



ATHLETE GUIDE

ABOUT

The CB Indoor Triathlon is presented by Council Bluffs Parks & Recreation in partnership with the YMCA.

Unlike a traditional triathlon which covers fixed distances of swimming, cycling, and running, indoor triathlons challenge competitors to achieve the greatest distance in a fixed time frame.

EVENT LOCATION

Charles E. Lakin YMCA
235 Harmony St.
Council Bluffs, IA 51503

CHECK-IN

Please arrive at least 20 minutes before your assigned heat to check-in and sign necessary paperwork.

Once you have checked in, you may place your belongings in a locker in the locker room.

After check-in is also a good time to go to the Cycle Studio to determine your spin bike fit (remember your bike adjustments so you can quickly set it after the swim!).

HEAT START TIMES

There will be an athlete briefing at the pool a few minutes prior to the start of your heat. You may pick your lane. Two participants per lane (split lane).

8:40AM

Amanda Clements, Joyce Clements, Eric Clymer, Nicole Juranek, Tracy Noble, Robin Olmstead

9:00AM

Jerry Badders, Traci DeLand, Amanda Weber, Tony Wilwerding

9:20AM

Hayley Brandt, Amanda Henkel, Stacey Follon, Tyson Reimers, Cindy Mattox, Steve Mattox

9:40AM

Peter Isaak Olson, Grace Thomas, Jonathan Howard, Felicia Roppe, Greg Jones

10:00AM

Rebecca Rainear-Wills, Michael Brownlee, Mitzi Klimek, Michael Durkin, Megan Becker

10:20AM

Lauri Ivey-Caldwell, Perez Rigoberto, Theresa Bozarth, Erik Negrete, Sonya Reynolds

10:40AM

Trey Hughes, John Holtzclaw, Steven Filips, Ruth Fountain

SWIM, BIKE, RUN & TRANSITION TIMES

This indoor triathlon will last 60 minutes total, consisting of:

Swim: 10 minutes in pool

Transition 1 (T1): 10 minutes (move from pool to cycle studio)

Bike: 20 minutes on spin bike

Transition 2 (T2): 5 minutes (move from cycle studio to treadmills)

Run: 15 minutes on treadmill

*Transition times are fixed between disciplines and do not count toward participants' scores. Any distance begun prior to the official start time for each discipline will not be counted.

TRANSITIONS

SWIM TO BIKE TRANSITION (T1)

After completion of the 10-minute swim, athletes will make any clothing changes as needed and proceed to the Cycle Studio on the second floor. Athletes have 10 minutes in between the swim and bike. The clock will start regardless of if an athlete has started.

BIKE TO RUN TRANSITION (T2)

After the 20 minute cycle, athletes will make any minor clothing changes as needed and proceed to the treadmills. Athletes have five minutes in between the bike and run. The clock will start regardless of if an athlete has started.

WHAT TO BRING – PRE-RACE CHECKLIST

*These are suggested items not including a complete list of individual needs.

GENERAL ITEMS

Special foods or drinks

Water

Necessary medications (inhalers, etc.)

Towel

SWIM GEAR

Swimsuit or tri suit

Swim cap (optional)

Goggles

*No snorkels

BIKE GEAR

Cycling shoes (optional) or athletic shoes

Bike/tri shorts (optional) or athletic bottoms

Water bottle

RUN GEAR

Socks

Running shoes

RESULTS

Results will be emailed to athletes and posted temporarily on the cbparksandrec.org website no later than Thursday, February 20, 2020.

FOR OTHER QUESTIONS, CHECK OUT OUR FAQ PAGE (ATTACHED)