



2019 ATHLETE GUIDE & RACE DAY INFORMATION



2019 FFC Indoor Triathlon & Duathlon Race Series ffc.com/triathlon

Feb 16	: FFC West Loop USATri60 (w/ Kids Tri)
Feb 23	: FFC Oak Park USATri60 (w/ Kids Tri)
Mar 16	: FFC Gold Coast USATri60 (w/ Kids Tri)
Mar 23	: FFC East Lakeview USATri60
Mar 30	: FFC Union Station USATri60
Apr 13	: FFC Park Ridge USATri60 (w/ Kids Tri)
Apr 27	: FFC Lincoln Park USATri60
Apr 28	: FFC Lincoln Park SPRINT (no double)
May 4	: FFC South Loop Duathlon (no triathlon)



EVENT RULES

It is the responsibility of each participant to review and know the official Fitness Formula Clubs (FFC) Indoor Triathlon participant rules. Please familiarize yourself with all rules, located at the end of this document and know that penalties or disqualification may be assessed for non-compliance. Questions? Contact us at endurance@ffc.com

IMPORTANT: USAT MEMBERSHIP CARD



If you are **not** a **current** USA Triathlon (USAT) annual member, you will be required to pay a USAT 1-day permit fee (\$15 adults, \$10 youth) if you have not already done so when registering online. USAT members must show an **unexpired** USAT card when you check in. Don't have a physical card? Download the "USAT Card" or "USA Triathlon Card" phone app or visit membership.usatriathlon.org/Member/ViewMemberCard to print / show your card.

2019 RACE INFORMATION

Fitness Formula Clubs is proud to present our 20th Annual Indoor Triathlon & Duathlon Series!

This year our event series continues as part of **USATri60**! Enjoy a bigger race series with events for all ability levels, and the 60-minute USATri60 race format - learn more at teamusa.org/USA-Triathlon

FFC Indoor Triathlon & Duathlon Series - Race Events:

- **USATri60** Indoor Triathlon (10min Swim, 30min Bike, 20min Run)
- **FFC Double** Triathlon (two USATri60 events back to back, with a short rest in between)
- **Du50** Duathlon (30min Bike, 20min Run)
- **TriMonster** Sprint (special event at FFC Lincoln Park only - using your own bike on CompuTrainers!)

GENERAL INFORMATION

New to Triathlon?

An Indoor Triathlon is a great way to experience a triathlon – without the intimidation. Registrants with no triathlon experience race alongside other first time participants and those intimidated by swimming can even race in a separate duathlon division.

Indoor Triathlon Training Programs!

Training programs are also available for beginners to learn to swim through the [FFC Endurance Membership - TriMonster](#). Join the training program and get a free Indoor Triathlon race entry! For training program info sessions and start dates, please visit TriMonster Triathlon Training on facebook at fb.com/TriMonsters/events

Experienced Triathlete?

The Indoor Triathlon Series is a great way to maintain your fitness level over the winter. Register for the series, compete against your friends, and prepare for upcoming season! Compete in a single triathlon, qualify for series awards (best three events), or step it up to complete “The Double” (two races in one day). You can even compete in a full Sprint distance triathlon while riding from the comfort of your own bike in our unique CompuTrainer Endurance Training Studio (ffc.com/cycling)!

What is an Indoor Triathlon?

An Indoor Triathlon consists of the three disciplines: swim, bike, run – in that order. The only difference from a standard outdoor event is that you are timed in each activity. Your recorded distances during the swim, bike, and run portions are calculated and combined to give you a final, total distance. Your race day will follow the new 60-minute **USATri60** event format:

- **Swim:** 10 minutes (in pool)
- **Transition 1:** 10 minutes
- **Bike:** 30 minutes (on Keiser M3 Indoor Cycles)
- **Transition 2:** 5 minutes
- **Run:** 20 minutes (on treadmill)

Chicago Indoor Triathlon Championship

After the last race of the series, awards will be distributed to crown series champions as follows:

- **Overall Series Champions** - Male and Female (top 3 triathlon performances combined)
- **Team Champions** - Male, Female, Coed Teams (top 3 team performances combined)
- **Triple-Double Series Champions** - Male, Female (top 3 combined double performances)
- **Duathlon Champions** - Male, Female (top duathlon performance)
- **Sprint Champions** - Male, Female (top CompuTrainer sprint distance performance)

Swag

All participants will receive a t-shirt. One shirt per series. Participants of the USATri60 events will also receive a USATri60 t-shirt, swim goggles, swim cap.

