



Your Athlete Guide

June 21, 2026

THANK YOU FOR CHOOSING TO BE A PART OF THE TriMuskokan!

Welcome to the **10th edition of the TriMuskokan** where our primary goal is to focus on the personal achievement of every participant, and to celebrate the journey that comes with pursuing a challenging goal. We know you've worked hard, and now you're here. Congratulations!

Believe it or not, you are an inspiration not only to the people around you, but also to our community. We watch you swim in our lakes, bike our rolling roads and run fearlessly. You inspire our community to embrace an active, healthy lifestyle and to persevere to the finish line. Thank you for your contagious enthusiasm that makes us all better

The TriMuskoka Triathlon Club is a big family made up of many first-timers and novices, as well as a few very competitive age-groupers. We love to train and play in our backyard where we are so blessed with the greatest backdrop for the amazing sport of Triathlon. If you are interested, ask anyone wearing a TriMuskoka shirt on race day, or send us an email. We would love to have you join our club in your pursuit of fun, fitness and community.

A very big 'Thank You' to all of our sponsors and the many volunteers who believe in our event, our community and you!

Whether this is your first or 100th triathlon, we hope you have an amazing experience and are looking forward to meeting all of you on race day!

Rich Trenholm and Lindsay Bishop
Race Directors

You are making a difference in our community

The TriMuskokan operates as a not-for-profit event, meaning all of the proceeds are reinvested into our community rather than the profits going into a business. We're thrilled to share that you are making a difference in a very exciting community initiative, the MSCLE Project.

Launched in 2018 by TriMuskoka, the MSCLE Project—short for *Movement for Strength, Conditioning, and Active Lifestyles for Everyone*—was conceived to embed accessible, inclusive outdoor fitness infrastructure throughout Huntsville. Built through funds raised from the TriMuskokan, Sunrise Swim for Strength, local business sponsorships, and grants, MSCLE's vision has always been to create exercise parks with bodyweight circuits, instructional signage, and multipurpose trails connected to community hubs.

In 2025, building on MSCLE's momentum, MOVE Fitness Park (meaning *Motivation, Opportunity, Vitality, Everyone*) opened officially at Avery Beach along the Hunters Bay Trail, on land generously donated and maintained by the Town of Huntsville. The video footage highlights the town's ribbon-cutting event and shows residents already using the space.

The equipment features calisthenics rigs compatible with TRX and resistance bands, a tamper-proof multi-station weight unit, and day-use instructional signage. The park also includes programming and content by local fitness professionals aimed at users of all ability levels.

[You can read more about the MOVE Fitness Parks on the MOVE website.](#)

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Planners | Surveyors | Biologists | Engineers

Committed to Community

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The Schedule of Events

[Look at this interactive Google map to see where everything is located!](#)

Start	End	Events - Saturday June 20th	Location
4:00	6:00	Athlete check-in and swag shop opens • Muskoka Bicycle Pro Shop will be there for minor adjustments/repairs • Head over to the TriMuskoka info booth in transition to have all your questions answered! • While you are there, take a look at the TriMuskokan Swag Shop to grab some other TriMuskokan goodies!	Front Lobby of the Canada Summit Center
5:00	5:30	Optional pre-race briefing Opportunity to ask any questions for race day	Roundabout by front doors to the Canada Summit Centre
Start	End	Events - Sunday June 21st	Location
6:00		Athlete Check-in and Transition Zone Opens • After you check in (if you didn't do this on the Saturday), you will go over to the transition zone where volunteers will greet you. • They will look at your bib number and: ○ confirm that it matches the number on your bike ○ Give you your timing chip ○ Mark both arms with your bib number ○ Mark the back of your right calf with your age and your gender category ■ F for female athletes ■ M for male athletes ■ ie. F25 for a female 25 year old ○ Mark your category on your left calf ■ T for triathlon athletes ■ X for relay athletes ■ SB for swim bike athletes ■ D for duathletes	Front Lobby of the Canada Summit Center
6:00		Coffee is on - Fundraiser for Huntsville Hoya Robotics Team • We will have freshly ground coffee served by our local high school robotics team.	Front entrance to the Summit Center

