

SRU Campus Recreation

Commonly Asked Questions

1. How does the swim work?

The swim takes place in the Aebersold Recreation Center indoor pool. There will be 6 lanes with 2 people to each lane. You will line up according to timing chip number when a free lane opens up you will swim your 8.5 laps (17 lengths) and then move to the transition area to begin the bike portion of the race. More detailed information with diagram included in the Triathlon Rules and Information section.

2. Do I get a timing chip or bib number to wear?

Each competitor will receive a timing chip that they wear on their ankle for the duration of the race. You will receive this chip the morning of the race at check in. You will also get your number written on your right arm and right calf in permanent marker.

3. What time should I arrive for the race?

The first set of swimmers will be in the water by 7:30am. In order to allow enough time to check in, set up your transition area, warm up and use the restroom it is recommended to arrive at least 1 hour prior to race start. There will also be a pre-race meeting that all participants will want to attend taking place directly before the swim start. Some participants will start later based on their swim time starts.

4. What should I wear?

You need to wear some form of swim suit or triathlon suit for the swim portion. Since the swim takes place in an indoor pool wetsuits are not necessary. It's recommended to wear a swimsuit/tri suit for the swim and pull on shorts and a shirt for the bike/run portion. The most important thing to consider is that you want to be comfortable. You should train in what you plan on racing in so that you won't have any surprises on race day.

5. Will there be water at the race or should I bring my own?

Some water will be provided at the start and end of the race but water stations will not be on the course. Each participant is responsible for bringing water and whatever food items they need for the race with them.

6. Will I be able to change after the swim?

Yes. There are locker rooms adjacent to the pool deck where athletes can change however, once you enter the water for the swim portion your time has officially begun and does not stop until you cross the finish line after the run portion of the race.

7. How do I get from the pool to the bike/run transition?

After you have completed the 8.5 laps (17 lengths) in the pool you will go through the right pool patio door onto the pool deck and exit to the left towards the transition area.

8. What should I have in the transition area?

Every athlete is different but a few must haves for the transition area are as follows:

Your bike, helmet and shoes as well as any clothing you plan on wearing for the bike portion of the race. Running shoes (if different than your bike shoes) and any clothing you plan on wearing

for the run portion of the race. You should also have water and snacks available to you if you plan on eating or drinking during the race.

9. Can a team have only 2 people on it?

Yes. You can register a team with only 2 people. You will need to determine with your partner which participant will be swimming, running and biking.

10. Has the course changed from last year?

Yes. The swim and Bike portion of the race are the same as previous years however the run portion of the race has changed. See course map for details on run changes.

11. Where should I park for the triathlon?

All race participants and spectators should park in the East Lake Parking lot that is directly across from the Aebersold Recreation Center (ARC). Next to Critchfield Park (Baseball Stadium)

12. Does everyone need to check in on race day? Where do I do that?

Yes. Each participant needs to visit the "check in" tent to receive their timing chip and complete a race day waiver form. There will be a "check in" tent located to the Left of the transition area if facing the Aebersold Recreation Center (ARC) you will also get your timing number written on you at this time. (Check in may be located inside the ARC in the event of inclement weather)

13. Is this a good race for first timers?

Yes. This is a great race for beginner triathletes. The short distance of the race allows new racers to get a feel for transitioning without committing to a more physically demanding race course. The swim taking place in an indoor pool also allows the water temperature to be monitored, and racers to get experience swimming in a race scenario without numerous swimmers in one lane area, but limiting it to only 2 swimmers at one time.

14. What types of surfaces will I encounter on the course?

The bike course consists of entirely asphalt. The run course consists of asphalt, sidewalk and gravel.

15. Will awards be given out, and if so when do they take place?

Awards will be given to the top 3 athletes in both Men's and Women's in each age group. Awards will be given to the overall 1st place team. Awards will take place at the completion of the race after the last competitor has finished.

16. Will the race be canceled due to inclement weather?

No. The race will go on as scheduled rain or shine. Race officials reserve the right to cancel the event in the case of extreme weather conditions.