

Race Format

The Jordan YMCA Indoor Triathlon will host a triathlon: swim, bike & run. Each leg will be timed, and the distance traveled in each time segment will be recorded to determine the place of each participant.

Swim

The swim segment will be 15 minutes in the 5-lane, 25-yard indoor pool. Distances will be recorded and ranked by yards. If a participant is in the middle of completing a length when time is called, the officials will estimate the distance covered to the nearest five yards. There will be two participants per lane, swimming side-by-side.

Transition #1

Participants will have exactly 10 minutes to transition from the pool to the spin bike segment. In order to protect the equipment, all participants must change from their wet swimwear into dry clothes.

Bike

The bike segment will be 25 minutes. The bike segment will be ranked two different ways depending on the selected race category. The Fitness division will be based on the distance covered during the ride and the Competitive division will be ranked on average watts. All bikes will accept SPD cleats or regular shoes. Participants must stay attached to the pedals for the entire 25 minutes unless the flywheel is not in motion. Participants may start pedaling only when the official time has started and must stop immediately at the end of the 25 minute time using the stop lever.

For the Fitness division, all of the bikes will be set to a similar resistance for the ride.

Transition #2

Participants will have exactly five minutes to transition from the bike to the run segment on the treadmill.

Run

The run segment will be 20 minutes. Distances will be recorded by the treadmill electronics. Distances will be ranked by miles to the greatest decimal of a mile. Participants must stay on the treadmill belt for the entire 20 minutes unless the belt is not in motion. Participants may start running only when their official time has started and must stop immediately at the end of their 20 minute time using the stop button.

To accurately record the distance traveled before the display board returns to the default display, runners will be started on a 15-second stagger.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



These year-round endurance training groups focus on the sports of Swimming, running and triathlon. The key benchmark events are the Indiana Masters State Swim Meet in March, the Mini Marathon in May, the Tri Indy Triathlon in August and the Indianapolis Monumental Marathon in November.

Two basic workouts are designed to accommodate all fitness levels while maintaining a group dynamic. membership includes written workouts, coach led practices, training adaptations and group support.

Check out the online schedule and flier at <http://www.indymca.org/centers/jordan/schedules-events/>



**Flat Rock YMCA
Triathlon Training Camp**

This great training opportunity will be held on the first weekend of June 2012 out at the Flat Rock River YMCA Camp just past Shelbyville, IN. The weekend will be filled with open water swim practices, bikes and trail runs along with a number of classroom sessions.



FOURTH ANNUAL Jordan Y INDOOR TRIATHLON



**Sunday
February 26th
1st Heat at 7AM**

**Held at Jordan YMCA
8400 Westfield Blvd.
Indianapolis, Ind. 46240**

Jordan YMCA Indoor Triathlon
Registration

Name _____

Address _____

City _____

State _____ Zip _____

Phone Number _____

E-mail _____

Date of Birth _____

Division Fitness Competitive

Gender Male Female

=====
Registration Fee

YMCA Member \$ 25.00

Membership # _____

Non Member \$ 40.00

Optional Y for ALL Donation \$ _____
=====

Total Payment \$ _____

Please cut off this panel and mail it to:

Jordan YMCA
Attn: Doug Robinson
8400 Westfield Blvd.
Indianapolis, IN 46240

Or call (317) 253-3206

Please make check payable to:

YMCA of Greater Indianapolis

Contacts

Doug Robinson
Race Director
dorobinson@indymca.org

Amanda Walker
Aquatics Director
Jordan YMCA
awalker@indymca.org
(317) 610-3766

Divisions

There will be four racing divisions in the Jordan
YMCA Indoor Triathlon

Male – Fitness

Male – Competitive

Female – Fitness

Female – Competitive

Participants will assign themselves to an
experience level division. They should choose a
division that best reflects their past experiences,
current fitness level and competitive nature.

Awards

To determine each participant's final place, the
distance covered in each race segment will be
ranked for each division. The top ranked
participant in each race segment will receive the
highest point value for that division. The second
ranked participant will receive one point less down
to the lowest ranked racer, who will receive one
point. The highest point value will equal the
number of participants in your division.

Awards will be given to the top three participants
in each of the four divisions.



Make A Gift.
Make A Difference.

Please join us in supporting our annual Y for ALL
campaign. Through the generous contributions of
our donors, the Jordan YMCA is able to provide
financial scholarships that enable all members of
the community to enjoy YMCA programs,
regardless of household income. We strive to make
it possible that no one is turned away, due to their
inability to pay.

With each gift, you are making a difference in the
life of your neighbor, friend or colleague.

Event Location

Jordan YMCA
8400 Westfield Blvd
Indianapolis, Indiana 46240

From North side I-465, exit onto Keystone Ave.
Head south about ½ mile to 86th Street
Turn west (right) onto 86th for approx. 1 mile
Turn south (left) onto Westfield Blvd.
The Jordan YMCA is approx ¼ mi. on the right.