



**Athlete Guide & Race Information**  
**Saturday March 3, 2018**

**[ArnoldSportsFestival.com](http://ArnoldSportsFestival.com)**



# 2018 Arnold Indoor Multisport Championships

## Triathlon, Ergathlon, Duathlon, & Youth Splash n' Dash

Saturday March 3, 2018, at Premier at Sawmill Athletic Club

3111 Hayden Road, Columbus, Ohio 43235

[http://arnoldsportsfestival.com/indoor-triathlon/?full\\_website](http://arnoldsportsfestival.com/indoor-triathlon/?full_website)

### Courses

- All races start and finish at Premier at Sawmill Athletic Club
- Indoor pool swim is in a 25m pool; swimmers will share a lane with one other swimmer
- Indoor erg on rowing machines
- Indoor bike on Spinner NXT with Shimano SPD clip in pedals or toe cages
- Outdoor run on the Streets of Columbus can be found at <http://www.mapmyrun.com/routes/view/1470878419>

### Distances

- Triathlon (Ages 15+) = 600m Pool Swim, 10-Mile Indoor Bike & 5k Outdoor Run
- Ergathlon (Ages 15+) = 2k Erg, 10-Mile Indoor Bike & 5k Outdoor Run
- Duathlon (Ages 15+) = 1.5ml Outdoor Run, 10-Mile Indoor Bike & 5k Outdoor Run
- Splash & Dash for Youth Ages 11-15 = 200m swim/2k run (1.25ml)
- Splash & Dash for Youth Ages 7-10 = 100m swim/1K run (0.62ml)
- Splash & Dash for Youth Ages 4-6 = 50m swim/0.5ml run

### Space is Limited, So Register Now!

- The Triathlon is limited to the first 150 athletes to register
- The Erg-athlon is limited to the first 24 athletes to register
- The Duathlon is limited to the first 52 athletes to register
- Splash & Dash for Youth Ages 11-15 is limited to the first 72 athletes to register
- Splash & Dash for Youth Ages 7-10 is limited to the first 60 athletes to register
- Splash & Dash for Youth Ages 4-6 is limited to the first 30 athletes to register

### Weekend Schedule

#### Friday, March 2

- 5:00-7:00 p.m.: Packet Pick-up and On-Site Registration at Premier at Sawmill Athletic Club
- 7:00 p.m.: Course Preview Q & A

#### Saturday, March 3: All Races

- 6:00 a.m.-2:00 p.m.: Packet Pick-up and Race Day Registration at Premier at Sawmill Athletic Club
- 7:00 a.m.-4:30 p.m.: Athletes on Course
- 7:30 a.m.-4:30 p.m.: Runners on Course (Police Detail is 9 hours from 7:30 a.m.-4:30 p.m.)
- 4:30 p.m.: Timing Ends and all Racers Must Have Completed the Race by this time
- There will not be a formal Awards Ceremony. At the conclusion of each contest (Triathlon, Erg-athlon, Duathlon & Splash and Dash) winners will report to the Registration Area to claim their award.

#### Saturday, March 3: Triathlon Schedule (Limited to 150 Athletes)

- 7:00 a.m.-12:00 p.m.: Triathlon Waves Start Every 20 Minutes. Waves are 10 Triathletes per wave and 2 swimmers per lane in each wave
  - a. Triathlon Waves 1-3: 7:00-7:40 a.m. (Pre-race meeting 6:45 a.m.)

