

McPherson Family YMCA



***Fitness
Challenge***

1st Annual YMCA

Indoor Triathlon

Saturday, April 10th

Cost:
Free to Members
Non-Members must
pay day fee

Registration: Pre-Registration is highly encouraged.

Sign up at the Front Desk to reserve your start time. Starting times will be granted on a first come, first serve basis. Race day registration will depend on space availability.

Start Times: Start times are staggered. 2 to 4 participants will race each leg. Waves begin at 8:00 am, Final Wave will start at 10:40 am.

Indoor Triathlon Format:

- 10 Minute Swim, 10 Minute Transition
- 15 Minute Stationary Bike, 5 Minute Transition
- 10 Minute Run on Treadmill

Scoring: Performance is based on distance not time, unlike other triathlons. The event will take 50 minutes to complete, beginning at your start time. All participants must start each event on time. The more distance you cover, the higher your score. Each length of the pool will count as 0.1 mile. Bike and Run distance will be based on distance displayed on equipment.

Tracking: Staff and volunteers will monitor each participant's results. Results will be posted on our website and around the YMCA.

Post-race refreshments will be available in the Aerobics Room.