RACE DAY INFORMATION

- Waves begin every 30 minutes beginning at 8am with last wave typically around 12 noon
- There will be 4-8 participants per wave.
- Assigned wave start confirmation will be distributed one week prior to race day.
- Locker Rooms will be used for transition. You will be allotted 10 minutes for transition 1 (swim to bike) and 5 minutes for transition 2 (bike to run). It is recommended that you do not return to the locker room for T2 - if you are using different shoes for the bike and run, bring both shoes with you!
- Towels and lockers are provided. Please watch our instructional video on our Keyless Locker system to avoid any mishaps or delays on race day! FFC Keyless Lockers: tinyurl.com/ffc-keyless
- Winners are determined by total distance covered in the indoor triathlon or duathlon.
- Sprint triathlon division winners are determined by finish time based on fully-timed Sprint distance with bike portion completed on a CompuTrainer using your own bike (rear wheel trainer skewer required)
- All races include 2 hours free parking. For club location & parking information, visit or contact each club at ffc.com/club-locations
- Complimentary use of health club facilities included before and after each race. Guests are welcome too (must show ID & sign waiver)!

AWARDS

Indoor Triathlon

Individual Race Winners (excludes Sprint and Olympic Triathlon):

Medals will be awarded to 1st place men and women in both “**Beginner**” and “**Experienced**” Categories within the following age groups:

YOUTH:

7-9	10-12	13-14
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ADULT:

15-19	20-24	25-29	30-34	35-39
40-44	45-49	50-54	55-59	60+

“The Double”

Athletes completing two triathlons in one day will qualify for an additional award. One top male and one top female will be awarded at each event.

Team

Team awards will only be provided at the end of the overall series. The overall male, female, and coed champions will be determined based on the combined performance of a team's top 3 athlete performance from a single event. Three athletes required for a team. Coed teams must have a minimum of 1 female. Compete in more indoor triathlons as a team for more chances to win!

Duathlon

Medals will be awarded to the top male and female duathlete in both beginner and experienced divisions. The Duathlon Champion will be awarded to the top male and female athlete with the top duathlon performance.

TriMonster® Triple Series Challenge

Register for at least three indoor triathlons as an individual and compete in the TriMonster® Triple Series Challenge. The top three overall male & female FFC Indoor Triathlon Series Champions (combined single division scores from three events) win a purse of FFC gift certificates!

- 1st Place: \$100 FFC gift certificate
- 2nd Place: \$50 FFC gift certificate
- 3rd Place: \$25 FFC gift certificate

Sprint - CompuTrainer® Event



FFC Lincoln Park will feature an additional event: a fully timed, sprint-distance indoor triathlon using your own bike at the FFC Endurance Training Center - the only CompuTrainer studio in Chicago capable of this unique event! Complete a full indoor sprint distance triathlon (.5 mile swim, 20km bike, and 5km run) where results will be based on finish time instead of distance! The top overall male & female will receive an entry into **Leon's Triathlon!**

NOTE:

These events require bringing in your own road or triathlon bike (with minimum 80psi slick tires and rear wheel trainer skewer) to ride a simulated CompuTrainer virtual bike course of **Leon's Triathlon**. For more information visit <http://ffc.com/computrainer> and please watch the instructional videos ahead of time to familiarize yourself with entering the building with your bike and how to set up and calibrate your bike on a CompuTrainer: <http://tinyurl.com/ffc-computrainer>

YOUTH TRIATHLON

Children between the ages of 7-14 may compete in the Youth division of select USATri60 events featuring a half distance (USATri30) event: 5-minute Swim, 15-minute Bike, and 10-minute Run.

NOTE: Children can compete in the triathlon only if they are tall enough to ride on our stationary indoor bicycles - typically this means athletes must be at least 4'6" tall. Kids not tall enough to compete on stationary indoor bicycles are welcome to participate in an indoor swim-run "splash & dash" and will still receive finisher medals.

70.3-mile and 140.6-mile "Chicago IronMonster" Challenge



Challenge yourself to complete 140.6 miles of indoor racing as part of the **Chicago IronMonster** IRONMAN TriClub's annual indoor triathlon challenge! Simply complete 70.3 or 140.6 miles of indoor racing between the **FFC Indoor Triathlon Series** and **Chicago Time Trial Cup (CTTC)** events to earn special team prizes!

