



ATHLETE GUIDE

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WELCOME MESSAGE

Welcome Athletes!

Thank you for taking part in the 2025 Indoor Triathlon! This year we have 72 athletes participating with a wide variety of triathlon experience. This event is great for beginner triathletes looking to try a triathlon without having all of the gear as well as for triathletes looking for a hard workout or event to train for during the winter months. The event is put on by MIT Recreation in Cambridge, MA and takes place entirely indoors at Alumni Pool and Wang Fitness Center (6 Vassar St.).

Here are some tips to be successful on race day:

- Make sure to properly fuel yourself prior to the race; we will also have plenty of healthy snacks and drinks to keep you fueled and hydrated during and after the race.
- Make sure to thank all the staff and volunteers who helped make the Winter Tri possible.
- Give yourself plenty of time on race morning to find parking, the facility, familiarize yourself with the set-up, and warm-up as needed.
- Most importantly, have fun!

We are looking forward to seeing you on the 8th!

Good Luck,
Emily Lin & the Fitness Team

SPONSORS

THANK YOU to our sponsor, **MATRIX**, for providing beautiful treadmills and for contributing funds to organize this event!

The logo for MATRIX is displayed in a large, bold, black, sans-serif font. The letter 'A' is stylized with a red dot positioned at the bottom center of its triangular shape.

OFFICIAL SCHEDULE OF EVENTS

8:15 am Alumni Pool & Wang Fitness Center (Building 57) Doors Opens

8:15 am Athlete Lounge Opens

9:00 am Heat 1 Starts

9:25 am Heat 2 Starts

9:50 am Heat 3 Starts

10:15 am Heat 4 Starts

10:40 am Heat 5 Starts

11:05 am Heat 6 Starts

11:30 am Heat 7 Starts

11:55 am Heat 8 Starts

12:20 pm Heat 9 Starts

12:45 pm Heat 10 Starts

1:10 pm Heat 11 Starts

1:35 pm Heat 12 Starts

2:50 pm Winter Tri Ends

4:00 pm Alumni Pool & Wang Fitness Center Doors Close

PARKING & TRANSPORTATION

The Alumni Wang and Pool Center (Building 57) is located at 6 Vassar St, within the Stata Center just behind 32 Vassar Street near Kendall Square. Easily accessible by public transit through the Red Line, Kendall/MIT stop. We apologize in advance, parking has become extremely limited on campus, so we strongly recommend using public transportation or a ride-sharing option. If you do drive to campus, please allow extra time to find parking. There are parking meters in the area as well. To park, use the Albany Garage (20 Albany Street). Parking rates are posted at the entrance. Must pay in the form of Debit/Credit. NO CASH. If parking, give yourself an extra 10-15 minutes to walk to the Alumni-Wang Center.

For more information on parking, rates, and directions, please refer to the [MIT RecSports website](#).

ATHLETE CHECK-IN

Doors to the Alumni Wang and Pool Center will open at 8:15 am on Saturday, March 8th. This facility is closed to only Winter Tri athletes and spectators. All athletes will be asked to present an ID at check-in. Upon checking in, athletes will receive a T-shirt, swim cap, and a shower towel (as needed).

We recommend athletes arrive at least 30-45 minutes before their heat starts. There will be a maximum of 6 athletes per heat with a total of 10 heats.

Winter Tri is based on time verses distance, meaning athletes are given a specific timeframe for each discipline and athletes go as far as they can in that given timeframe.

- Swim = 15 minutes
- Transition 1 = 10 minutes
- Bike = 25 minutes
- Transition 2 = 5 minutes
- Run = 20 minutes

Volunteers from the MIT Triathlon Club will be tracking participant's distances.

BODY MARKING

There is no body marking for this event.

LOCKER ROOMS

There are men's and women's locker rooms for athletes to store their belongings during the day. Bring a combination lock for your belongings to be secure during the event.

Please be courteous with your time and space in the locker rooms as athletes will be prepping to race, racing, and showering throughout the entire day.

TRANSITION AREAS

The locker rooms will serve as the transition areas. Athletes will be given 10 minutes between swim & bike (T1) and 5 minutes between bike & run (T2). This gives athletes enough time to remain safe within the facility, time to change should you wish, and set-up your equipment for the next leg of the race.

There is NO running allowed on the pool deck, in the locker rooms, or throughout the facility. Please save your running for the treadmills!

SWIM

The swimming leg takes place in a 25-yard pool. One length of the pool = 25 yards. Each length during the 15 minutes will be tracked by a volunteer. Each athlete will have their own lane. Athletes can swim using any stroke they wish during the race.

Athletes will be able to start on the wall in the water, or can do a gentle, shallow diving start. Starting blocks will not be provided.

Wetsuits, kickboards, pull buoys, paddles, and fins will not be allowed.

Goggles will not be provided, however we suggest athletes bring one. They will be for sale at Athlete Check-in. Spring Goggles = \$12 & Blackhawk Goggles = \$25

T1

No running on the pool deck, hallways, or locker rooms. We have provided longer transition times for the safety of athletes.

