



VALLEY WELLNESS CENTER

INDOOR TRIATHLON

How it works:

VALLEY WELLNESS CENTER INDOOR TRIATHLON Join us for our 60-minute indoor triathlon! Different from 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

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 VWC Members \$35 for Non- VWC Members **Race availability is limited, fees are non-refundable**. Each participant will receive a VWC t-shirt, and finisher medal. For any questions or comments related to the Indoor Triathlon please contact: 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 if you want to volunteer. Volunteers will receive a finisher's t-shirt! **VALLEY WELLNESS CENTER INDOOR TRIATHLON 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 70 minutes (60 minutes race time plus 10 minutes T1&T2 time). 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. Registration and transition closes at 8:30 AM. All athletes must be in the Turf Room by 08:30 AM on race day. Post Race Snacks Locker Rooms Available Bring your own towel and other personal items. Meeting location is the Turf room on the first floor. Post race and award location is the Turf Room. Club gift certificates are awarded to the top 3 male and female finishers. Male and female masters (over 40 years) top three finishers are awarded finisher certificates. All proceeds benefit charity and are available on VWC website several days after the event.