To be eligible, you must be a member of the **FFC Endurance Membership** with TriMonster or be affiliated with the **Chicago IronMonster** IRONMAN TRICLUB PROGRAM team by selecting "**Chicago IronMonsters**" as your Tri Club Affiliation at ironman.com. Questions? Contact endurance@ffc.com

- Examples: 70.3 miles could be covered in 6 indoors triathlons averaging 11.72 miles per event.
- 2019 Prizes (subject to change) include:
 - "TriMonster" triathlon jersey or shorts (\$75 value) for 70.3 miles completed!
 - "IronMonster" team jacket for 140.6 miles completed!

EVENT LOCATIONS

Fitness Formula Clubs – South Loop - ffc.com/southloop

1151 S. State St., Chicago, IL 60605

Fitness Formula Clubs – Lincoln Park - ffc.com/lincolnpark

USA Triathlon Certified Performance Center - ffc.com/usat

939 W. North Ave., Chicago, IL 60642

Fitness Formula Clubs – Gold Coast - ffc.com/goldcoast

1030 N. Clark St. - Suite 600 (6th Floor), Chicago, IL 60610

Fitness Formula Clubs – East Lakeview - ffc.com/eastlakeview

3657 N. Pine Grove, Chicago, IL 60613

Fitness Formula Clubs – West Loop - ffc.com/westloop

10 S. Clinton St., Chicago, IL 60661

Fitness Formula Clubs – Union Station - ffc.com/unionstation

444 W. Jackson Blvd., Chicago, IL 60606

- Park at Union Station Garage (320 S. Canal): chicagoparking.spplus.com

Fitness Formula Clubs – Oak Park - ffc.com/oakpark

1114 Lake Street, Oak Park, IL 60301

- Park at Holley Court Garage: downtownoakpark.net/parking-map

Fitness Formula Clubs – Park Ridge - ffc.com/eastlakeview

826 W. Touhy, Park Ridge, IL 60068

Fitness Formula Clubs – Elmhurst - ffc.com/elmhurst

140 N Addison, Elmhurst, IL 60126

- Park across street in Addison parking garage (free 3 hours)



PARKING

Complimentary parking can be validated for up to 2 hours at the FFC front desk. Please be sure to bring your parking ticket to the front desk for validation when you arrive (or anytime before you leave). Note that regular rates may apply after 2 hours, so watch your timing! Visit websites for club address information and parking details.

SPRINT (CompuTrainer event) Participants: Please note that bikes must be brought in to FFC via the Parking Garage elevators / North Ave side entrance - do not bring any bikes into the 1st floor lobby or carry them up any stairs, please watch the instructional videos: <http://ffc.com/instructional-videos/endurance-training/>

PACKET PICK UP & ONSITE REGISTRATION

Packet pick-up and check-in will begin at 7:30am on race morning (gyms generally open at 7am in Chicago or 6am in suburbs), unless otherwise noted. Race Day registration is available, but time slots may be limited.

EVENT CHECK IN - Important Locker Information - Watch the video!

Upon entry, you must present a photo ID at the FFC front desk. From there, you will be directed to ATHLETE CHECK-IN desk, then proceed to locker rooms to use lockers as your gear check / transition area. Follow the instructions of our keyless locker system and secure your personal items. If you are unfamiliar with our keyless locker system, please refer to the following video: <http://tinyurl.com/ffc-keyless>. Follow posted signs to the pool deck (tri) or spin studio (du) for start.

- **IMPORTANT NOTE:** You must check in for your wave at least 20 minutes prior to the start of your wave and report to the pool coordinator (in the pool area) at least 10 minutes prior to the start of your wave for final instructions. Failure to do so may result in forfeiture of your start time! Duathletes report to spin studio first.

SCHEDULE OF EVENTS (typical event, check for race week email for updates your actual assignments):

7:00am - Gym Opens

7:30am - Athlete Check-In Opens

8:00am - Wave #1

8:35am - Wave #2

9:10am - Wave #3

9:45am - Wave #4

10:20am - Wave #5

10:55am - Wave #6

11:30am - Wave #7

12:05pm - Wave #8

12:30pm - Wave #9

~2:00pm - Optional: join an informal post-race “TriSocial” lunch gathering at nearby establishment (details at check in!)



