

ROC

the

indoortriathlon

2023 athlete guide



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indoortriathlon

welcome!

Thank you for your enthusiastic participation in the **2nd Annual ROC Indoor Triathlon.**

First, we would like to thank our coaches, lifeguards, and coordinators for their time and dedication in making the indoor season such a huge success. Thank you to the JCC staff, especially Eva, Brain, and Beth (also a RAT) for allowing us to be there.

Second, we believe that racing is a privilege with the first goal being to enjoy our fitness and not take good health for granted. We get to do something that many people wish they could do but most are not willing to TRI.

Lastly, enjoy yourself out there – have fun, you're already rockstars.

Keep the cadence,
Sue & Mike
ROC Indoor Tri Coordinators



www.rochesterareatriathletes.com



race day schedule

Tips for Athletes:

1. Due to a tight start window, please come dressed and ready for the swim start. **Heats will be assigned on race day.**
2. For those competing on April 1st, bring clean clothes and an extra towel for showering after the race for the **Awards Ceremony is offsite at Heroes Brewing Company at 7:00pm.**

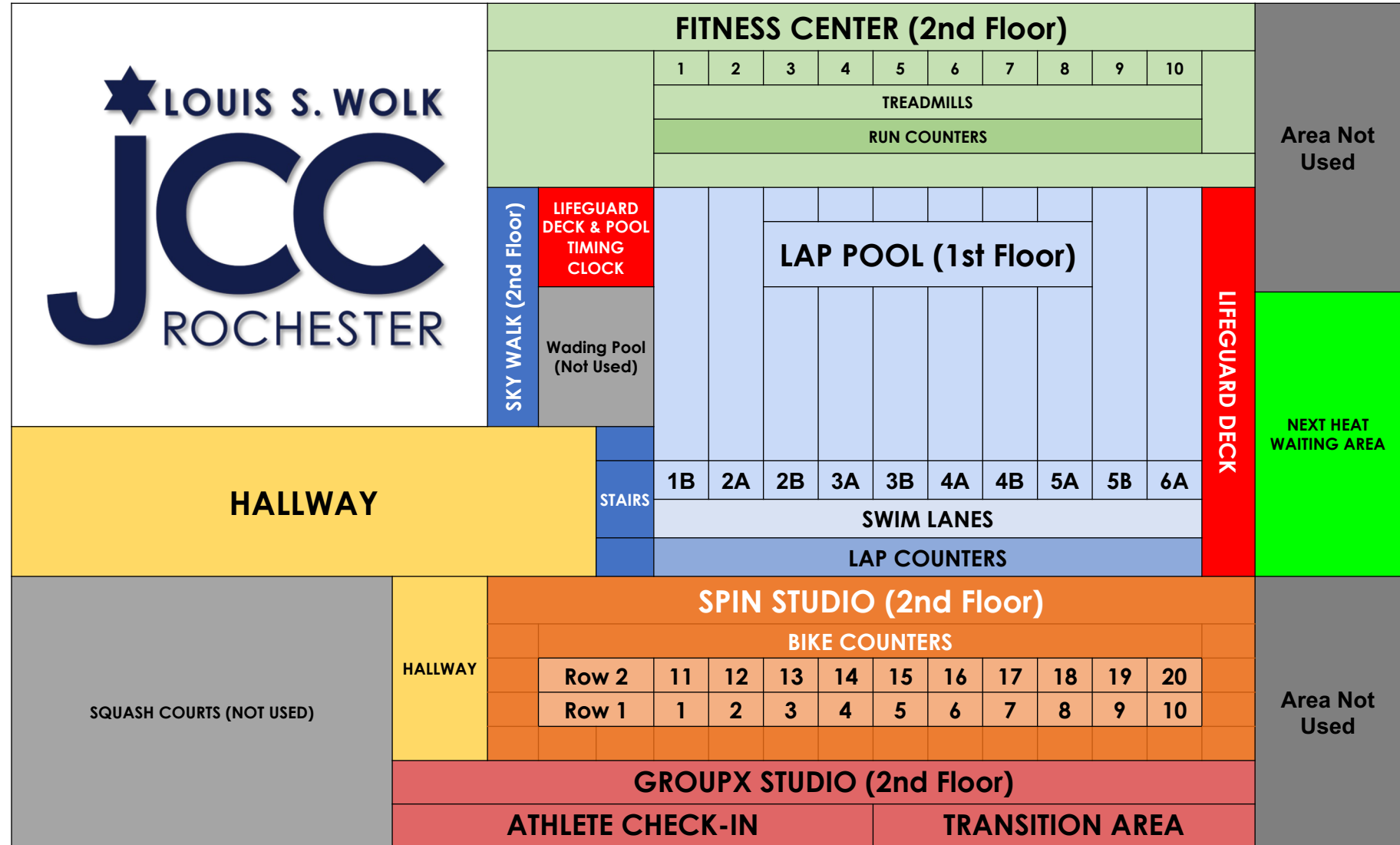
| HEATS WILL BE ASSIGNED RACEDAY - DON'T BE LATE | | | | | | | | | |
|--|---------|---------|--------------------|--|----------------------|---------|---------|--------------------|----------------|
| VOLUNTEERS | | 2:45 PM | 3:15 PM | Race Volunteer Check-In @ JCC GroupX Studio (next to Spin) | | | | | |
| ATHLETES | | 3:30 PM | 4:00 PM | Athlete Check-In @ JCC GroupX Studio (next to Spin) | | | | | |
| Schedule by Heat | | | | | Schedule by Timeline | | | | |
| Heat | Start | End | Segment | Location | Heat | Start | End | Segment | Location |
| 1 | 4:15 PM | 4:20 PM | Swim Warmup | Pool | 1 | 4:15 PM | 4:20 PM | Swim Warmup | Pool |
| | 4:20 PM | 4:35 PM | Swim Start | Pool | 1 | 4:20 PM | 4:35 PM | Swim Start | Pool |
| | 4:35 PM | 4:40 PM | Transition to Bike | Transition | 1 | 4:35 PM | 4:40 PM | Transition to Bike | Transition |
| | 4:40 PM | 4:55 PM | Bike Start | Spin | 2 | 4:35 PM | 4:40 PM | Swim Warmup | Pool |
