

GIVE IT A TRI

Catch the
SWIM
BIKE
RUN
bug!



How does an Indoor Triathlon Work?

Each racer signs up for a start time during registration. We start 3 racers every 15 minutes throughout the event. Please arrive at least 45 minutes before your start time to allow plenty of time to change and get organized.

A maximum of 48 Open and 24 Youth/Novice positions will be available for this event. We will save up to 5 positions for relay teams. Relay teams will consist of 3 racers, each racer participating in either the swim, bike, or run.

This event will be based on a first come, first serve basis. Hand in your registration form early to secure your spot!

The race is broken into three segments, totaling 60 minutes of racing: 10 minutes in the pool, 30 minutes on a spin bike, and 20 minutes on a treadmill. Transition times are fixed between events and do not count toward racers scores. * **Youth Division** total 30 minutes, (10 minutes each: Bike, Swim, Run)

Racers are graded on a curve—the furthest distance in each category gets 100, the shortest gets 1, and the “score” for the race is the total number of points. All three events count equally towards the final score.

In the pool: We will have no more than one racer in any lane in the pool at any one time. Each heat of racers will start at the same time, and the “head ref” for the pool will use a whistle to mark the start and stop time. All starts will be a flat start. When the stop whistle goes off, all racers must stop in place. Racers who have made it more than halfway down a lane will be given credit for ½ of a lap. **The head ref’s decision is final.** Racers must wear a swim cap, and cannot wear wetsuits. Hands and feet must be uncovered (No paddles, gloves, fins, boots, wet suits etc). No snorkels. No “thong” bathing suits.

Transition 1: Racers will be given 10 minutes to go to the locker room, change into clothing for cycling & running, get to the bike venue, and adjust the seat, handlebar height, and resistance of the spin bike. We do not want people getting injured by slipping & falling in their rush to get to the bikes, so we give plenty of transition time. Racers are encouraged to pre-set their bike equipment, such as shoes or gloves in the bike venue to maximize their transition time in order to be ready for the bike heat.

On the bike: Racers can set the resistance on the spin bikes to whatever they want, and can adjust the handlebar height & seat height to whatever they want. Since this is a spin bike, the implication is that the person with the highest sustained RPM will record the highest score. Racers can adjust their bike mid-ride if they desire. Racers can not bring their own pedals—we will provide pedals with toe clips. Each bike will be outfitted with a bike computer that will measure “distance” by counting the number of times the flywheel goes around. All computers will have the same circumference programmed in to measure distance, and we’ll try to make it accurate to the circumference of the spin bike wheel so the “distance” reported has some basis in reality. However it is NOT meant to correspond exactly to the actual distance cycled. Bike computers will not show cadence. The head ref for the bike venue will ensure that the trip counter on each bike computer is reset to zero before each heat starts, and that nobody false-starts. Each heat of racers will start at the same time, and the “head ref” for the bike will use a whistle to mark the start and stop time. All racers must use the brake to stop. **The head ref’s decision is final.** Racers are encouraged to bring at least one water bottle with them for the bike.

Transition 2: There will not be a formal transition area for T2; however racers may choose to bring a change of shoes, an extra water bottle, and any nutritional products they would like to consume which they can keep in a duffel bag. Racers will be allowed 5 minutes time to transition from the bike venue to the run venue located in the fitness center.

On the run: Runs will be done on the treadmills that are provided by the facility. We will make an effort to ensure that all treadmills are of the same brand and are calibrated accurately, but cannot guarantee that all treadmills are exactly calibrated. The maximum speed on most treadmills is 10 or 12 mph, which is slower than the top speed of some runners. Therefore, runners may choose to set the incline to receive a multiplier on their run distance. While the runner may change their speed during the run segment, they may NOT change the incline—it must be set before the start button is pressed. Any racer that adjusts the incline during the run will be treated as though the entire run had been done at 0% incline. For every 1% incline, the measured run distance will be increased by 5%. That is, if you run at a 1% incline your total distance will be multiplied by 1.05. If you run at a 5.5% incline then your distance will be multiplied by 1.275. If you run at a 10% incline then your distance will be multiplied by 1.5. Etc.