KEYLESS LOCKER SYSTEM - Watch this video!

Be sure to watch this video on how to use our new keyless locker system to avoid any delay or confusion on race day!

Should you lock yourself out, please seek out a staff member to assist or use a locker room phone to reach a manager on duty to assist in unlocking your lockers. This could affect your race so make sure you WATCH THIS VIDEO!

- Keyless Locker Video: <http://tinyurl.com/ffc-keyless>

EVENT DETAILS

Race staff will guide you along the process and monitor your distances during each discipline.

- Waves begin every 20-35 minutes beginning at 8:00am. (Check your email for updates)
- There will be 4-8 participants per wave.
- Cycling shoes with cleats are allowed for events featuring [Keiser M3i](#) bikes (most standard events) and [CompuTrainers](#) (SPRINT, on your own bike). All standard Indoor Triathlon and Duathlon competitors will complete the bike portion on Keiser M3i bikes with two sided pedals featuring both toe strap pedals (for sneakers) and SPD pedals (for indoor cycling / mountain bike style shoes).
- Winners are determined by total distance covered in the indoor triathlon or duathlon.
 - Exception: The Sprint and Olympic Triathlon divisions only will feature a fully-timed Sprint-distance and Olympic-distance indoor triathlon using your own bike at the final FFC Lincoln Park event.
- All races include 2 hours free parking, lockers, and towel service. Parking fees apply after 2 hours - plan accordingly for longer distance events!
- Enjoy complimentary use of gym facilities before and after each race - enjoy a class before or after your race event! Check ffc.com/group-fitness for a list of classes!

HYDRATION AID STATIONS

Water and/or electrolyte sports drinks will be available to fuel athletes during the event. Bring a water bottle to refill!

SPECTATORS

Spectators are welcome and encouraged during the event! Your friends and family can cheer for you poolside, and throughout the rest of your race. All guests will simply be asked to sign a liability waiver upon entry and show ID.

RESULTS - NOW LIVE!

Preliminary results will be updated regularly during the event and available at tinyurl.com/indoortri-results. Visit our facebook page for updates and preliminary results after the conclusion of the event at fb.com/trimonsters/events

MYZONE - \$50 off Heart Rate Monitor!

Track your heart rate and compete in our virtual daily challenges at select FFC Indoor Triathlon events! Earn the most "MEPS" by working out all day and win bonus prizes! To compete, purchase a MyZone Heart Rate monitor at any Fitness Formula Clubs (FFC) location, or online at tinyurl.com/ffc-myzone and enjoy \$50 off!

To enroll in the MyZone Challenges, simply log in at myzonemoves.com or contact endurance@ffc.com for assistance.



FFC CAFE: local'84 - Enjoy 20% off!

At select FFC locations after your race is completed, head over to the Fitness Formula Clubs **local'84** cafe to enjoy 20% off on snacks and smoothies!



TriMonster Triathlon Training - Free trial + \$25 off!

Train with Fitness Formula Clubs (FFC)'s [TriMonster Triathlon Training programs](#) with over 10 different swim classes available, as well as [Performance Training](#), [Sufferfest & Power Cycling](#), and [Endurance Running](#) programs. Visit ffc.com/endurance or contact endurance@ffc.com to sign up for complimentary free trial classes! Non-members enjoy a free 3-day FFC trial at ffc.com/try-tri

- Use code **"usatswim"** for \$25 off Swim Technique Classes: ffc.com/shop
- Use code **"usatbike"** for \$25 off Sufferfest & POWER Cycling at ffc.com/shop
- Use code **"usatvo2"** for \$25 off VO2 Max & Metabolic Testing at ffc.com/shop



NEW PRIZES + Gear up w/ Xterra Discounts!

This year's events include over \$5,000 in prizes including XTERRA Wetsuit merchandise for top male & female in both EXPERIENCED and BEGINNER divisions! Enjoy 60% off at xterrawetsuits.com/pages/ctc using code **"C-TRIMONCLUB"**



PRIVATE SWIM LESSON - FREE for beginners, no more excuse not to try a tri!

Talk about making triathlon 100% intimidation-free! Are you a beginner? Sign up for an FFC Indoor Triathlon event and enjoy a complimentary 30min swim assessment with one of TriMonster's certified swim or triathlon coach! Contact endurance@ffc.com after you register for a race to schedule your free swim lesson! Limited to one free session per person. Must be registered as a beginner with no outdoor triathlon experience to qualify and limited to 20 athletes per season, so contact us now to be one of the first 20 to redeem!

