

2016 Iron Fitness 140.6 min Indoor Multisport Challenge

Welcome to the 2016 Iron Fitness Indoor Multisport Challenge!

Event Details

Date: Sunday, Dec 11, 2016

Location: Columbia Association, Supreme Sports Club, 7080 Deepage Dr., Columbia, MD 21045

PRE-EVENT DETAILS

1. Please check your wave assignment and review the event timeline.
2. Pack your gear back the night before so you don't forget anything
Items to bring:
 - Photo ID or CA membership card
 - Swim gear: swim suit or Tri-suit, goggles, hair ties, extra towel. You will be provided a latex swim cap and two towels.
 - Biking gear: Tri-suit or tank top/shirt and padded bike short, socks, shoes for biking (an SPD cleated bike shoe, non-cleated bike shoe, or running shoe), water bottle(s)
Race belts will be provided if needed to secure your event number. Water coolers will be available to fill water bottles.
 - Run Gear: running shoes; optional change of clothes
 - Optional – nutritionals you may need before or during the event.
3. Be sure to eat a light non-sugary breakfast at least 1-2 hours prior to the event start

REGISTRATION

1. Please arrive at LEAST 30 min prior to your wave start. 45-60 min is optimal to get the body activated.
2. Enter the gym through the main entrance.

3. Check in at the front desk and show your photo identification or CA membership card.
4. You will be directed to the low level arena area (make a left at the bottom of the stairs).
5. Check in at the Registration Desk. You will receive your event number, swim lane, and event packet containing a swim cap, event number and race belts if you need one and two towels, one for the swim and one for the bike. The first number of your race number is your WAVE NUMBER and the second number is your BIKE NUMBER. You should wear the swim cap for the swim and your event number for the bike and run segments.
6. After registration, you will be directed to the transition area to set up your transition space in the café area.

TRANSITION AREA SET UP

1. In the transition area, you will find a mat with your race number. This is your transition space. Set up your transition area with your race gear. There is room for bigger gear bags off to the side of the room.
2. Please secure valuables. Small keyed lockers for valuables are available on first floor lobby and larger lockers are available in the locker room (need your own padlock). We are not responsible for lost or stolen items.
3. In transition area there are large restrooms with plenty of space to make a change of clothes if necessary.
4. Water cooler will be available in transition area to fill up water bottles.

WAVE START and SWIM

1. 15 min prior to your wave start, there will be short pre-event meeting in transition area. You will be escorted as a group to the pool using the elevators. You should be ready to go in your swim attire. Be sure to bring your swim cap, goggles, towel, and pool shoes or sandals.
2. You will have ~10 min to warm up in the pool prior to your wave start time.
3. The first wave will start at 6:00 AM. The waves are 30 min apart.
4. You will swim for 20 minutes. Swim at a comfortable pace and count your lengths to know how far you have gone. You can take as much rest as needed at the walls. 1 length= 25 yds
5. A whistle will signal for you to stop the swim. When you hear the whistle, finish the

length that you are on and then quickly exit the pool.

TRANSITION 1

1. You will be escorted as a group from the pool area back to the transition area using the elevator.
2. You have 10 min to transition from the swim to the bike segment.
3. At your transition area, put on clothes for cycling (bike shorts and top) if not using Tri-suit, socks, shoes for biking and event. Remember to bring your water bottle(s), towel, and other nutritionals that you may need to the bike room.
4. There are large bathrooms available in the transition area, if you need to change clothes.
5. You will be directed to the bike room located down the hall on the right. Please stay to the right of the hallway and do not run. Follow the orange cones down the hallway. The cycle room will be on your right.

BIKE

1. Find the stationary spin bike with your number (last two digits of race number). Adjust the bike saddle position to fit you. There will be a volunteer to assist if needed.
2. The bikes are equipped with an SPD peddle and a toe clip. If using the toe clip, be sure to pull up on the black strap to make a snug fit.
3. There are two water bottle holders on the bike. A water cooler will be available to fill up bottles during the bike segment. Volunteers will assist with water.
4. You will cycle for 80 min. A bike course has been provided for you. You will find the course profile on the walls. Music with a voice-over describing the terrain ahead will play while you bike. Follow the course provided or do your own course! You will be instructed to start and stop the bike.

TRANSITION 2

1. After biking, you will follow the cones and signs back to the transition area.
2. You have 10 min to transition from the bike to the run.
3. Find your transition space and get ready to run.

RUN

1. The track is adjacent to the transition area.
2. You will run/walk for 40 min. Runners stay to the outside and walkers stay on the inside of the track. **Please slow down around the turns to avoid injury.**
3. You will be instructed to start and stop. After 20 min, you will be instructed to change direction on the track.
4. The track will be open to other gym members. If wearing headphones please keep the volume low enough so that you can be aware of your surroundings.
5. Count your laps. 1 lap= 1/10 of a mile.

FINISH

CONGRATULATIONS!!

Showers, hot tub, and sauna are available in the locker room or pool area (hot tub) on the upper level/lower levels. Enjoy post event refreshments!

Thanks for joining us and keep on TRI-ing!!