7:00	7:40	Pre-race meeting on the train ride down to the swim start! All athletes need to take the train. • Athletes have priority seating on the train. If there is room just before the train leaves, empty spots can be filled by spectators. Each train can hold 100 riders. • The prerace meeting will take place on the train ride down to Camp Kitchen, so please take the train rather than walking down. • The train will depart at: ○ 7:00 am ○ 7:20 am ○ 7:40 am • If you miss the last train, you will need to hustle to get down to Camp Kitchen on foot, which is a 10 minute walk.	Heritage Place Train Station
7:40		Transition Zone Closes for Short Course, Duathlon, Relays and Swim-Bike Athletes	Transition Zone
7:40		Staging of athletes at the swim start • Starting at bib #1, we will line up sequentially all the way until we get to the last bib number. • We will be lining people up in groups of 50 ○ 1-50 ○ 51-100 ○ 101-150 ○ etc • Starting at 7:50, we will bring groups of 5 into the water. There will be: ○ 5 athletes at the start line, ○ 5 athletes in the “on deck” position ○ 5 athletes in the “getting ready and excited” position	Camp Kitchen

8:00		Short Course and Swim-Bike Start • Each wave of 5 athletes will depart every 10 seconds • As the starting group leaves, the next group that was in the “on deck” position will move to the start line. And the “second on deck” position will move to the “on deck” position. Then the next group of 5 athletes that are in line waiting on the shores of Camp Kitchen will get into the water to be in the “second on deck” position. • Waves will leave every 10 seconds until everyone is on their way! • If you miss starting with your group of 5, then you jump in with another wave and then head off, but your time will have already started when you were supposed to have started. So be prepared and get in line!	Camp Kitchen
8:10		Duathlon Start	Huntsville High School Steps
8:45		Registration Closes	Front Lobby of the Canada Summit Center
8:40	9:40	Pre-race meeting on each of the train rides down to the swim start for Try-a-Tri Athletes • This is for athletes only. Spectators can jump on and fill up empty seats if there is room. Each train takes 100 riders. • The pre-race meeting will be on the train ride, so plan on taking the train rather than walking down. • The train will leave the train station at: ○ 8:40 ○ 9:00	Train Station

9:00		Transition Closes for Try-a-Tri Athletes • Make sure you have your timing chip, your swim cap and goggles with you.	Transition Zone
9:10		Staging of athletes at the swim start • Starting at the first bib number for the Try-a-Tri, we will line up sequentially all the way until we get to the last bib number. • Starting at 9:25, we will be bringing start the parade into the water where everyone remains lined up with the first athlete standing at the start line.	Camp Kitchen
9:30		Try-a-Tri Race Start • Now the fun begins! Stop biting your nails and pulling your hair out! It is time to put your training to the test! • We will start at the first bib number for the Try-a-Tri (not sure what that is yet), and then line up in numerical order on the shores of Camp Kitchen at around 9:00am ○ Then we will file into the water in that order and line up behind the start line which will be in shallow water where everyone should be able to stand ○ Starting at 9:30am, we will send two participants off every 5 seconds down the river from the starting line. ○ If you miss your start time ... no problem, just jump in line and start, but your time starts when you were supposed to be at the start line!	Camp Kitchen
11:00 (ish)		Transition opens SUPER IMPORTANT... PLEASE BE PATIENT, KIND, AND UNDERSTANDING. This time is approximate and will only open once the last runner of either the short course or the	Transition Zone

		try-a-tri leaves transition to head to the run course. The transition will remain closed until this point to ensure that all cyclists are back safely. Our announcer will let you know when transition is open and there is a dedicated place that you can enter and exit from as volunteers will be checking your race bib against the sticker on your bike that identifies your bike as yours. IF YOU KNOW YOU NEED PERSONAL ITEMS OUT OF TRANSITION BEFORE THIS POINT, PLEASE ENSURE YOU PUT YOUR NON-ESSENTIALS IN A BAG AND PUT THAT BAG ALONG THE BARRICADE OF THE TRANSITION. BETTER YET, GIVE IT TO A FRIEND OR FAMILY MEMBER.	
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PRE-RACE INFORMATION