- i. Waves 1 = 7:00 a.m., Wave 2 = 7:20 a.m. & Wave 3 = 7:40 a.m.
- b. Triathlon Waves 4-6: 8:00-8:40 a.m. (Pre-race meeting 7:45 a.m.)
  - i. Waves 4 = 8:00 a.m., Wave 5 = 8:20 a.m. & Wave 6 = 8:40 a.m.
- c. Triathlon Waves 7-9: 9:00-9:40 a.m. (Pre-race meeting 8:45 a.m.)
  - i. Waves 7 = 9:00 a.m., Wave 8 = 9:20 a.m. & Wave 9 = 9:40 a.m.
- d. Triathlon Waves: 10-12: 10:00-10:40 a.m. (Pre-race meeting 9:45 a.m.)
  - i. Waves 10 = 10:00 a.m., Wave 11 = 10:20 a.m. & Wave 12 = 10:40 a.m.
- e. Triathlon Waves 13-15: 11:00-11:40 a.m. (Pre-race meeting 10:45 a.m.)
  - i. Waves 13 = 11:00 a.m., Wave 14 = 11:20 a.m. & Wave 15 = 11:40 a.m.
- 4:30 p.m.: Timing Ends and all Racers Must Have Completed the Race by this time
- There will not be a formal Awards Ceremony. At the conclusion of the race winners will report to the Registration Area to claim their award.

### **Saturday March 3: Ergathlon Schedule (Limited to 24 Athletes)**

- 12:00-2:00 p.m.: Ergathlon Waves Start Every 20 Minutes. Waves are 4 Ergathletes per wave.
  - a. Ergathlon Waves 16-18: 12:00-12:40 p.m. (Pre-race meeting 11:45 a.m.)
    - i. Waves 16 = 12:00 p.m., Wave 17 = 12:20 p.m. & Wave 18 = 12:40 p.m.
  - b. Ergathlon Waves 19-21: 1:00-1:40 p.m. (Pre-race meeting 12:45 p.m.)
    - i. Waves 19 = 1:00 p.m., Wave 20 = 1:20 p.m. & Wave 21 = 1:40 p.m.
- 4:30 p.m.: Timing Ends and all Racers Must Have Completed the Race by this time
- There will not be a formal Awards Ceremony. At the conclusion of the race winners will report to the Registration Area to claim their award.

### **Saturday March 3: Duathlon Schedule (Limited to 52 Athletes)**

- 12:00-2:00 p.m.: Duathlon Waves Start Every 60 Minutes. Waves are mass starts with 26 duathletes per wave.
  - a. Duathlon Wave 22: 12:00 p.m. (Pre-race meeting 11:45 a.m.)
  - b. Duathlon Waves 23: 1:00 p.m. (Pre-race meeting 12:45 p.m.)
- 4:30 p.m.: Timing Ends and all Racers Must Have Completed the Race by this time
- There will not be a formal Awards Ceremony. At the conclusion of the race winners will report to the Registration Area to claim their award.

### **Saturday March 3: Splash & Dash**

- 12:00-2:00 p.m.: Splash & Dash Waves
    - a. 12:00-12:50 p.m.: 11-15 youth = 200m swim/2k run (1.25ml) **(Race is limited to 72 athletes)**
      - i. The Pre-race meeting 11:30 p.m. - all athletes are required to attend!
      - ii. Waves Start Every 10 Minutes with 12 athletes per wave & 2 athletes per lane
    - b. 1:00-1:25 p.m.; 7-10 youth = 100m swim/1K run (0.62ml) **(Race is limited to 72 athletes)**
      - i. The Pre-race meeting 12:30 p.m. - all athletes are required to attend!
      - ii. Waves Start Every 5 Minutes with 12 athletes per wave & 2 athletes per lane
    - c. 1:30-2:00 p.m.; 4-6 youth 50m swim/400m run **(Race is limited to 30 athletes)**
      - i. The Pre-race meeting 1:00 p.m. - all athletes are required to attend!
      - ii. Waves Start Every 5 Minutes with 6 athletes per wave & 1 athletes per lane
  - 4:30 p.m.: Timing Ends and all Racers Must Have Completed the Race by this time
  - There will not be a formal Awards Ceremony. At the conclusion of the race winners will report to the Registration Area to claim their award.
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## Arnold Expo Passes

Everyone who competes in the Charity Spin and Indoor Triathlon will receive a pass to the Arnold Sports Festival Expo. Passes can be picked up Friday in the lobby of Premier at Sawmill Athletic Club on starting at 5:00 p.m.

