



# VALLEY WELLNESS CENTER INDOOR TRIATHLON

## Join us for our 60-minute indoor triathlon!

The event is a sanctioned USAT event in partnership with USA Triathlon. Different than a traditional triathlon, each participant 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 a 25 yard lap pool
- 30-minute bike on an indoor cycling bike
- 20-minute run on a treadmill

Date:

Saturday, January 18th, 2020 7:30-11:00 AM

Time:

Registration: 7:30am

First Heat: 9:00am

Location:

Valley Wellness Center

Allentown, PA

Registration Fees:

All Non-USAT members must pay an additional \$15 for a one-day USAT pass

\$20 for members ages 12-17

\$25 for Members

\$35 for Non-Members

**\*\*Race availability is limited, fees are non-refundable\*\***

**\*\*\*Registration closes Tuesday January 14th at 8:00pm\*\*\***

- Each participant will receive a USA Triathlon swim cap, drawstring backpack, t-shirt, swimming goggles, finisher medal and VWC t-shirt!

- For any questions or comments related to the Indoor Triathlon please

contact [info@valleywellnesscenter.co](mailto:info@valleywellnesscenter.co)

Wish to be a Volunteer? Volunteers are needed from lap counters to bike and run recorders. Send an email to [info@valleywellnesscenter.co](mailto:info@valleywellnesscenter.co) if you want to volunteer. Volunteers will

receive a finisher's t-shirt!

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### HOW IT WORKS: THE TRIATHLON

At your designated start time, athletes will begin with a 10-minute swim in the indoor pool. Shift gears and spend the next 30 minutes cycling in the Spin Studio. Then race toward the finish line with 20 minutes on the treadmill (2nd floor fitness center).

### THE TRANSITIONS

Athletes are allowed 7 minutes to safely change from the pool to the cycling and 3 minutes to move from cycling to the treadmill.

## THE SCORES

Race volunteers record the total distance covered during your swim, bike and run. The more distance you cover, the higher your score. The indoor triathlon is based on time rather than distance — meaning you receive points for going further in a specific period of time, not going faster over a fixed distance. The total event lasts for 75

minutes (60 minutes race time), consisting of:

Swim: 10 minutes

Transition 1 (Swim to Bike): 7 minutes ( from the pool to spin studio)

Bike: 30 minutes on an indoor bike (Spin Studio)

Transition 2: 3-minutes (move from the spin studio to treadmills)

Run: 20 minutes on a treadmill

RACE DAY:

Free Parking!

Check-in table opens at 7:30am.

Post Race Snacks

Locker Rooms Available

Bring your own towel and other personal items

