Indoor Triathlon – Pre-Race Briefing

Part 2: Run Course, Transitions, Timing, and Common Questions

The Run Course

Distances

- **Super Sprint:** 2 km (10 laps)
- **Sprint:** 5 km (25 laps)

This is a high-lap indoor run. **Lap counting is the athlete's responsibility.**

Lap Counting Strategies

- Elastic bands on your wrist, moving one per lap
- Moving your water bottle to different spots on the table
- Having a spectator count laps and call them out
- Optional volunteer-assisted **whiteboard backup**:
  - Athletes call out their name as they pass
  - A volunteer marks completed laps
  - This is a backup only; athletes remain responsible for their count

Track Lanes and Distance Accuracy

- You are **not assigned a specific lane**
- Lanes closer to the inside are shorter
- Running wide can significantly increase total distance
  - Outside lanes can add ~38 m per lap (about 19 percent more)
- Some inside lanes are not available on straightaways due to track layout
- Stanchions and cones will clearly mark:
  - Athlete lanes
  - Spectator areas
  - Finish funnel

Key reminder: Stay tight to reduce total distance, similar to road or trail racing.

Run Start, Finish, and Flow

- The run begins when you **exit the trainer zone**
- The finish line is just past the trainer zone entrance
- Your final lap ends in a clearly marked **finish chute**
- Dedicated finish lanes exist outside the numbered running lanes

After finishing:

- You'll be directed through the finish funnel
- Photos will be taken
- You'll remove your timing chip
- Prizes and post-race snacks will be available

Timing and Chips

- All athletes will receive a **timing chip on race day**

- Chips are worn on the **left ankle**
- Timing covers the entire race from swim start to run finish
- Chips are collected at the end of the race

Hydration and Gear on the Run

- A water table will be available on the track
- You may:
  - Place a bottle near the trainer zone
  - Use the track water station
  - Carry multiple bottles if desired
- Personal setup choice, similar to outdoor triathlon rules

Socks, Shoes, and Comfort

Socks vs No Socks

- Fully athlete's choice
- Recommendation: practice beforehand
- If wearing socks:
  - Dry feet quickly
  - Use Body Glide or Vaseline to reduce friction

Footwear

- Many athletes plan to use **the same shoes for bike and run**
- This is allowed and common

Watches, GPS, and Devices

- **Smartwatches are allowed**
- GPS accuracy indoors may be unreliable
- Watches are fine for timing but should not be relied on for lap counting

Bike-to-Run Transition Support

- Volunteers will assist as you finish the bike
- Your belongings will be:
  - Placed into a labeled container
  - Returned to the secure bike zone
- Athletes do **not** need to manage equipment during the race
- You are free to focus on racing once you finish

Bikes, Trainers, and Setup Support

- Demonstrations were provided for:
  - Quick release bikes
  - Thru-axle bikes
- On **Saturday check-in**, athletes can:
  - Mount their bike on a trainer

    - Spin briefly to confirm setup
    - Ask for help with gearing and fit
- Volunteers will help place bikes into appropriate gears for the course

Environment and Apparel

- The venue is warm with limited airflow
- Hydration vests are allowed but may be uncomfortable
- Athletes are encouraged to:
    - Dress light
    - Test gear in advance
    - Remove layers mid-race if needed

Spectators and Support

- Spectators may:
    - Watch from bleachers
    - Help count swim or run laps
    - Cheer throughout the course
- Clear separation between athlete and spectator zones will be enforced

Photography and Media

- Kamloops Photography Club will be on site
- An additional event photographer will capture:
    - Action shots
    - Finish line photos
- Photos will be **free to download** and posted on the website after the event

Food and Volunteers

- Volunteers will receive food vouchers
- Athlete post-race snacks will be available
- A big thank-you to volunteers supporting transitions, timing, and logistics

Final Reminders

- All key information lives on the **Indoor Triathlon website**
- Athlete letter, FAQs, and updates are posted there
- Heat sheets and briefing recordings will be added as announced