

# Time to TRIathlon at BTCC



Swim... How many yards can you swim in 10 minutes in our 25 yard pool?

Bike... How many miles can you ride for 30 minutes on a Keiser spin bike?

Run... How many miles can you run for 20 minutes on a treadmill?

How it works? Swim as fast as you can for 10 minutes in our heated pool (we will count your yards). 10 minutes to transition to our spin room. You will have 30 minutes to ride as far as you can on our Keiser bikes (bike monitors will keep track of distance). Finally, a 5 minute transition to our cardio room to run on a treadmill for 20 minutes as fast as you can. The treadmill monitor will keep track of your mileage. Winner takes all bragging rights

**Sunday, January 27<sup>th</sup>**

**7:30am - first heat**

**Member: \$15**

**Ages: 16 years and older**

**8:30am - second heat**

**Non Member: \$30**