



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

11.9.14 Indoor Triathlon Registration

Distance

500 Yard Swim (25 yard pool)
 9 Mile Bike (Spinning Bike)
 3.1 Mile Run (Treadmill)

Date

Sunday November 9, 2014

Registration

Email, Mail, In-Person, or Online:
 Carondelet Park Rec Complex
 930 Holly Hills, St. Louis, MO 63111
 ATTN: Dana Snyder, 314-685-3800 x222
dsnyder@ymcastlouis.org
 Register online at: www.active.com

Deadline

10/19/14 **No race day registrations.**

Fee

Carondelet Park YMCA Members - \$25
 Non-Members - \$35

Awards

M/F tech shirts will be awarded to each participant.
 Register by 10/19/14 to guarantee correct t-shirt size.
 Medals will be given to the overall male and female winners and top 3 in each of the following divisions:
 Male/Female: Under 20, 20-29, 30-39, 40-49, 50-59, 60+

Fine Print

There will be no race day changes. Missed times cannot be rescheduled. There will be no refunds.
 Participants will be contacted via email for start times. First heat begins at 7:30AM.

Waiver

To be signed by the athlete (guardian if under 18). By signing this form, I am in good physical condition, and understand that participation in this event may be dangerous and could cause minor or serious injury. I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in the Indoor Triathlon, and I hereby release and hold harmless the sponsors, promoters and all other persons and entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsor, promoter or other persons or entities associated with this event. I have read and understand the event instructions. Participants under the age of 18 must have a guardian sign and be present at the event.

Program # 90403-01

| | | |
|---|--|--------------------|
| Name | | |
| Address | | |
| City | State | Zip |
| Email – This is our preferred method of contact | | |
| Phone | | |
| Date of Birth | Age on Race Day | 500 Yard Swim Time |
| Gender | Shirt Size: M/F(circle one) S M L XL XXL | |
| Emergency Contact | | |
| Emergency Contact Phone | | |

Signature: _____ Printed Name: _____ Date: _____



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11.9.14 Indoor Triathlon Instructions

Thank you for your participation in the Carondelet Park Rec Complex Indoor Triathlon. We hope that you have a great time and wish you success! We have outlined a few of the course rules and recommendations for your convenience. Please don't hesitate to ask us if you have any questions. Good Luck!

Distance

Swim – 500 yards, Bike – 9.0 miles, Run/Walk – 3.1 miles

Course

The race will start in our 25 yard indoor pool where you will swim 500 yards and then proceed into the Wellness Room where your transition will be set up. From the Transition area proceed to the indoor cycling bikes which are located in the same room. From indoor cycling bikes head to the fitness center and locate an open treadmill. The finish line will be on the treadmill.

Timing

We will use a running clock to determine your start and end time. Personal timing devices are allowed but staff and volunteers will have the official race time. Splits will be calculated and will count in your total race time. Your pool time will be taken when you begin the swim and when you end the swim. The bike time will begin once you are set-up and riding the bike and will end when you finish the 9 miles. The Treadmill time will begin once you are on the treadmill and will end at the finish of the 3miles. Total time for the entire event will count as your official race time.

Transition Areas

- *If you need to change clothes* – you will enter the locker rooms from the pool deck. You may put your change of clothes in the locker room at any time before your heat.
- *If you do not need to change clothes* – enter the Wellness Room. Clothes that are worn over your wet clothes may be put in the transition area at any time before your heat.
- *Towels* – we will provide towels for you on the pool deck.
- *In Route* – For your safety and the safety of others, please do not run to the next leg of the race. Move at a quick, but controlled pace. We want to prevent slips and keep everyone safe.

Start

- Please be on time to your heat, the heats following yours may be full, so you may not be able to get into a later heat time. Space is limited, due to equipment limitations.

Swim

- Indoor Pool is 25 yards
- 2 Lengths = 1 Lap (50 Yards)
- Participants will be completing 10 laps
- Any type of stroke may be used in the pool.
- Volunteers will have the official lap count.

- You can stop during the swim at any point but you must be able to finish within 25 minutes or you will be asked to move onto the bike and your total swim time will be calculated at 30 minutes.

Bike

- Participants will be riding on a Star Trac Spinning Bike.
- Bike is equipped with an odometer that will measure the distance.
- Find an open bike and be sure to let a volunteer know you are starting, they will need to log your start time so we can get your correct transition time.
- A volunteer will help with bike set-up if you are unfamiliar with the spinning bikes.
- Spinning shoes with SPD clips or running shoes may be used on the bike.
- Bouncing in the bike saddle is not permitted.
- Please alert a volunteer by raising your arm once you have traveled a distance of 8.5 miles so they know you will be finishing. A volunteer will write down your completion time so splits may be calculated. You then proceed to the fitness center for the last leg of the race-the run.

Run

- Find an open treadmill and be sure to let a volunteer know you are starting; they will need to log your start time so we can get your correct transition time.
- You will need to press the “QuickStart” button on the touchscreen when you first get on to activate the belt. It will take 3 seconds for the belt on the treadmill to start once you press the “QuickStart” button. You can then press the “Up Arrow” button or the “Down ↓” to adjust the speed.
- *If you have to STOP for anything other than an emergency – DO NOT press the “Stop” button. You will need to press the “Speed ↓” until you reach 0.5 MPH. You can then step off the treadmill and take care of your need. Pressing stop will reset the treadmill and we will not be able to credit you any distance or time. Press “Resume” when you are ready to continue.*
- *Stepping off the treadmill.* If you step off the treadmill to tie your shoe or other need, after approx. 30 seconds the treadmill will stop and reset because a weight sensor tells the computer that the user has left. So please do not stop for any length of time, or if you stop make sure to get back on every few seconds to prevent the treadmill from re-setting.

Finish

- Please alert a volunteer by raising your hand once you have completed 2.8 miles. The volunteer will record your finish time off the running clock when you’ve reached 3.1 miles.
- Race Results are based on your total time including the time to transition to each leg of the race. You will get race split times so you know how long it took to complete each portion of the race.

Emergency

- If you are feeling faint or ill PLEASE NOTIFY A STAFF MEMBER OR VOLUNTEER. We have trained professionals who can help at any time.

Water

- We will have bottled water available at the registration area, during the competition or after the race. Water is also available at drinking fountains throughout the facility.

Questions

- Contact Dana Snyder at 314-685-3800 x222 or email at dsnyder@ymcastlouis.org

Thanks for participating, have a great time, and enjoy the race!