At the completion of 15 minutes in the pool, athletes will have 10 minutes until the start of their bike leg. This is enough time to quickly change (if you choose) and get to the spin room (just above Athlete Check-In) to set-up your bike.

If you get to the spin room during transition time, you can begin to bike (and we encourage you to get used to the bikes), but your distance will not count until the official start of the bike leg. We encourage athletes to try to arrive 3-5 minutes before your bike start time in order to adjust your bike.

BIKE

The bike leg takes place on Schwinn Z Bikes and will last for 25 minutes. Volunteers will record your distance. The pedals have shoe cages for athletes with running shoes and SPD clips for athletes with bike shoes. Music will be played in the spin studio.

Timing Your Ride:

- Find a comfortable bike fit, then start pedaling. The computer should turn on.
- The screen will have less data than shown on the diagram below. The red number represents power, in watts. RPM is speed, in revolutions per minute.
- The volunteer calls out a start and stop time in unison, including a 60 second warning and ten second countdown for riders to conclude the heat.
- Riders will hit the bottom left button that looks like a track, under the orange calories number. This will start timing your 25 minutes under the 'Current' column. When the volunteer counts down 10 seconds, riders will prepare to hit the bottom left button one more time. Distance is the middle number in line with the green row.
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Safety Notes:

- Please make sure to tighten your foot straps for stability.
- There is a red resistance knob in the middle of the bike. Turn right, or clockwise, to increase the resistance or feedback from the bike. Turn left, or counterclockwise to lower the resistance.
- Athletes found bouncing out of the saddle will be asked to add more resistance for their safety.

Bike distance is determined by power, as measured by 4iiii power meters in the bike crank arm. Upon the completion of each heat, volunteers will wipe down all bikes.



T2

At the completion of 25 minutes on the bikes, athletes will have 5 minutes until the start of their run leg. This is enough time to change shoes (as needed) and get to the fitness center to set-up your treadmill. If you get to the fitness center during transition time, you can begin to run, but your distance will not count until the official start of the run leg.

RUN

The run leg takes place on MATRIX and Precor Treadmills. Volunteers will track your distance. Participants will have to set their treadmill to a minimum incline of 1.0 (mimicking running on flat road). These treadmills can all reach a maximum speed of 12 mph. Below are the specific machines that will be used:

- 4 Matrix, 2 Precor (2nd row cardio)
- #22, 34, 71, 14, 12, 11

Music will be played in the fitness center.

Upon the completion of each heat, volunteers will wipe down all treadmills.

SCORING

Scoring will be points based rather than total mileage between all three triathlon disciplines. The participant with the highest distance for each leg of the event will receive 100 points for that leg. The other competitors will receive a percentage of those points based on the distance they traveled in that leg. Each leg of the race counts equally towards the total score. Swim Points + Bike Points + Run Points = Total Score.

For example: Xavier swims the furthest distance by completing 35 lengths, so he gets 100 points for that leg. Another participant swims 30 lengths. 30 lengths divided by 35 lengths = $.85 \times 100 = 85$ points. So, that competitor receives 85 points for that leg of the event.

PRIZES

Prizes will be given to the top 3 male and female finishers.

1st place male and female = a 60 minute Massage at MIT Recreation

2nd place male and female = a 60 minute Nutrition Counseling Session

3rd place male and female = a 4-class package of Group Exercise at MIT Recreation

POST RACE

Participants may join us in the athlete lounge or recovery room until the final heat is complete and total scores are finalized. The winner will be announced by 3pm. Participants may also leave if they choose. Final rankings based on age categories will be posted online on Monday, March 10th.

VIDEO & PHOTOS

MIT Recreation marketing will be present documenting the event. They will be taking video and photos during the Winter Tri. Any photos or video footage taken may be reproduced, publicly displayed and/or publicly distributed for purposes that may include social media and video marketing promotions. If you do not want to be photographed, please notify a volunteer or at check in. We will provide wrist bands and not publish any footage you are included in.

Videos and photos are prohibited from being taken while in the locker rooms.

MUSIC

Music will be played during the bike and run legs of the race. Headphones will not be allowed during any portion of the Winter Tri.

PERSONAL BELONGINGS

Please keep all extra personal belongings not used for racing in your locker/locker room. Bring a combination lock to secure your belongings throughout the day.

LOST & FOUND

Will be located at athlete check-in.

SPECTATORS

Are more than welcome! There will be space on the pool deck and in the fitness center where spectators can cheer. Any spectators utilizing equipment or behaving inappropriately will be asked to vacate the premises.

PACKING LIST

Swim suit/ Tri suit

Goggles

Water bottle

Sports Drink

Flip Flops

Towel

Nutrition

Bike shorts/tri shorts

Lock for locker

Bike shoes w/ SPD clips (optional)

Racing shirt

Running shoes

Shower items

Extra clothes to change into

ID