Each heat of racers will start at the same time, and the “head ref” for the run venue will use a whistle to mark the start and stop time. **The head ref’s decision is final.** The head ref for the run venue will ensure that no racer presses their start button before the start is whistled and that all racers press their stop button within five seconds of the stop time being whistled.

Scoring

Volunteers will record the distances for each racer in each event. Distances are: number of laps swum accurate to 0.5 laps; “miles” cycled as reported by the cyclo-computer accurate to 1/100 of a mile; distance run on the treadmill accurate to 1/100 mile and the incline of the run accurate to 0.5%. The run will be the adjusted distance computed using the formula above and rounded to the nearest 0.001. Each of these scores will be reported to the racer after they are done with the segment, and will be validated by the head ref of the associated venue. Any protests will be noted at the time they are recorded, but the judgment of the head ref of each area is final and no adjustments will be performed to the racers score after the fact.

After all participants have completed the race, a score will be computed for each event. If “s” is the shortest distance recorded in that event and “f” is the longest distance recorded in that event, and “a” is that racer’s actual distance, then each person will be given a score of $100.0 - ((f-a)/(f-s)) * 99.0$, rounded to the nearest 0.1, for that event. That is, the furthest distance will receive 100.0, the shortest distance will receive 1.0, and anything in between will be linearly interpolated between the two. The racer’s total score will be computed by adding their scores for all three events.

What You Should Wear and What You Should Bring

Some tips for new and experienced racers:

- You start the event in a swimsuit if you wish, because you'll have time and privacy to change.
- For the bike and the run, we strongly recommend triathlon specific shorts. If you don't own and don't want tri specific clothing, a pair of running shorts is a much better choice than a pair of cycling shorts, because you won't have time to change between the bike and run.
- Women should wear a triathlon specific top and/or a sports bra that is supportive enough to run in for 20 minutes. Men should wear the lightest possible shirt, such as a singlet or a tri specific top.
- Cycling & running shoes. If you have cycling specific shoes, please bring them.
- Water bottle: water will be available at all facilities, but please bring your own water bottle. If you want to use a sports drink, please bring it.
- Energy gels: If you plan to use energy gels please bring them with you.
- Towels: Will be provided.

Racers are responsible for everything they bring to the race. Race organizers and Saw Mill Club take absolutely no responsibility for items lost or damaged during the event.

Training Tips

1. The highest bike scores are achieved by racers who can spin at a very high RPM for 30 minutes. Typically that's done by setting the wheel resistance to zero. That's a very different skill from regular cycling, and you'll benefit greatly from practice. If you have an indoor bike trainer, practice riding in an easy gear at a cadence of 110 or more. Even better if you can practice on a spin bike, because the fixed-gear flywheel of a spin bike is different than the free wheel of a regular bike – you can't coast on a spin bike.
2. The highest run scores are achieved by people who use an incline, because of the formula for increasing your effective distance with every % of incline. New Yorkers don't get much chance to run uphill for 20 minutes outdoors, so practice running at steeper and steeper inclines for longer and longer intervals on a treadmill.
3. Running after you've been spinning is QUITE challenging, especially at the cadences we see on the spin bikes with no resistance. If possible, practice running on a treadmill after a high cadence spin on the bike. This type of workout – a bike followed immediately by a run – is called a "brick" and is the essential element in training for any triathlon.

Prizes

All racers will receive a special commemorative shirt that can be worn with pride throughout the club, and a **Saw Mill Club Give It A Tri** swim cap.

Trophies will be awarded to the top three competitors in each age group*

Age groups will be announced and posted on the website after all entries are closed.

Awards Ceremony

Saw Mill Club will host an awards ceremony to celebrate the winners of the Mini Indoor Triathlon, and to recognize other outstanding racers. All racers will receive invitations to the ceremony, which will also be open to anyone interested in participating.

If you have any questions regarding the first annual Mini Indoor Triathlon, please contact the board of trustees:

Swim:	John Albanese	jalbanese@sawmillclub.com or extension 3253
Bike:	Mike McKenna	mmckenna@sawmillclub.com or extension 3450
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