



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Ice Breaker Triathlon

Below you will find the procedures for our 2021 Ice Breaker Triathlon, please read through the following to help us hold the best event we can.

Start & On-Deck Times

Heats begin every 30 minutes, with 1st heat beginning promptly at 6 AM. Pool doors will open 15 minutes prior to your heat start time.

Transitions

Transition times do not count towards your overall time. Participants will have up to 15 minutes to transition between legs. During your transition time you must change into dry clothes from the swim to the bike. If you aren't reported to the next leg of the event within 15 minutes you will be disqualified. Masks are required during transitions.

Settings

Swim 400 yards (200 for 12 & younger): Use of fins, pull devices, floatation devices, wetsuits or any other swim aid will disqualify participant from competing for prizes. Participants can swim any stroke of their choice.

Bike 7 miles (3.5 for 12 & younger): Gear 22 for women, Gear 30 for men, Gear 15 for 13-16 yr. olds, Gear 10 for 12 & under. These are minimum gears to be used. Bikers CAN bike at a higher gear of their choice.

Treadmill Run 2 miles (1 mile for 12 & younger): Any speed of choice with a 0% grade.

Recording Times

We will have limited volunteers during the event. Participants will be expected to report their time to the lead volunteer after each leg. A large clock will be displayed in the pool area to assist with capturing your time. Bikes and treadmills will display participant times. A core value of Girls on the Run is lead with an open heart and assume positive intent. Honesty in reporting times is expected and we thank you for your corporation.

Prizes

Prizes will be awarded in the following age categories for the top male and top female;
12 & Under 13-16 17-29 30-39 40-49 50-59 60 & over

Additionally, prizes will be given out to participants on the top finishing team.

Prizes will be awarded at the conclusion of the event.

Annual Campaign

Thanks for participating in our event! Proceeds go directly back to the children and families in our community that need it most. The Annual Campaigns supports programs such as Girls on the Run of Central Iowa, swim lessons and youth sports. If you'd like additional information regarding our Annual Campaign, or how to become more involved, please call Britt German 515-224-9901 x229

Results:

Check out our Facebook page for results, photos, and footage!