



Frequently Asked Questions

Do I have to swim a certain stroke during?

You are allowed to swim any stroke you like and will not be penalized if you doggy paddle, touch the bottom of the pool, or even hold onto the wall/lane line.

Will I have to share a swim lane?

The plan is to put two swimmers in each lane per wave. Swimmers will split the lane and swim in their respective half. It will not be a circle swim.

Where will I change out of my swimsuit before the bike if I choose to?

You will have access to the locker rooms adjacent to the pool deck to change, if needed. There is a 5 minute transition time between swim and bike so time is limited, however.

Do I bring my own bike?

No. All participants will ride a stationary bike that is provided.

Will there be a resistance on the spin bikes?

Each bike can be adjusted to the comfort level of the participant.

I've never used a spin bike before. Can someone help get me set up?

Yes – we will have volunteers on hand to assist in getting all bikes set up and ready for the bike portion of the event.

Can I bike and/or run with headphones on?

Yes. In fact, if you have waterproof headphones, then you are also able to use them in the pool if you wish.

Will I need to have a USA Triathlon membership to participate?

Yes, this event is a USAT sanctioned race.

Are spectators allowed?

Absolutely! And encouraged. They will just have to purchase admission to the Summit & Expo to gain access into the building.

Are there refunds?

No.

When and where is packet pickup?

Packet pickup will take place on race day at the Vanderbilt University Recreation & Wellness Center. Participants are asked to arrive at least 30 minutes before their scheduled wave start.

Does my registration include access to the Summit & Expo being held in conjunction?

Yes!