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## Event Tees

All participants in the Indoor Triathlon will receive a complimentary event tee; shirts are guaranteed if you register at least 2 weeks in advance of the event. Spectators can purchase event shirts for \$10 at the registration table.

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## Awards & Finisher Medals

All Finishers Receive a Commemorative Arnold Sports Festival Indoor Triathlon Medal.

The male and female with the fastest overall time in the following races will be invited to a luncheon on Sunday, where they will get to meet and be photographed with Arnold Schwarzenegger:

- Triathlon overall male and female winner
  - Duathlon overall male and female winner
  - Ergathlon overall male and female winner
  - Youth Splash and Dash, Ages 11-15, overall male and female winner
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## Pricing

This race is USA Triathlon Sanctioned, and so all participants must have a valid USA Triathlon license (annual or one-day pass) to participate. The event price reflects the cost for USA Triathlon Annual Members. If you are not a USA Triathlon annual member you must purchase a one-day membership for this event with your registration for a cost of \$15. Youth 17 and under can purchase an annual membership for \$10 with registration. All race fees collected are non-refundable. Race pricing does not include online processing fee. Online registration is open through Friday, March 2, and day of registration will be at Premier at Sawmill on Saturday, March 3, beginning at 6:00 a.m. Event registration includes access to the Arnold Fitness EXPO and most events at the Columbus Convention Center as well as access to the Arnold Sports World and events at the Ohio Expo Center.

### Triathlon, Duathlon & Ergathlon Pricing

1. From Nov. 1-31, 2017, registration is \$75
2. From Dec. 1 to Jan. 31 registration is \$80
3. From Feb. 1 Thru Race Day registration is \$85

### Kids Splash & Dash Pricing

1. From Nov. 1-31, 2017, registration is \$30
  2. From Dec. 1 to Jan. 31 registration is \$35
  3. From Feb. 1 Thru Race Day registration is \$40
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## Parking, Race Day Registration & Packet Pick-up

- You can park in the Premier at Sawmill Athletic Club lots or across the street in the overflow parking lots.
  - Enter the club through the Main Entrance and check-in at the main desk. Tell them you are here for the Arnold Sports Festival. You will need to sign a Premier at Sawmill Athletic Club waiver.
  - Registration and packet pickup will be in the main lobby of Premier at Sawmill Athletic Club for all events.
  - We recommend you arrive early for your event to ensure that you have plenty of time.
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## Locker Rooms, Showers & Post Race Party

- There will be locker rooms and showers on site that you can use before, during and after your event.
  - The post race party will include music, food, drinks and a photo booth! All finishers receive an awesome Arnold Indoor Triathlon Championship finisher medal.
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## Bag Check Station

- Our bag check station will be on the outdoor pool deck in a heated tent.
  - Athletes may check transition bags here. Additionally, volunteers take athlete's transition bags to this area before the final run. Racers may retrieve their bag from this tent at the conclusion of their run segment.
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## Race Day Information

- This race is USA Triathlon Sanctioned and so all participants must have a valid USA Triathlon license (annual or one-day pass) to participate. The event price reflects the cost for USA Triathlon Annual Members. If you are not a USA Triathlon annual member you must purchase a one-day membership for this event with your registration for a cost of \$15. Youth 17 and under can purchase an annual membership for \$10 with registration. All race fees collected are non-refundable. Race pricing does not include online processing fee.
  - Online registration is open through Friday, March 2, and day of registration will be at Premier at Sawmill on Saturday, March 3, beginning at 6:00 a.m.
  - Racers will register for a specific wave; we will start approximately 10 racers per wave.
  - At registration athletes will be given a timing chip, transition bag sticker, race tee, pass to the Arnold Expo, and receive body marking. Athletes will provide their own food and drink during the race, except for the run course. There will one aid station on the run course. Food and drink will be provided at the finish line.
  - Athletes can use the club's locker rooms.
  - Athletes may warm-up in the water between waves, as lanes are available. Please see the event staff on the pool deck to determine if you are able to warm-up. Priority will be given to athletes in the next wave.
  - Athletes may want to review their specific setting on the Spinner NXT bike before they start. This may allow you to determine the ideal settings for you ride. All bikes will be available for test rides before the start of the event, and then as available once the event begins. See the event staff in the bike area for available bikes.
  - The run course will be open for warm-ups throughout the event. If you are warming up on course please yield to those who are currently racing on course.
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## Pre-Race Meeting & Start Lines

