

ARNOLD SPORTS FESTIVAL
CELEBRATING

30 YEARS

1989-2018



BUILD YOURSELF™

Saturday
**MARCH
3, 2018**

COLUMBUS, OH USA

ARNOLD



ARNOLD INDOOR TRIATHLON & MULTISPORT CHAMPIONSHIPS

Premier at Sawmill Athletic Club, 3111 Hayden Rd, Columbus • Waves from 7:00 am - 2:00 pm

Triathlon, Duathlon & Ergathlon

- **Triathlon:** 600m swim, 10-mile spin & 5K run
- **Duathlon:** 1.5 mile run, 10-mile spin & 5K run
- **Ergathlon:** 2k erg, 10-mile spin & 5K run

NEW YOUTH Splash & Dash

- **Splash & Dash (Ages 11-15):** 200m swim & 2K run
- **Splash & Dash (Ages 7-10):** 100m swim & 1K run
- **Splash & Dash (Ages 4-6):** 50m swim & 0.5 mile run

Questions to Chair Mick at mick@zoomracingusa.com



www.ArnoldSportsFestival.com

SPECTATOR ADMISSION: This event is free to all spectators. Athletes must register in advance for this event online at <http://www.arnoldsportsfestival.com/sports-and-events/olympic-sports/indoor-triathlon/> Event registration includes access to the Arnold Fitness EXPO and most events at the Columbus Convention Center as well as access to the Arnold SportsWorld and events at the Ohio Expo Center.

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://www.arnoldsportsfestival.com/sports-and-events/olympic-sports/indoor-triathlon/>

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/1-mile run
- Splash & Dash for Youth Ages 7-10 = 100m swim/0.5ml run
- Splash & Dash for Youth Ages 4-6 = 50m swim/0.5ml run

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
 - Triathlon Waves 1-3: 7:00-7:40 a.m. (Pre-race meeting 6:45 a.m.)
 - Waves 1 = 7:00 a.m., Wave 2 = 7:20 a.m. & Wave 3 = 7:40 a.m.
 - Triathlon Waves 4-6: 8:00-8:40 a.m. (Pre-race meeting 7:45 a.m.)
 - Waves 4 = 8:00 a.m., Wave 5 = 8:20 a.m. & Wave 6 = 8:40 a.m.
 - Triathlon Waves 7-9: 9:00-9:40 a.m. (Pre-race meeting 8:45 a.m.)
 - Waves 7 = 9:00 a.m., Wave 8 = 9:20 a.m. & Wave 9 = 9:40 a.m.
 - Triathlon Waves: 10-12: 10:00-10:40 a.m. (Pre-race meeting 9:45 a.m.)
 - Waves 10 = 10:00 a.m., Wave 11 = 10:20 a.m. & Wave 12 = 10:40 a.m.
 - 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: Duathlon Waves Start. Waves are mass starts with 26 duathletes per wave.
 - a. Duathlon Wave 22: 12:00 p.m. (Pre-race meeting 11:45 a.m. at the Start/Finish arch)
- 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: Splash & Dash Waves
 - a. All waves begin at 12:00pm on the pool deck and the pre-race meeting is at 11:45am on the pool deck.
 - i. 11-15 youth = 200m swim/1-mile run
 - 1. There may be 2 athletes per lane.
 - ii. 7-10 youth = 100m swim/0.5ml run
 - 1. There will be 1 athlete per lane.
 - iii. 4-6 youth 50m swim/0.5ml run
 - 1. There will be 1 athlete 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.

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 in the lobby of Premier at Sawmill Athletic Club on starting on Thursday. Please call the club to arrange pass pick-up (614) 336-2582 if you are picking up your pass before Saturday.

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 may purchased event shirts for \$10 at the registration table if available.

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
-

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
-

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 an hour before your event to ensure that you have plenty of time.
-

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.
-

Bag Check Station

- Our bag check station will be next to the Spin room. 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. Athletes can also store additional bags there before and during the event.

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.

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 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 Ergathlon will be outside the Spin Room / Studio adjacent the locker rooms and registration area.
- 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.