- Interested in swim lessons? Contact endurance@ffc.com or purchase swim lessons online at ffc.com/shop



RACE DISCOUNTS - Complete an outdoor tri with us!

Join fellow FFC & TriMonster athletes at select local races! Register and save:

- **Leon's Tri:** register for **"TEAM CHALLENGE"** at leonstriathlon.com
- **Chicago Triathlon:** use code **"TMONTEAM19"** to save \$10 at chicagotriathlon.com



2019 FFC Indoor Triathlon & Duathlon

PARTICIPANT RULES - FFC.COM/TRIATHLON

Triathlon: **10min Swim**, 10min Transition, **30min Bike**, 5min Transition, **20min Run**
Duathlon: **30min Bike**, 5min Transition, **20min Run**



REGISTRATION - CHECK IN & TRANSITION SETUP

- o **CHECK IN 30 MINUTES EARLY** - Athletes should arrive no later than 30 minutes before their scheduled wave time to allow sufficient time for check in and setup - you must check-in 20 minutes before your start time.
- o **KEYLESS LOCKER SYSTEM - IMPORTANT!**
Upon check-in, staff will confirm contact information is accurate and direct you to the locker room where you may select any available Keyless locker to set up your transition area. Please review the following Keyless Locker Video to ensure you know how to lock and re-open our lockers as you'll surely want to avoid any delay or confusion on race day! **NOTE:** Should you lock yourself out, please seek out a staff member to assist or use a locker room phone to reach a manager on duty to assist in unlocking your lockers. This could affect your race so please make sure you **WATCH THIS:** tinyurl.com/ffc-keyless

SWIM: **10 minutes – 25 yard Pool**

- o All participants must start at swim times indicated. Please be at the pool at least 10 minutes before your start time!
- o Two swimmers will share each lane, splitting the lane in half.
- o Athletes must be touching the pool wall when the start whistle is blown.
- o Athletes must touch each end of the pool wall (hand or feet) before turning-around.
- o A single whistle burst will be blown with one minute remaining.
- o A double whistle will indicate the end of the swim.
- o **Swimmers must complete a full length to get credit for a "lap". Completing half a length does not count as a lap.**
- o Total "laps" will be counted and converted into mileage (to 1/100th of a mile).
 - **Each length is 25 yards and counted as a "lap".**
 - Wetsuits are allowed, but not necessary. Other flotation devices of any kind are not allowed.
- o Any swim stroke is allowed, as well as walking the pool floor (if necessary).
- o Upon completion, participants have 10 minutes to change and meet at the bike station.

BIKE: **30 minutes – Keiser M3i Indoor Cycles**

- o **Keiser M3i (All other locations - SPD cycling shoe compatible!)** - These new bikes are advanced indoor cycling bikes that have smooth feel and feature both a flat pedal with toe straps for using sneakers, as well as SPD cleat compatibility (for SPD mountain bike or indoor cycling style shoes). Resistance levels can be set from level 1 through 24. For more info, visit mseries.keiser.com/m3.html or watch this video: youtu.be/so8RfasrVeo
- o Participants can pedal as fast as they can, adjusting their own resistance.
- o Participants can adjust their resistance – which will directly affect distance.
- o iPod and MP3 players are allowed during the bike and run portions.
- o Upon completion, Race Staff will record mileage to the 1/10th of a mile.
- o Participants have a 5 minute transition before beginning the run portion.
- o **Dare2tri Event: Paratriathletes (Ambulatory & Wheelchair) should bring their own equipment and will be competing on CompuTrainers!**



RUN: **20 minutes – Treadmill (all events)**

- o Participants can run as fast as they can, adjusting their own speed.
- o Each treadmill should be set in the "Manual" setting, at 0% incline.
- o Participants can adjust their speed – which will directly affect distance traveled.
- o Walking is permitted, although holding-onto the handrails is not.
- o Participants are not allowed to straddle the treadmill while it is moving.
- o Upon completion, Race Staff will record total mileage to the 1/100th of a mile where applicable.
- o **Dare2tri Event: Wheelchair paratriathletes should bring their own equipment and will be competing on rollers!**



YOUTH

Youth (Ages 7-14 as of 12/31) event structure will follow the same as above, except the durations will be half the amount for a total of 30 minutes of running (5 minutes), cycling (15 minutes), and running (10 minutes). With transitions, these events will take approximately 45 minutes from start to finish!