- Pre-race meetings will take place before each event (see the schedule for times). Everyone is required to attend these meetings, as they contain vital details about the race course and event. Parents/Guardians should come to the Splash and Dash meetings with their athletes.
  - The pre-race meetings for the Triathlon, Ergathlon and Splash and Dash will be on the pool deck. These events will start on or near the the pool deck.
    - To access the pool from the Main Lobby, proceed left down two flights of stairs to the men's and women's locker rooms. You need to go through the locker rooms to get to the pool. Athletes can use the club's locker rooms before and after the race.
  - The pre-race meeting for the duathlon will at the entrance to the Club at the Start / Finish Arch. These events will start at the Start / Finish arch at the Club entrance.
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## The Role of Parents for the Splash and Dash

- Parents/Guardians may support their athletes during the Splash and Dash, especially with the younger racers.
- Parental/Guardian support is limited to the following:
  - Walking alongside the athlete. You may not interfere with other racers.

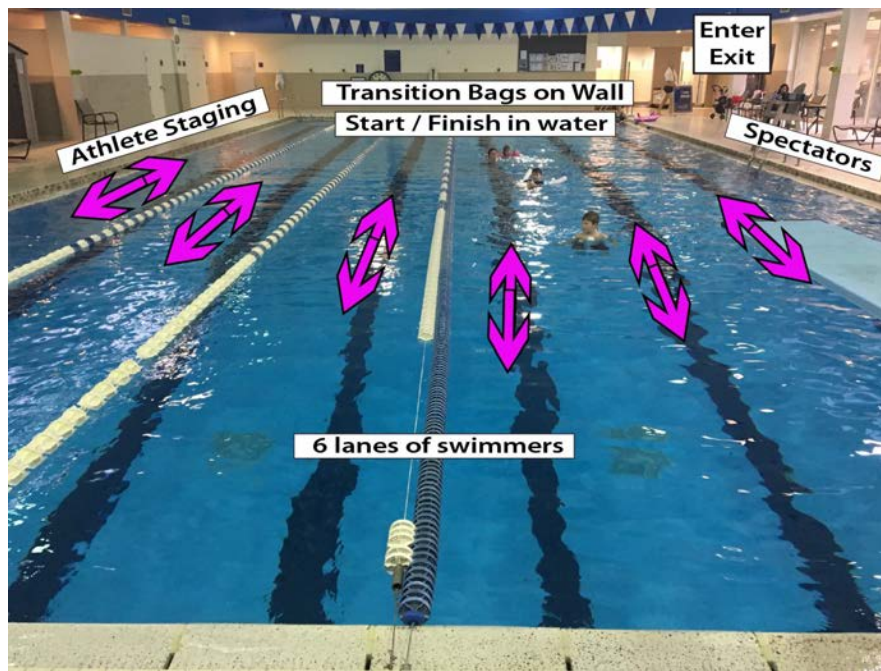
- Swimming (being in the water) with the athlete in the Age 4-6 Race only. You may not be in the water for the Age Groups as there will be 2 athletes to a lane and you could interfere with another racer.
- Carrying the athlete's items and/or providing the athlete with food, drink, or other race supplies.
- **NOTE:** These actions may violate official USAT guidelines and may not be allowed in other USAT sanctioned races. We make an exception for these rules because we have so many beginners in this event and we want our young racers to be safe on course.

If an athlete is unable to complete one segment of the race, they may drop out of that segment and continue on in the race. In this case the athlete will be DQed, but can still continue. They will not be eligible for any awards, but can earn a finish time. Please inform a staff member that your athlete did not complete the course.