| | 4:55 PM | 5:00 PM | Transition to Run | Transition | 1 | 4:40 PM | 4:55 PM | Bike Start | Spin |
| | 5:00 PM | 5:15 PM | Run Start | Fitness Center | 2 | 4:40 PM | 4:55 PM | Swim Start | Pool |
| 2 | 4:35 PM | 4:40 PM | Swim Warmup | Pool | 1 | 4:55 PM | 5:00 PM | Transition to Run | Transition |
| | 4:40 PM | 4:55 PM | Swim Start | Pool | 2 | 4:55 PM | 5:00 PM | Transition to Bike | Transition |
| | 4:55 PM | 5:00 PM | Transition to Bike | Transition | 3 | 4:55 PM | 5:00 PM | Swim Warmup | Pool |
| | 5:00 PM | 5:15 PM | Bike Start | Spin | 1 | 5:00 PM | 5:15 PM | Run Start | Fitness Center |
| | 5:15 PM | 5:20 PM | Transition to Run | Transition | 2 | 5:00 PM | 5:15 PM | Bike Start | Spin |
| | 5:20 PM | 5:35 PM | Run Start | Fitness Center | 3 | 5:00 PM | 5:15 PM | Swim Start | Pool |
| 3 | 4:55 PM | 5:00 PM | Swim Warmup | Pool | 2 | 5:15 PM | 5:20 PM | Transition to Run | Transition |
| | 5:00 PM | 5:15 PM | Swim Start | Pool | 3 | 5:15 PM | 5:20 PM | Transition to Bike | Transition |
| | 5:15 PM | 5:20 PM | Transition to Bike | Transition | 4 | 5:15 PM | 5:20 PM | Swim Warmup | Pool |
| | 5:20 PM | 5:35 PM | Bike Start | Spin | 2 | 5:20 PM | 5:35 PM | Run Start | Fitness Center |
| | 5:35 PM | 5:40 PM | Transition to Run | Transition | 3 | 5:20 PM | 5:35 PM | Bike Start | Spin |
| | 5:40 PM | 5:55 PM | Run Start | Fitness Center | 4 | 5:20 PM | 5:35 PM | Swim Start | Pool |
| 4 | 5:15 PM | 5:20 PM | Swim Warmup | Pool | 3 | 5:35 PM | 5:40 PM | Transition to Run | Transition |
| | 5:20 PM | 5:35 PM | Swim Start | Pool | 4 | 5:35 PM | 5:40 PM | Transition to Bike | Transition |
| | 5:35 PM | 5:40 PM | Transition to Bike | Transition | 3 | 5:40 PM | 5:55 PM | Run Start | Fitness Center |
| | 5:40 PM | 5:55 PM | Bike Start | Spin | 4 | 5:40 PM | 5:55 PM | Bike Start | Spin |
| | 5:55 PM | 6:00 PM | Transition to Run | Transition | 4 | 5:55 PM | 6:00 PM | Transition to Run | Transition |
| | 6:00 PM | 6:15 PM | Run Start | Fitness Center | 4 | 6:00 PM | 6:15 PM | Run Start | Fitness Center |

APRIL 1ST 7:00PM - AWARDS CEREMONY @ HEROES BREWING COMPANY

facility map

(not to scale, but close enough)

Note: Guides will be available to help familiarize athletes and volunteers to the building



.....simplified!

