

ROC

the
indoor triathlon

Athlete Guide



www.rochesterareatriathletes.com

Welcome to the ROC indoor triathlon

Thank you for your enthusiastic participation in the first ever ROC indoor triathlon hosted by the Rochester Area Triathletes.

It is important for me to note that none of this was possible without these passionate people coordinating this event and the JCC indoor workouts over the past 5 months. **THANK YOU!**

To me, racing is a privilege with the first goal being to enjoy my fitness and not take my health for granted. We get to do something that many people wish they could do but most are not willing to work for it. So please enjoy yourselves out there, you're already rockstars.

Keep the cadence,

Mike





race day schedule

Tips for Athletes:

1. Due to a tight start window, please come dressed and ready for the swim start. Heats will not be assigned until race day.
2. Bring clean clothes and an extra towel for showering after the race for the awards ceremony is offsite at Heroes Brewing Company

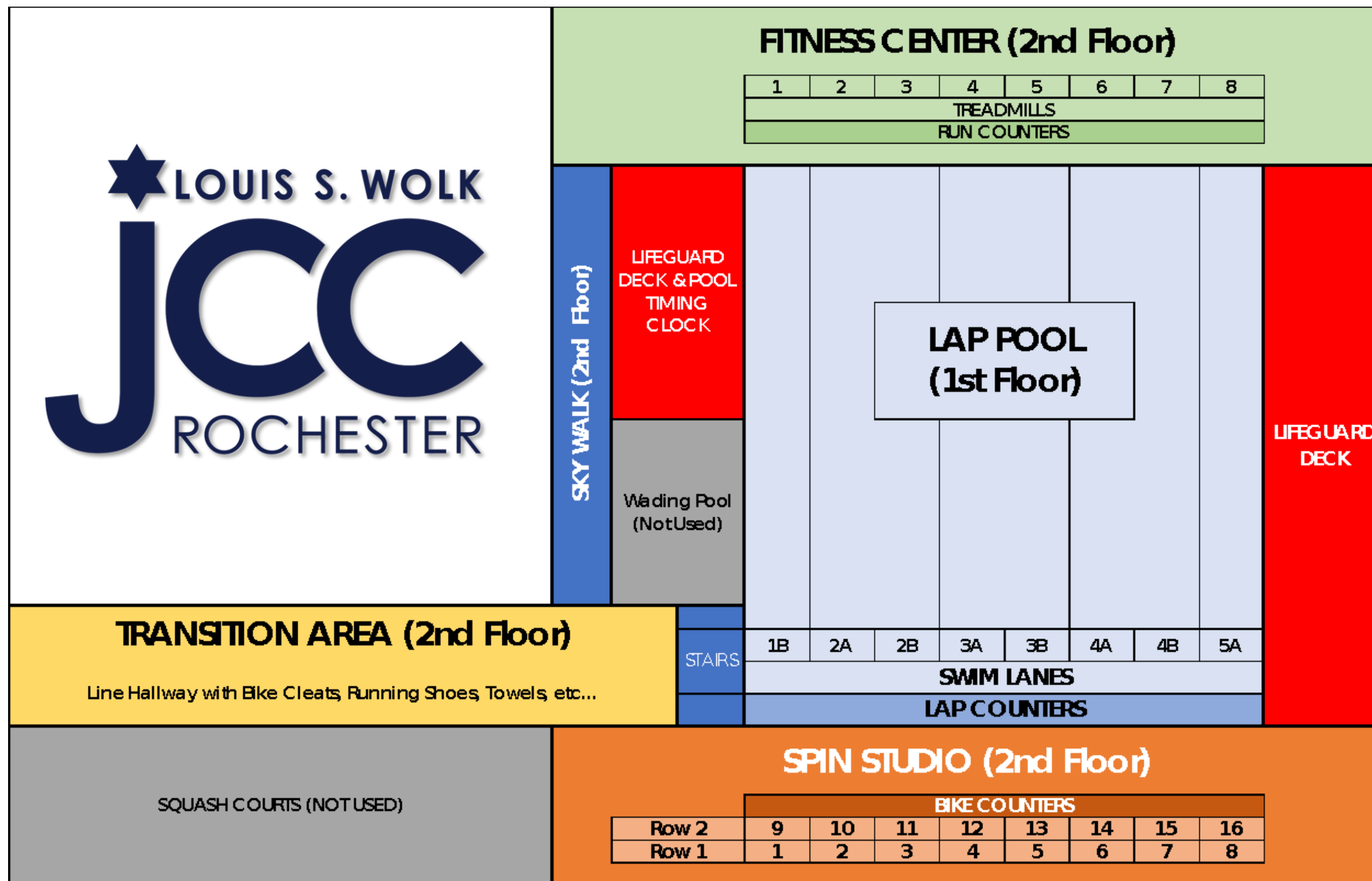
Please do not be late - JCC Closes the doors at 3:00 PM sharp and we cannot reopen them.

