the resistance. You will bike for 80 minutes. A bike course will be provided during the bike session to simulate hills and flats.
13. 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 would like to change but remember you only have 5 minutes to transition.
14. You will then enter the Arena Indoor Track, adjacent to the transition area, to run for 40.6 minutes. 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. We will change directions around the track after 20 minutes.
- 15. CONGRATULATIONS!! YOU ARE A FINISHER of the IRON FITNESS 140.6 minute Indoor Triathlon Challenge!!!**
16. 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.

Thanks for joining us! Keep on Tri-ing!

Please be sure to visit our website: Tri2BeMore.com for info on our other triathlon programs.

Coach Liz

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