

BE A TRIATHLON SPONSOR! YOUR INVESTMENT INCLUDES:

- Supporting a community event
- Logo on participant tech shirts

Contact Meredith Ade for more information at
made@nsymca.org or 847.272.7250 ext. 1231

2011 Sponsors



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Y TRI BECAUSE YOU CAN!

SUNDAY, MARCH 4, 2012
Mini Indoor Triathlon
NORTH SUBURBAN YMCA

Start Time: 7:00 am
Ages: 14 years and older
Cost: \$15 per person

Using our pool, cycle bikes and treadmills, you will swim for 10 minutes, bike for 20 minutes and run for 15 minutes. Participants receive a NSYMCA Triathlon tech shirt. Register by 2/22/12 to guarantee your shirt.



For more info contact Frank:
flenardi@nsymca.org or
847.272.7250 ext.1235

Welcome to the 3rd Annual NSYMCA Indoor Triathlon

Overview: The Indoor Triathlon is based on time rather than distance. The total event will be 60 minutes: 10 minute swim, 10-minute transition, 20 minutes on an indoor bike, 5-minute transition and 15 minutes on a treadmill.

Check in 30 minutes prior to your start time, as heats will start on time. There will be 10-12 people participating in each group which means two people will be sharing a lane in the pool. Please select your preferred start time upon registration, and times will be closed once the maximum number is reached.



SWIM: 10 minutes

Participants are required to be in the pool for the start. Once started, participants are allowed to stop to rest by hanging on the wall or by standing.

T1 (Transition 1, from pool to bike): 10 minutes

BIKE: 20 minutes

Each indoor bike has a computer to measure "distance" by counting the number of times the flywheel goes around. Bike cadence maxes out at 120 rpm and there is no advantage to going faster. For safety reasons, we ask that all members ride at or below this speed.

Participants will be allowed to adjust their own tension throughout. The bikes will have pedals with toe clips for use with regular running shoes on one side and cycling shoe clip compatibility on the other.

Participants should bring a towel and water bottle.



T2 (Transition 2, from bike to run): 5 minutes



RUN/WALK: 15 minutes

This segment will be done on treadmills set at a 0% incline and may be adjusted only by the participant. Participants can control how fast they set their treadmills and can change the speed throughout. Participants must remain on the belt of the treadmill for the entire time.

Scoring

Volunteers will record the distances of each participant in each event and tabulate the final scores. Results and awards will be announced at the registration area 15 minutes after the final heat completes the race. We look forward to having a fun event. Thanks for participating!



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Indoor Triathlon Registration Form

Complete the information below. PLEASE PRINT!

First Name: _____ Last Name: _____

Email: _____ Phone: _____

Emergency Contact: _____ Phone: _____

Select preferred triathlon start time (must check in 30 minutes prior to start):

- 7:00am
 7:30am
 8:00am
 8:30am

T- Shirt Size _____

Do you need child care?

- No
 Yes, number of children: ____ Ages of children: _____

Complete Payment Information

- YMCA Member: \$15 on or before February 22
 Non-member: \$15 on or before February 22

Indicate your choice of payment: ____ Check (made payable to NSYMCA)
____ Credit Card (fill out below)

Type of Card (circle one):	Am Ex	Discover	MasterCard	Visa
Credit Card #:				
Exp. Date:				
Charge Amount: \$				
Name on Card:				
Transaction Signature:				

Return this form by February 22, 2012 to the North Suburban YMCA:

- Fax: 847-272-7801
- Drop off in person at the Membership Desk
- Mail: NSYMCA, 2705 Techny Road, Northbrook, IL 60062