2:00 PM	2:30 PM	Race Volunteer Check-In @ JCC Café		
2:30 PM	3:00 PM	Athlete Check-In @ JCC Café		
Schedule by Heat				
Heat	Start	End	Segment	Location
1	3:15 PM	3:20 PM	Swim Warmup	Pool
	3:20 PM	3:35 PM	Swim Start	Pool
	3:35 PM	3:40 PM	Transition to Bike	Transition
	3:40 PM	3:55 PM	Bike Start	Spin
	3:55 PM	4:00 PM	Transition to Run	Transition
	4:00 PM	4:15 PM	Run Start	Fitness Center
2	3:35 PM	3:40 PM	Swim Warmup	Pool
	3:40 PM	3:55 PM	Swim Start	Pool
	3:55 PM	4:00 PM	Transition to Bike	Transition
	4:00 PM	4:15 PM	Bike Start	Spin
	4:15 PM	4:20 PM	Transition to Run	Transition
	4:20 PM	4:35 PM	Run Start	Fitness Center
3	3:55 PM	4:00 PM	Swim Warmup	Pool
	4:00 PM	4:15 PM	Swim Start	Pool
	4:15 PM	4:20 PM	Transition to Bike	Transition
	4:20 PM	4:35 PM	Bike Start	Spin
	4:35 PM	4:40 PM	Transition to Run	Transition
	4:40 PM	4:55 PM	Run Start	Fitness Center
4	4:15 PM	4:20 PM	Swim Warmup	Pool
	4:20 PM	4:35 PM	Swim Start	Pool
	4:35 PM	4:40 PM	Transition to Bike	Transition
	4:40 PM	4:55 PM	Bike Start	Spin
	4:55 PM	5:00 PM	Transition to Run	Transition
	5:00 PM	5:15 PM	Run Start	Fitness Center
Schedule by Timeline				
Heat	Start	End	Segment	Location
1	3:15 PM	3:20 PM	Swim Warmup	Pool
1	3:20 PM	3:35 PM	Swim Start	Pool
1	3:35 PM	3:40 PM	Transition to Bike	Transition
2	3:35 PM	3:40 PM	Swim Warmup	Pool
1	3:40 PM	3:55 PM	Bike Start	Spin
2	3:40 PM	3:55 PM	Swim Start	Pool
1	3:55 PM	4:00 PM	Transition to Run	Transition
2	3:55 PM	4:00 PM	Transition to Bike	Transition
3	3:55 PM	4:00 PM	Swim Warmup	Pool
1	4:00 PM	4:15 PM	Run Start	Fitness Center
2	4:00 PM	4:15 PM	Bike Start	Spin
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4	4:20 PM	4:35 PM	Swim Start	Pool
3	4:35 PM	4:40 PM	Transition to Run	Transition
4	4:35 PM	4:40 PM	Transition to Bike	Transition
3	4:40 PM	4:55 PM	Run Start	Fitness Center
4	4:40 PM	4:55 PM	Bike Start	Spin
4	4:55 PM	5:00 PM	Transition to Run	Transition
4	5:00 PM	5:15 PM	Run Start	Fitness Center
6:00 PM		AWARDS CEREMONY @ HEROES BREWING COMPANY		



facility map

Note: Guides will be available to help familiarize athletes and volunteers to the building



.....simplified!