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## The Swim (Leg 1 for the Triathlon & Splash and Dash ONLY)

- Be sure to arrive on the pool deck at least 15 minutes before the start of your wave. Everyone will start in the water closest to the pool entrance (farthest from the diving board).
- Athletes will place their transition bags on the side of the pool during the swim leg. Athletes will provide their own food and drink during this leg of the race, which can be placed on the side of the pool.
- Athletes will start in waves and may have another swimmer in their lane. In this case swimmers will be expected to swim on one side of the lane, allowing the other swimmer to use the other side of the lane. All athletes in each wave will start at the same time.
- All swims will be in the pool.
  - For the 600m swim athletes must swim 12 laps or 24 lengths in a 25m pool.
  - For the 200m swim athletes must swim 4 laps or 8 lengths in a 25m pool.
  - For the 100m swim athletes must swim 2 laps or 4 lengths in a 25m pool.
  - For the 50m swim athletes must swim 1 lap or 2 lengths in a 25m pool.
- Volunteers will count laps to ensure people swim the entire distance. On your last lap the volunteer will place a kickboard in the water to signal you have one more lap to swim.
- Athletes must complete the swim in the allotted time frame. Those who do not will be disqualified from the race, and be asked to stop the swim. You can then proceed to the next part of your race, but you will not be eligible for awards and will not receive an overall finishing time.
  - Triathletes must finish in 18-minutes
  - Ages 11-15 youth, must finish the 200m swim in 10 minutes or less
  - Ages 7-10 youth, must finish the 100m swim in 5 minutes or less
  - Ages 4-6 youth, must finish the 50m swim in 5 minutes or less



## The 2k Erg (Leg 1 for the Ergathlon ONLY)

- Be sure to arrive on the outdoor pool deck at least 15 minutes before the start of your wave. Everyone will start in the tent on the pool deck, next to the outdoor pool.
- Athletes will place their transition bags on the side of the erg during this segment. Athletes will provide their own food and drink during this leg of the race, which can be placed on the side of the erg.
- Athletes will start in waves; waves are limited to 4 per wave.
- You will have 18 minutes to complete a 2k erg on your indoor rowing machine.
- Athletes must complete the erg in the allotted time frame. Those who do not will be disqualified from the race, and be asked to stop the erg. You can then proceed to the next part of your race, but you will not be eligible for awards and will not receive an overall finishing time.
- Once you have reached 2k, raise your hand. A volunteer will come by and verify your distance.
- Once a volunteer has verified that you have completed all 2k, you may grab your transition bag and move to the cycling portion of your event.

## 1.5ml Duathlon Run (Leg 1 for the Duathlon ONLY)

- Be sure to arrive at the start line (at the front of the Club) at least 15 minutes before the start of your wave. Everyone in your wave will start at the same time.
- Athletes will place their transition bags in a designated area in the cycling tent.
- Athletes will provide their own food and drink during this leg of the race, which can be placed on the side of the erg.
- Once you have finished the 1.5ml out and back, proceed to the cycling tent for the next leg of your race.

## Transition 1 (Triathlon, Ergathlon, Duathlon & Splash and Dash)

- Once you complete first leg of your event, you will transition to the next segment of the race.
  - Triathletes will exit the water, collect your transition bag (take it with you) and move to the cycling tent on the pool deck adjacent to the pool.
  - Ergathletes will move right from the ergs to the bikes.

- Duathletes will finish their first run and go straight to the cycling tent. Athletes can pick up transition bags in the cycling tent, and transition as needed. Athletes will follow signs to the cycling tent from the run.
  - Those in the Splash and Dash will exit the water, change clothes and proceed straight to the run. Volunteers will collect the transition bags for these athletes and place them in the designated bag storage area. The run starts outside the pool deck; athletes will exit the pool deck and follow signs to the run course.
  - Athletes needing to change clothes may use the locker rooms between race segments. Remember, the clock does not stop during transition, so be aware of your time. Additionally, you must walk when you are inside the club (but you can run outside the club). This is for your safety. Anyone caught running inside the club will receive a 2-minute time penalty.
  - Please take your transition bag to your next segment unless you are going out to the run course. If proceeding to the run course, leave your transition bag outside the bag check station on your way to the run course.
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## **10-mile Bike: Heated Cycling Tent on Outdoor Pool Deck (Triathlon, Duathlon & Ergathlon ONLY)**