- Swim as many 25-yard laps as possible in 15 minutes

Transition
5 mins

- Bike as far as possible on a spin bike in 15 minutes

Transition
5 mins

- Run as far as possible on a treadmill in 15 minutes

Swim



Bike



Run



.....what to bring

Come to JCC already dressed to race (ie. tri kit, swimsuit, athletic apparel)

- 4 towels (1 swim, 1 bike, 1 run, 1 post-race)
- Water bottle
- Swim Cap (we'll have some extra though)
- Swim Goggles
- Flip Flops
- Running Shoes
- Change of clothes

Nice to have, but not necessary:

- Spin Bike Shoes - Clips are single toe (small cage, mountain bike)

- 4 heats consisting of 10 athletes and starting at 4:20pm, sharp! In fairness to everyone, heats will be randomly selected after the last athlete checks-in.
- Once you've checked-in and know your heat number, you may proceed to setup your transition on the 2nd floor hallway across from the squash courts.
- Once transition setup is complete, you may enter the spin room and adjust your assigned spin bike to your liking.
- Once bike setup is complete, head back to the locker room to drop your bags and then back to the pool deck ready to warm up for the swim start.

All athletes will be asked to wait around the pool deck area until their heat is called, please do not wander around the building.

.....step-by-step

1. **Swim ~ 15 minutes:** A 6-lane lap pool where athletes will split one lane where you will swim as many laps as possible. The two outer lanes will have 1 swimmer away from the walls. (ie...1 + 2 + 2 + 2 + 2 + 1 = 10). Completed laps will be counted by touching the walls. If you are still swimming as time expires, you must be more than halfway across the pool for that lap to be included in the final count. Once the swim is complete, the lap counter will mark your scoresheet. Please acknowledge the distance you swam and be sure to thank your counter! We will have runners to take your scoresheet to the next area for you. (Don't worry, scoresheets are on waterproof paper).
2. **Transition 1 ~ 5 minutes:** Exit pool and head up the stairs for the transition to Bike. The family locker room is available if you need to change from your swimsuit into tri/bike gear but remember, you only have 5 minutes until the bike begins. Don't forget your hydration for the bike portion!
3. **Bike ~ 15 minutes: Enter the spin bike room.** Using a stationary bike, athletes will spin as hard as they can to rack up distance in miles. Athletes can adjust the knobs to increase the amount of wattage to impact distance. Bikes will be calibrated as best as possible for a fair competition and total mileage is counted to the tenth of decimal place. When the clock stops, please stop spinning and monitor your distance until the bike counter can collect your score. Again, We will have runners to transport your scoresheet to the run portion.
4. **Transition 2 ~ 5 minutes:** Exit bike room, access transition if you need to change shoes or grab anything for the run, then use the skyway to walk toward the fitness center. Find your assigned treadmill and get ready to ROC this run!
5. **Run ~ 15 minutes: First, please make sure your treadmill is reset to "0" distance. Once the clock starts,** you will run on the treadmill as far as you can under control. You can use the handrails, but only for control and safety (no lifting). Treadmills will be calibrated as best as possible for a fair competition and total mileage is counted to the tenth of decimal place. When the clock stops, please stop running and monitor your distance until the run counter can collect your score. Once this is complete your scoresheet will be turned over to the score master who will tally the final results!

Total Race Time: 55 minutes (45 min race + 10 min transitions)

the **ROC** indoortriathlonscoring

- **Competitive Understanding:** You are all winners just by doing this, but we will do our absolute best to calculate the distances based upon the information recorded and submitted by volunteer counters, to identify award recipients. The distances submitted might differ from your watch. **Good sportsmanship is expected as we are all volunteers!**
- Each discipline are weighted equally: 1/3 Swim (100pts) ~ 1/3 Bike (100pts) ~ 1/3 Run (100pts)
- Scores are based in relation to the athlete completes the furthest distance for each discipline and valued at 100 points and a minimum score of 50 points. For example:
 - Athlete 1 - 40 laps (100pts)
 - Athlete 2 - 30 laps (75pts)
 - Athlete 3 - 17 laps (50pts)
- Same scoring method applies on the Bike and Run with total mileage to the tenth of mile being counted
- Maximum Score possible is 300
- Award recipients: Overalls Male / Females 1-2-3 – Age-groups TBD by registration distribution

Awards: On April 1st, our wonderful sponsors from **Heroes Brewing Company** will be hosting the athletes and guests starting at 6PM, where the distances will be tallied, and the award winners will be revealed (not beforehand)

- **It is respectful for all award recipients to be present** at Heroes to collect their awards, unless prior notice has been given
- Overall winners will receive a Free Entry into the **ROC Triathlon – Host of the 2023 NY State Championship**



ROC

the **indoortriathlon**our community ROCs!



Shout out to our racing partners, vendors, sponsors, and friends of the program that continue to support our mission in building the strongest, most welcoming, multi-sport community in New York.

THANK YOU!



#supportthosethatsupportus



www.rochesterareatriathletes.com



Excellus



2/26/23

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