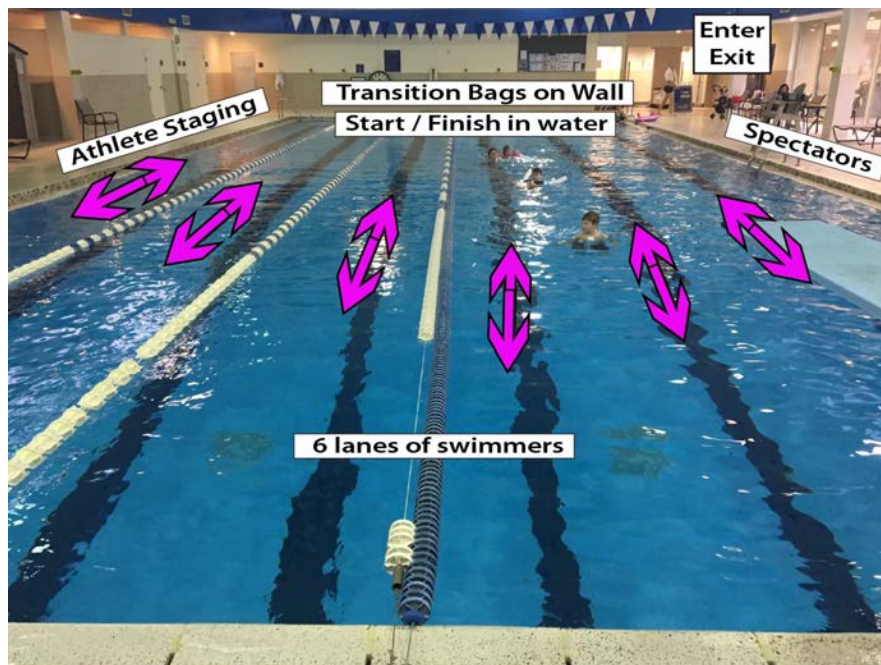
The Role of Parents for the Splash and Dash

- Parents/Guardians may support their athletes during the Splash and Dash, especially with the younger racers.
- Parental/Guardian support is limited to the following:
 - Parental/Guardians may walking alongside the athlete. You may not interfere with other racers.
 - Parental/Guardians may swim (being in the water) with the athlete in the Age 4-6 Race and may be in the water for the other youth they are assigned 1 athlete per lane. See the starter if you plan to be in the water with your athlete.
 - Parental/Guardians may 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.

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 at the starting area (in front of the Spin Studio) at least 15 minutes before the start of your wave. Everyone will start inside the club, in front of the Spin Studio.
 - 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 should visit the bag check area before the start and place their transition bags in the bag check area. The bag check is next to the spin room adjacent registration and the locker rooms.
 - For your race you will complete 1 and ½ laps on the course.
 - Once you have finished follow the signs back into the club (around back) and up to the Spin studio.
-

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.

- **Triathlon Transition 1:**
 - Once you complete the swim, exit the water, collect your transition bag (take it with you) and you will be going through the family locker rooms to the bike area. You can transition on the pool deck on in the locker room or in the family locker room.
 - Exit the pool area through the doors opposite the diving board. Take an immediate RIGHT toward the family locker room. Go through a set of glass doors, down a short set of stairs and take a LEFT into the family locker room. Move through the family locker room exiting onto the Main Fitness Floor. Take an immediate LEFT and follow the walkway along the wall.
 - You will come to set of stairs on your LEFT; ascent the stair 2 floors to the Spin Studio. Be careful on the stairs as there may be athletes coming down them as well.
- **Ergathlon Transition 1:** Ergathletes will move right from the ergs to the bikes because you will be right outside the Spin Studio.
- **Duathlon Transition 1:**
 - As you approach the start/finish line you will follow the signs that say to the bike.
 - Cross under the finish arch and run through the parking lot.
 - Take a LEFT in the parking lot, and run South towards the outdoor pool area.
 - Enter the on the sidewalk and go LEFT, running East, behind the pool area and behind the club.
 - Enter the club through the back door, turning LEFT into club. There will be a sign and flag there.
 - Go straight through the fitness floor, then turn RIGHT towards the racquetball courts.
 - Make and immediate LEFT and ascent the stair 2 floors to the Spin Studio. Be careful on the stairs as there may be athletes coming down them as well.
 - The bag check is next to the spin room, so you can access your bags there in the area marked Duathlete bag check.

