

JOIN US FOR

OhioHealth McConnell Heart Health Center

Tri McConnell

A 60 MINUTE INDOOR TRIATHLON



November 12, 2023
8 AM to 1 PM

*You only have to be
there for your
designated race time.*

OhioHealth protocols for wearing
masks when not exercising
vigorously will need to be followed.



Swim 10 | Bike 30 | Run 20

benefiting Addiction Medicine Fellowship at OhioHealth

Each participant or relay team will have a set amount of time to swim, bike and run with allotted transitions between activities. Fun and pressure-free, this event is great for both experienced triathletes and those competing in their first race.

- + 10 minute swim in 25 yard lap pool (4 ft. depth)
- + 30 minute bike on indoor cycle
- + 20 minute run on treadmill
- + All three disciplines are done continuously back to back and the total mileage completed is recorded.
- + Complimentary refreshments will be available after the race

Individual: Member \$40 | Non-Member: \$45

Relay*: \$25 per person *Participants form own teams of 3

Spots are limited.

Sign up today at

RunSignup.com/TriMcConnell



Email **Andrea Colvin** at
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TRI McConnell FAQ's

Q: Do I have to swim a certain stroke?

A: No, you can swim any stroke that you like, including dog paddle, side stroke, elementary backstroke.

Q: Can I walk during the swim event?

A: Yes, you can walk in the pool if you need to.

Q: What if I need a break during the swim portion?

A: If you need to rest at the end of the pool, you are allowed then resume back to swimming or walking when you are ready. The swim portion is 10 minutes long.

Q: Can I wear a life jacket or use a snorkel or fins during the swim portion?

A: No, life jacket, snorkel, hand paddles, pull buoy or fins will not be allowed. There will be trained lifeguards at the pool

Q: How will each participant's swimming distance be measured?

A: We will measure your swim distance by the number of pool lengths you swim in 10 minutes. Each time you touch the wall, counts as one length. We will convert the number of lengths completed into miles, and this will be your distance covered swimming for the Triathlon. Volunteers will be at each lane counting lengths for you. It should also be noted that at the end of your 10 minute swim heat, if you are more than halfway through your next length, then the Volunteer will add one length to your total.

Q: Will there be a place to change out of your swimsuit?

A: Yes, there are male and female locker rooms where you can change in and also leave your belongings. Please bring your own lock if you want to secure your valuables. You will have a 10 minute transition between the swim and bike.

Q: How much time do I have for transitions?

A: You will have 10 minutes to transition from swim to bike and 5 minutes to transition between bike and run.

Q: What type of bikes will I be riding on?

A: We have Life Fitness IC6 cycle bikes.

Q: How do you keep track of the distance on the bike?

A: Miles completed can be seen on the bike monitor and will be recorded for you by a volunteer.

Q: What is the resistance on the bike?

A: Each participant will set their own level/resistance for their personal comfort and ability.

Q: Can I stand and peddle on the bicycle to maximize the distance on the bike?

A: No, standing on bicycle and peddling continuously is not allowed.

Q: What type of shoes do I wear for the cycling portion?

A: You can wear sneakers/running shoes or cycling shoes with clips (SPD).

Q: What is the incline on the treadmill? How is the distance on the treadmill recorded?

A: The incline is set by the participant. It can be zero. The monitor on the treadmill will show miles completed.

Q: Can I use a personal music player during the triathlon events?

A: Yes, you can use a personal music player during the swim, bike and/or run events. But you need to be able to hear the start and end horn for each event.

Q: When and where will results be posted?

A: Results will be posted on the RunSignup.com website following the conclusion of the entire triathlon.

Q: How old do you need to be to be a participant?

A: All race participants need to be at least 18 years old

Q: Are spectators allowed?

A: Yes

For more information go to RunSignup.com/TRIMcConnell