WINNERS / AWARDS

Winners will be determined from total distance covered (in miles) from all three disciplines. 1st place male and female finishers in both Beginner and Experienced divisions in each age group receive medals. Medals will be available for pickup at the next event in the series or at designated post-race celebrations.

PARKING

Complimentary parking can be validated for up to 2 hours at the FFC front desk. Please be sure to bring your parking ticket to the front desk for validation when you arrive (or anytime before you leave). Note that regular rates may apply after 2 hours, so watch your timing! Visit ffc.com/club-locations for club address information and for parking details visit ffc.com/two-hour-free-parking

QUESTIONS? Contact endurance@ffc.com



TriMonster SPRINT COMPUTRAINER EVENT RULES

Sprint:

750m Swim, 10min T1, 20km Bike (12.4mi), 5min T2, 5k Run (3.1miles)

NOTE: OLYMPIC and DRAFT LEGAL events were offered in prior years, this year we have one single SPRINT distance only as it's own unique one-day indoor tri event for all athletes to go head to head!

Registration Check In & Transition Setup

- o **CHECK IN 45 MINUTES EARLY** - Athletes should arrive no later than 45 minutes before their scheduled wave time to check in, weigh in, setup & calibrate bikes, and report to pool deck 10 minutes before assigned start time.
- o **KEYLESS LOCKER SYSTEM - IMPORTANT!**
Upon check-in, staff will confirm contact information is accurate and direct you to the locker room where you may select any available Keyless locker to set up your transition area. Please review the following Keyless Locker Video to ensure you know how to lock and re-open our lockers as you'll surely want to avoid any delay or confusion on race day! **NOTE:** Should you lock yourself out, please seek out a staff member to assist or use a locker room phone to reach a manager on duty to assist in unlocking your lockers. This could affect your race so please make sure you **WATCH THIS VIDEO:** tinyurl.com/ffc-keyless



Swim: POOL (SPRINT = 17 Laps ; OLYMPIC = 35 Laps)

- o All participants must start at swim times indicated.
- o Two swimmers will share each lane, splitting the lane in half.
- o Athletes must be touching the pool wall when the start whistle is blown.
- o Athletes must touch each end of the pool wall (hand or feet) before turning-around.
- o Volunteers will time and count laps and notify you when you have 1 lap remaining and when you are done.
 - **SPRINT = 17 Laps = 34 Lengths**
 - **OLYMPIC = 35 Laps = 70 Lengths**
- o Wetsuits are allowed, but not necessary. Other flotation devices of any kind are not allowed.
- o Any swim stroke is allowed, as well as walking the pool floor (if necessary).
- o Upon completion, participants have 10 minutes to change and meet at the bike station. If you take more than 10 minutes, additional time penalties will factor into your bike split, so don't take too much time!

Bike: BRING YOUR OWN BIKE

- o A rear wheel trainer skewer is required - these are available at the front desk
- o **Watch these 4 videos on entering the building with your bike, as well as CompuTrainer setup & calibration:** tinyurl.com/ffc-computrainer
- o iPod and MP3 players are allowed during the indoor bike and run portions.
- o DRAFT LEGAL SPRINT: Computer software will simulate draft-legal drafting benefits based on the distance you are behind the person in front of you for the "DRAFT LEGAL SPRINT" event only. Regular "SPRINT" and "OLYMPIC" events will not feature drafting.
- o Upon completion, race staff and volunteers will record your finish time and direct you to the run area.
- o Participants have a 5 minute transition before beginning the run portion. Exceed this time and you'll be penalized with time added to your run split.



Run: TREADMILL

- o **Treadmill Rules (all other events):**
 - o Participants must cover 5k (3.1 miles) for the SPRINT.
 - o Each treadmill should be set in the "Manual" setting, at 0% incline.
 - o Participants can adjust their speed - which will directly affect distance traveled.
 - o Walking is permitted, although holding-onto the handrails is not.
 - o Participants are not allowed to straddle the treadmill while it is moving.
 - o Upon completion, Race Staff will record total time taken to complete the run distance.

Winners / Awards

- o Winners will be determined from total time from all three disciplines.
- o 1st place male and female finishers in both Beginner and Experienced divisions in each age group receive medals.