- **Splash & Dash Transition 1:**

- Once you complete the swim, exit the water, collect your transition bag (take it with you) and you will be going through the family locker rooms to the bike area. You can transition on the pool deck on in the locker room or in the family locker room.
- Exit the pool area through the doors opposite the diving board. Take an immediate RIGHT toward the family locker room. Go through a set of glass doors, down a short set of stairs and take a LEFT into the family locker room. Move through the family locker room exiting onto the Main Fitness Floor. Take an immediate LEFT and follow the walkway along the wall. In the middle of the fitness room floor you will see signs and flags directing you to the run.
- Take a RIGHT and to pass through the fitness equipment and leave the gym by the backdoor.
- Proceed out the backdoors of the club and following the signs, go around to the front of the building., Pass under the run start / finish line; this will begin your run time.

- **Other Information for all races**

- You must walk inside the club during all transitions between segments. Anyone caught running during transition will receive a 2 minute time penalty.
- 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 family locker room and a volunteer will take it to the bag check for you.

10-mile Bike: Spin Studio Inside Premier (Triathlon, Duathlon & Ergathlon ONLY)

- 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, grab your transition bag and exit the studio through the same door as before.

Transition 2 (Triathlon, Duathlon & Ergathlon ONLY)

- You can transition at your bike station or outside the bike studio.
- As you leave the bike segment, there will be a transition bag drop area. Leave your transition bag here. A volunteer will take your bag to the bag check (across from the registration table). Once you finish your race, you can claim your transition bag there.
- You will then proceed to the run course. You must walk during this transition. Anyone caught running will receive a 2 minute time penalty.
- Proceed out of the Spin Studio and go back down the stairs; the stair will be on your RIGHT. Descend to the bottom. Take a RIGHT and to pass through the fitness equipment and leave the gym by the backdoor.
- Proceed out the backdoors of the club and following the signs, run around the building to the front of Premier. Go under the start finish arch and proceed past the front of the club. This is the start of the run course.

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/1960914644>
- 1 lap of the course is approximately 1-mile. Athletes will complete 3 laps on the course for the 5k, 1 lap on the course for the 1-mile and ½ lap on the course for the ½ mile run. To get 1.5mls you will complete 1 and ½ laps.
- We will be closing only the LEFT lane on Eastbound Hayden Road from Riverside to Old Bethel Road. Athletes will be running in the closed lanes for the entire run. Please keep the cones on your LEFT going out and on the RIGHT coming back. You MUST stay on the RIGHT of the closed lane out and back.

TRI, DU & ERG Run Course Step by Step Directions:

- Proceed out the backdoors of the club and run around to the front of the club. Follow the signs.
- Go under the start finish arch and proceed past the front of the club. This is the start of the run course.
- The course is a loop on Hayden Road.
- Turn RIGHT onto Hayden Road, and keep the cones on your LEFT. Stay in the RIGHT side of the lane, closest to the sidewalk. Run East.
- At Bethel Road turn around and run West back the way you came.
- For the 1/2 ml run, go back to the start line, entering the Premier parking lot to Finish.
- For the 1-mile run or loops, continue past Premier and run to West to Riverside Drive.
- At Riverside, turn around and proceed back towards Premier.
- To complete the loop or on your final lap go back into the Premier parkings lots for the Finish.
- If you are continuing onto another lap, keep running East on Hayden and repeat the loop.
- For our duathletes, you will run past the Start/Finish arch, through the parking lot, around to the back of the club, into the back door following the signs to the Spin Studio.

COURSE NOTES

- Please follow the signs, cones and chalk on course.
- There will be 1 aid stations on course which you can visit on the way out and on the way back on course.
- 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.

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, Ergathlon, Duathlon & Youth Splash n' Dash