- The heated cycling tent will be on the outdoor pool deck. Please follow the signs to this area.
  - Once you enter the tent, a staff member will assign you a bike.
  - Place your transition bag next to your bike and set-up your bike. The bikes will have Shimano SPD clip in pedals or toe cages. Each bike will also have a computer that will track your mileage. Athletes will provide their own food and drink during this leg of the race and racers are responsible for setting up your own bike. Volunteers will be on hand to assist you.
  - The 10-mile bike is complete when your bike computer reaches the 10-mile mark. Once you have reached 10 miles, raise your hand. A volunteer will come by and verify your mileage.
  - Athletes must complete the bike in less than 45-minutes. Those who do not will be disqualified from the race, and be asked to stop. You can then proceed to the run and finish the race. You will not be eligible for awards and will not receive an overall finishing time.
  - Once a volunteer has verified that you have completed all 10-miles, dismount your bike, and proceed to the run.
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## **Transition 2 (Triathlon, Duathlon & Ergathlon ONLY)**

- You may transition in the cycling tent or proceed to the locker rooms. Athletes needing to change clothes may use the locker rooms between race segments. Remember, the clock does not stop during transition, so be aware of your time. Additionally, you must walk when you are inside the club (but you can run outside the club). This is for your safety. Anyone caught running inside the club will receive a 2-minute time penalty.
  - Leave your transition bag next to your bike or if you proceeded to the locker rooms, bring your bag to the bag check before leaving on your run.
  - Please follow the signs from the outdoor pool deck to the parking lots to the run course.
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## **The Run (ALL Races)**

- The 5k run will be outdoors, so please dress accordingly. The 5k run course will be on the streets of Columbus and monitored by police and volunteers. The run course can be found at:  
<http://www.mapmyrun.com/routes/view/1470878419>

### **Run Course NOTES:**

- We will be closing only the LEFT lane on Eastbound Hayden Road, starting at second parking lot at Premier through to Bethel Road. Additionally we will close Bethel Road from Hayden to Riverside.



- When running on Hayden Road, athletes will run on the sidewalk outbound (East), and return on the the road (West). On Bethel, athlete will remain on the Westbound Lane in both directions.

#### **Run Course Step by Step Directions:**

- Exit the pool deck and run into the Premier parking lot. Proceed past the Start/Finish arch running East on the Hayden Run sidewalk.
  - Continue running East on the Sidewalk.
  - At Bethel Road turn Right on Bethel Road.
  - Run to Riverside Drive and turn around.
  - Proceed back the way you came.
  - You will complete 1 lap for the 1.5-mile, and 2 laps for the 5k.
  - The turn around to the next lap is at the second (middle) parking lot entrance at Premier.
  - Please follow the signs, cones and chalk on course.
  - There will be 2 aid stations on course at approximately the .75 and 1.5 mile marks.
  - Once you have completed your run, cross the finish line and your time will stop.
  - Proceed inside the club, retrieve your transition bag from the bag check, and enjoy our post race refreshments.
  - All runners must complete the run course 2 hours after the start of the last wave.
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### **Post Race Party: Food, Drink, Awards and Photo Booth**

- Once you have completed your course, please join us for the post race party.
- We will have food and drinks inside Premier.
- Additionally you can get pictures at our photo booth inside the Premier lobby.

The male and female with the fastest overall time in the following races will be invited to a luncheon on Sunday, where they will get to meet and be photographed with Arnold Schwarzenegger:

- Triathlon overall male and female winner
- Duathlon overall male and female winner
- Ergathlon overall male and female winner
- Youth Splash and Dash, Ages 11-15, overall male and female winner

# Arnold Indoor Multisport Championships:

Triathlon, Ergathon, Duathlon & Youth Splash n' Dash



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