QUESTIONS? Contact endurance@ffc.com



Why Participate in an Indoor USATri60 Event?

Try 60 minutes of triathlon! After 60 minutes (yes, only 1 hour...not including the built in transitions) all participants will be able to call themselves triathletes! You will also have the option to get an eight (8) week self-training plan provided by a USA Triathlon Certified Coach or an eight (8) week instructor-led training program as part of FITNESS FORMULA CLUBS (FFC) Endurance Training programs (ffc.com/endurance). And let's not forget that stellar goodie bag (drawstring backpacks, swim cap, swim goggles, finisher t-shirt, and finisher medal to be exact!) But why stop there? As an added benefit of completing their USATri60 event, all participants will get a list of triathlons in their area and possible discounts into those local triathlons! If our conversations with athletes are true, after this indoor triathlon you will be hooked and will want to challenge yourself further to live that healthy multisport lifestyle!

Event Structure

Adult (Ages 15+ as of 12/31) event structure will be as follows:

SWIM

- 10-minute swim in an Indoor pool (25 yards)
- Any stroke may be used and you may walk if your feet can touch the ground
- No life jackets, floaties, paddleboards, or outside assistance permitted
- Volunteers will be there to count athlete swim lengths

BIKE

- 30-minute bike Stationary/Spin bikes (Keiser M3i)
- All bikes will have both flat pedal and SPD cycling cleat options
- Athletes may adjust the resistance to any desired level
- Volunteers will be there to record your distance biked

RUN

- 20-minute run/jog/walk indoors on a treadmill
- All treadmills shall be set on a 0% incline but may be adjusted to any desired level by the athlete
- Athletes may choose and adjust their speed
- Volunteers will be there to record their distance covered

TRANSITION AREA

- When moving from swim, to bike, to run, the locker room shall serve as the athlete's transition area
- T1 (swim to bike) will be 10 minutes, T2 (bike to run) will be 5 minutes
- For safety, please do not run in case of wet flooring!

YOUTH TRIATHLON

Youth (Ages 7-14 as of 12/31) events will follow the same as above, except the durations will be half the amount for a total of 30 minutes of activity: swim (5 min), cycling (15 min), and run (10 min). Total: 45-60 min. (with transitions)

Learn more at <https://www.teamusa.org/USA-Triathlon/Membership-Services/USATri60>

FFC SOUTH LOOP

RUNMONSTER[®] INDOOR DUATHLON



Adult (Ages 15+ as of 12/31) event structure will be as follows in a 50-minute Bike+Run event for a total of 30 minutes of cycling and 20 minutes of running (**55 minutes** total from start to finish including 5min transition time):

BIKE

- 30-minute bike Stationary/Spin bikes (Keiser M3i)
- All bikes will have both flat pedal and SPD cycling cleat options
- Athletes may adjust the resistance to any desired level
- Volunteers will be there to record your distance biked

RUN

- 20-minute run/jog/walk indoors on a treadmill
- All treadmills shall be set on a 0% incline but may be adjusted to any desired level by the athlete
- Athletes may choose and adjust their speed
- Volunteers will be there to record their distance covered

TRANSITION AREA

- When moving from bike to run, the locker room can serve as the athlete's transition area
- The transition (bike to run) will be **5 minutes**
- For safety, please do not run in case of wet flooring!

YOUTH DUATHLON

Youth (Ages 7-14 as of 12/31) follow the same format as above, except the durations will be half the amount for a total of 25 minutes - cycling (15 minutes), and running (10 minutes). The events will take approximately **30 minutes** from start to finish with transitions!

KEYLESS LOCKER SYSTEM - Watch this video!

Be sure to watch this video on how to use our new keyless locker system to avoid any delay or confusion on race day! Should you lock yourself out, please seek out a staff member to assist or use a locker room phone to reach a manager on duty to assist in unlocking your lockers. This could affect your race so make sure you WATCH THIS VIDEO! Keyless Locker Video: https://www.youtube.com/watch?v=dG5RHpxM_iU

PARKING

Complimentary parking can be validated for up to 2 hours. Bring your parking ticket to the FFC front desk for validation when you arrive (or anytime before you leave). Regular parking rates may apply after 2 hours, so watch your timing! Visit <http://ffc.com/club-locations> for club information and for parking details visit <http://ffc.com/club-locations>