

ORU AEROBICS CENTER  
**6<sup>TH</sup> ANNUAL WHOLE PERSON INDOOR  
TRIATHLON**



**EVENT RUN DOWN:**

You will want to arrive at least 20-30 minutes before your heat start time. Packets will be available during check-in. We will issue you your race number and also write your number on your arm. We will have one bike in the check-in room that you can test out and adjust the seat height/distance so you will be prepared during your heat. We will have snacks, fruit and drinks available for you as well. Combination locks will be available at the check-in desk if you would like to secure all your belongings in our locker rooms.

To stretch and warm up, we will have our basketball court available. This is just right outside the check-in room. We will announce when it is getting close to the next heat start time and direct you to the pool.

**Our event consists of a 400 meter swim, 6.2 mile bike, and a 1.5 mile run.**

\*Distance is the same for all ages.

Our pool is 50 meters in length. All swimmers will start in the water on the shallow end and swim down and back 4 times. We will have a lane attendant to inform you of which lap you are on and when to stop. We have signs we stick in the water for you. They will write down your finish time for the swim portion. Swim style does not matter.

The transition area will be right outside the pool door. You can set up your clothes/towel/shoes on the chairs there before you enter the pool. Most people just dry off their swim suit/trunks, throw on some shorts, a t-shirt or tank and shoes and head up to the biking area. (Tops/bottoms/shoes required) This transition time does affect your overall time. From the transition area, you will head upstairs to the fitness floor where we will have the bikes set up (stairs are right next to the transition area).

For the biking, you will be using Matrix Spin bikes. They have straps on the pedals and the possibility for clip-ins. Seat height and distance from handles can be adjusted. There will be an attendant to help you adjust your bike if needed and start your distance tracker. They will write down your start and finish time for the bike portion. The resistance will be pre-set and will not be able to be adjusted.

Once finished biking, you will head over to the Track. This is located right next to the biking area. You will complete 10 full laps to be finished! We will have an attendant on the track to count and track each lap you have completed. They will write down your finish time.

Scores will be calculated and posted in the check-in room shortly after every participant in a heat has finished.

**SPECTATORS:**

Spectators are welcome! We will have bleachers set up in the pool area for them to watch. However, they will have to exit the pool from the door by the deep end and use the stairs located by the front desk. The other stairwell will be used by racers only. Spectators can walk around to the biking area by using the outside lane of the track and cross over in a designated area to the bike and track viewing areas.

### **AWARDS:**

Prizes will be awarded to Top Overall Male & Female, Best Swim, Best Bike, Best Run and Top Male and Females in each age group: 14 & under, 15-24, 25-34, 35-44, 45-54, 55-64, 65+

Winners will be announced and awards will be handed out after the completion of the last heat- around 5:45-6:00 PM. You do not need to be present to win. Each winner will be notified and prizes will be mailed out if not able to pick up.

### **DIRECTIONS:**

A campus map can be found on [www.aerobics.oru.edu](http://www.aerobics.oru.edu) Everyone will park in Lot E and walk up the hill leading to the Kenneth H. Cooper Aerobics Center. For directions or handicapped parking instructions, please call the Aerobics Center Front Desk at 918-495-6059.

### **REMINDERS:**

#### ***Bring your own towels and goggles***

The facility does not provide towels or goggles so make sure to bring your own

#### ***Start Fueling for the Race the Day Prior***

Start fueling properly 24 hours before the race. That doesn't mean you should eat more than normal. Just make sure you have good and healthy meals throughout the day. On the race day, try to finish your morning meal two-and-a-half to 3 hours before the race starts.