- Swim as many 25-yard laps as possible in 15 minutes

Transition
5 mins

- Bike as far as possible on a spin bike in 15 minutes

Transition
5 mins

- Run as far as possible on a treadmill in 15 minutes

Swim



Bike



Run



.....what to bring

- 4 towels (1 swim, 1 bike, 1 run, 1 post-race)
- Water bottle
- Swim Cap (we'll have some extra though)
- Swim Goggles
- Flip Flops
- Running Shoes
- Change of clothes

- Nice to have, but not necessary: Spin Bike Shoes
 - Clips are single toe (small cage)

ROC the indoor triathlonrace setup

- 4 heats consisting of 8 athletes and the first will begin at 3:20pm! In fairness to everyone, heats will be randomly selected after the last athlete checks-in.
- Once you've checked-in and know your heat number, you may proceed to setup your transition on the 2nd floor hallway across from the squash courts.
- Once transition setup is complete, you may enter the spin room and adjust your assigned spin bike to your liking.
- Once bike setup is complete, head back to the locker room to drop your bags and then back to the pool deck ready to warmup for the swim start.

All athletes will be asked to wait around the pool deck area until their heat is called, please do not wander around the building.

.....step-by-step

1. **Swim - 15 minutes:** A 6-lane lap pool where athletes will split one lane where you will swim as many laps as possible. The two outer lanes will have 1 swimmer away from the walls. (ie....1 + 2 + 2 + 2 + 1 = 8). Completed laps will be counted by touching the walls. If you are still swimming as time expires, you must be more than halfway across the pool for that lap to be included in the final count. Once the swim is complete, the lap counter will give you your scoresheet to take with you to the spin room, do not lose it! (Don't worry, scoresheets are on waterproof paper)
2. **Transition 1 - 5 minutes:** With your scoresheet, exit pool and head up the stairs for the transition to Bike. The family locker room is available if you need to change from your swimsuit into tri/bike gear but remember, you only have 5 minutes until the bike begins.
3. **Bike - 15 minutes: Enter the spin bike room and hand your scoresheet to the counters.** Using a stationary bike, athletes will spin as hard as they can to rack up distance in miles. Athletes can adjust the knobs to increase the amount of wattage to impact distance. Bikes will be calibrated as best as possible for a fair competition and total mileage is counted to the tenth of decimal place. When the clock stops, please stop spinning and monitor your distance until the bike counter can collect your score. Then recollect your scoresheet from the bike counter.
4. **Transition 2 - 5 minutes:** With your scoresheet, head back to transition for the Run then use the skyway to walk toward the fitness center. Find your assigned treadmill and hand your scorecard to a run counter.
5. **Run - 15 minutes: First, please make sure your treadmill is reset to "0" distance. Once the clock starts,** you will run on the treadmill as far as you can under control. You can use the handrails, but only for control and safety (no lifting). Treadmills will be calibrated as best as possible for a fair competition and total mileage is counted to the tenth of decimal place. When the clock stops, please stop running and monitor your distance until the run counter can collect your score. Then recollect your scoresheet and immediately head back to the pool to turn in your sheet to score master.

Total Race Time: 55 minutes (45 min race + 10 min transitions)

ROC the indoor triathlonscoring

- **Competitive Understanding:** We will do our absolute best to calculate the distances based upon the information recorded and submitted by volunteer counters, to identify the winners of the event. The distances submitted might differ from your watch. Good sportsmanship is expected.
- Each discipline are weighted equally: 1/3 Swim (100pts) ~ 1/3 Bike (100pts) ~ 1/3 Run (100pts)
- Scores are based in relation to the athlete completes the furthest distance for each discipline and valued at 100 points and a minimum score of 50 points. For example:
 - Athlete 1 - 40 laps (100pts)
 - Athlete 2 - 30 laps (75pts)
 - Athlete 3 - 17 laps (50pts)
- Same scoring method applies on the Bike and Run with total mileage to the tenth of mile being counted
- Maximum Score possible is 300
- Winners selected are Overall Male & Female, Age Groups by Gender & Decade
- **Awards:** Our wonderful sponsors from **Heroes Brewing Company** will be hosting the athletes and guests starting at 6PM, where the distances will be tallied, and the award winners will be revealed (not beforehand)
- Winners must be present at Heroes to collect their awards, if not, the next person in scoring will be awarded
- Overall winners will receive a Free Entry into the **2022 Rochester Triathlon**

the **ROC** indoor triathlon.....sponsors roc!

Please thank our generous racing partners for their support of our mission to building the strongest, most welcoming, multi-sport community in the region.

