

INDOOR TRI FAQ'S

1. What type of bikes do we use?

All participants will use the indoor bikes located in the spin studio.

2. How do you track distance?

All distances will be self-reported to an event volunteer at the conclusion of each activity.

3. What is the resistance like on the spin bike?

Each participant will be able to set their own resistance at a level that is comfortable for their ability. Keep in mind, injuries can occur if you spin too fast so we recommend each participant set the tension at a level that is safe and comfortable based on their cycle experience.

4. How do you count laps in the pool?

We measure your swim distance in lengths, not laps. Each time you touch the wall counts as one length. Volunteers will be at each lane counting for you — all you have to do is swim!

5. Do I have to swim a certain stroke?

No, you can swim any stroke you like, including dog paddle, side stroke, elementary backstroke, etc. Whatever keeps you moving in the water.

6. What if I need a break during the swim?

You may rest on the walls, hold onto the lane line or stand on the bottom of the pool to rest. You may stop and rest for as long as you like, but keep in mind the clock is ticking!

7. Will there be a place to change out of my swimsuit before the bike?

The locker rooms will serve as your transition area. You will have 10 minutes to change out of your suit, into your biking and running gear. This goes by much faster than you think, so keep moving. You should bring your running stuff with you to the spin studio as you will not have time to go back to the locker room after the cycle portion.

8. What is the incline on the treadmill?

You may leave the incline at zero on the treadmill or any higher setting that you prefer.

9. Can I use a personal music player during the bike and run?

Absolutely. Headphones are allowed for the bike and run. Keep in mind we will have music playing overhead in the cycle studio.

10. When and where will results be posted?

Results will be posted following the conclusion of the event by Tuesday on the YMCA website.

