How should I train for this event?

Swimming

- Participate in water exercise classes.
- Lap swim, water walk, use the kickboard.

Running/Walking

- Walk or run on the track, the perimeter a gymnasium, outdoors, at the mall.
- Walk or run on a treadmill.
- Use an elliptical or cross-trainer.

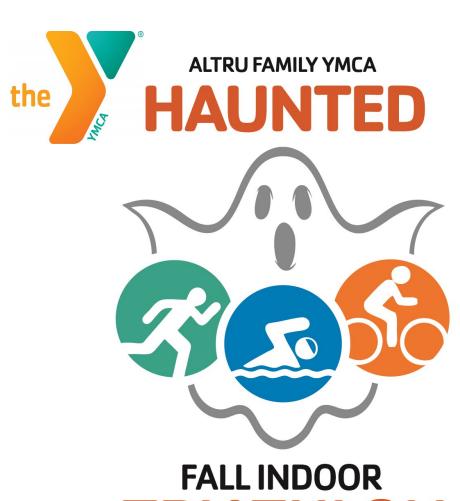
Cycling

- Attend indoor group cycling classes.
- Cycle on the upright or recumbent bikes in the fitness center.
- Cycle outdoors weather permitting.

Other activities may be done to compliment your training such as strength training/weight lifting, core classes, cardio classes, yoga/Pilates, and others. Consider hiring a Personal Fitness Trainer. Most importantly, HAVE FUN!

Check out the YMCA Group Fitness Schedule for information on classes and lap/family swim times.





FALL INDOOR TRIATHLON

October 29, 2022



Saturday, October 29th, 2022

First Wave: 8:00 a.m.

Altru Family YMCA • 215 N 7th St • Grand Forks, ND (701) 775-2586 • www.gfymca.org



Start your fall off right with an indoor adventure! Swim, bike and run/walk in the comfort of the indoors. You can seriously push yourself or take it at a slower pace. or somewhere in-between. This event is also a great first-time triathlon.

How does it work?

The race is conducted in waves of 5 people. You will be with the same wave (group) during all three events. Waves start every 25 minutes.

First you will swim or walk laps in the pool for 15 minutes while a Y volunteer ondeck counts your laps. If you are not a strong swimmer that's ok - you can use any stroke, kick with a kickboard, or water walk. Aqua belts are also available to use while training and during the event.

Next, you'll go to the locker room and change (you'll have at least 15 minutes) and head to the treadmill and complete a 20 minute walk or run. A volunteer will be stationed in the Fitness Center to help with runners/walkers.

Finally, you will head down to the mini gym. You'll ride as a group for 20 minutes, pedaling at the pace you feel comfortable with. Your mileage will be tracked on the bike's computer and will be recorded.

Top finishers are decided by a percentage conversion of the total number of laps and miles per competitor.

Divisions

Youth Junior: 8-12 15minute Swim. 20 Minute Run. 20 Minute Bike Youth Senior: 13-16 15 minute Swim, 20 Minute Run, 20 Minute Bike Adult: 16+ 15 Minute Swim, 20 Minute Run, 20 Minute Bike

Registration Details

- Ages: Adult / Youth (who are tall enough to ride the Keiser bikes and physically able to complete all three events).
- Waves will be assigned based on division.
- Pre-registrations will be accepted until 4:00 pm on Friday, October 28th..
- Same day registrations are possible if all heats are not filled.
- A YMCA representative will call you with instructions a few days prior to race day to confirm your starting time, and answer any questions you may have.
- For more information please call Adam Sorum at 701-775-2586.



Prizes will be awarded to the top three male and female finishers in each division. Each participant will receive a T-shirt and a participation medal. Refreshments and snacks will be provided.

ALTRU FAMILY October 29th 2	/MCA 2ND ANNUAL F/	ALL INDOOR TRIATH	HLON
REGISTRATION			PLEASE PRINT
FIRST & LAST NA	ME		
☐ MALE	☐ FEMALE	AGE	
ADDRESS			
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T-SHIRT SIZE (CI	RCLE ONE): YS YM	YL S M L	XL XXL XXXI
COMPETETIVE L	EVEL: Light	☐ Moderate	☐ High
FEE: \$30 PER PEI	RSON		
PARTICIPANT	WΔIVER		
I am entering this	event at my own risk and	•	, ,
	ect or indirect result of m nd administrators, waive		
claims for damage	es or injuries I may have a ents, representatives, dire	gainst the Altru Famil	y YMCA and its
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consequent risk to my health and that I have made adequate preparations to compete. I also give permission for the free use of my name and/or picture in a photograph, broadcast or other account of this event.

Participant Signature *Parental signature for participant under age 18*:

Office Use Only			
DATE	PAYMENT RECEIVED BY		
□CHECK	□CASH	□CREDIT CARD	
AMOUNT: \$30			