

## Hello ET Indoor Triathlon Racers,

Thank you for participating in the ET Indoor Triathlon Series at LifeStart Central Park on Sunday January 11, 2015.



### Location & Directions:

The event will take place at LifeStart Central Park. [Located at 4225 Naperville Road, Lisle, IL 60532.](#)

**Note** – LifeStart Fitness Center is within the Central Park Business Complex building. Central Park is on the southeast corner of Naperville and Warrenville Roads, just north of I-88. The club phone number for last minute directional help is [630-505-7799](tel:630-505-7799). For all other information related to the event, please [contact us](#) at Experience Triathlon at [630-430-9006](tel:630-430-9006).

### Wave Start Times:

Your wave start time can be found on the ET website at the following link: [CLICK HERE](#)

### Event Logistics:

Four athletes will start the swim every 20 minutes, and there will be one athlete per pool lane.

Each segment of the race plays out like this:

- 10 minute swim in the lap pool
- 10 minutes to transition safely from the pool to the spin bike
- 30 minute spin bike
- 5 minutes to transition from bike to run
- 20 minute run on a treadmill

We'd suggest *you arrive at least 30 minutes before your start time*. This will provide time to check-in and allow you to familiarize yourself with the locations of the pool, bike, treadmill and locker room. Central Park has lockers with key locks, showers, soap and towels for your use.

Here's a brief list of items you should consider bringing along:

- Swim suit
- Swim cap (optional)
- Swim goggles
- Short(s) for the bike and run
- Shirt(s) for the bike and run
- Shoes for the bike and run
  - Note: The spin bikes have both Shimano SPD and Shimano Ultegra (old style LOOK) pedals for those wanting to use cleated bike shoes. However, cleated shoes are not required. Normal running shoes can be used on the bikes.

- MP3 player (optional) – no overhead music will be used for the bike and run.
- Hydration of choice for the bike and run segments. We will provide bottled water and Gatorade during the race and some recovery foods.

Race results will be determined by a ranked distance calculation for each segment of the race. Results will be sent to all participants via email within two days of the event.

If you have any questions prior to the event, please send me an email.

Thanks for being part of our race. We look forward to seeing you on Sunday!

Coach Joe

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**Joe LoPresto**

Founder, Head Coach and Race Director

Experience Triathlon

Website: [www.experiencetriathlon.com](http://www.experiencetriathlon.com)

Facebook: [facebook.com/experiencetriathlon](https://facebook.com/experiencetriathlon)

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Race Director

ET Batavia Triathlon & Duathlon

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