Emergency Number Plan

Prior to departing for the race, be sure to establish a communications plan with family and friends back home. Even if you are in Huntsville with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

Athlete Check-In

Saturday June 21st: 4:00pm - 6:00pm

Sunday June 22nd: 6:00am

Front lobby of the Canada Summit Center

([click here for a pin drop for your map while driving here](#))

20 Park Drive, Huntsville, ON, P1H 1P5

Your Race Kit will include the following;

- Your race bib
- An armband with your bib number on it to go around the seat post of your bike.
- Swim Cap with your bib number on it.
- Your amazing swag

It is recommended to check-in on Saturday as it means there is one less thing to do on Sunday. If you can't make it Saturday, no sweat! Come at least 75 minutes before your start time on Sunday to complete your check-in.

Walk around, get a feel for the race, take a couple of selfies (#trimuskokan and @trimuskoka if you please!) and then if you have questions or want the personal walk through, join us at the front doors to the Canada Summit Centre at 5:00pm for an informal Q&A and walk around. We'll also have some limited edition TriMuskokan trucker caps and race belts for sale.

TriMuskokan Swag Shop

It is all about the swag! On the way out of the check in area, we have an awesome swag shop with some unique items that we sell at the races. We prefer credit or debit, but in a pinch we will accept cash.

The TriMuskokan gear in the swag shop each year is based on requests from our participants. This year we are selling:

- Trucker Hats: \$35

- Quick Release Race Belts: \$15
- Beer Glasses: \$5
- Insulated coffee travel mugs: \$30
- Towels: \$40
- Socks: \$15
- Water bottles: \$15
- Gels
- Sport drink crystals (f2c)

Timing chips

- After you get through the check in on Saturday or Sunday, you will get your timing chip as you bring your bike into the transition zone.
 - You will need to show the volunteer your race bib
 - There is one entrance to transition and the volunteers will be working feverishly to get you your timing chip and your body marked up
- Your race will be professionally timed using a reusable ankle chip – just strap it onto your **fastest ankle** (you know the one).
- A few important things to remember:
 - This timing chip is **reusable**, not a souvenir.
 - There's a **\$100 replacement fee** if it's not returned – and we'd rather you spend that on something fun.
 - Please make sure it's **securely fastened to your ankle** before you start.
 - After crossing the finish line, return the chip to a **volunteer or the timing team** in the chute.
- Thanks for helping us keep things running smoothly – and on time!

Body Marking

- After you get your timing chip we will be marking your arms and legs up with fat black markers. Here is how we will do it:
 - We will mark both arms with your bib number
 - We will mark the back of your right calf with your age and your gender category
 - F for female athletes
 - M for male athletes
 - Ie. F25 for a female 25 year old
 - Lastly, we will mark your category on your left calf
 - T for triathlon athletes
 - X for relay athletes
 - SB for swim bike athletes
 - D for duathletes

Wetsuit Rental

While we will not have any wetsuits to rent ourselves, there are a couple of options:

1. Ask around on Facebook to see if anyone is selling theirs. Try local triathlon clubs on Facebook pages, the TriMuskoka Facebook group, and Marketplace.
2. Consider purchasing one. Usually Xterra wetsuits and Seventeen wetsuits are reasonably priced ones to start with.
3. Here are some companies that rent wetsuits in Ontario:
 - a. Toronto: [Endurosport](#)
 - b. Collingwood: [VO2 Sports](#)
 - c. Ottawa: [Fresh Air Experience](#)
 - d. North Bay: [Sports Basement](#)

RACE DAY

Parking

There are several parking areas at the Summit Centre, within a 5-minute walk to the athlete check in desk and transition area:

- **We have two on site parking spots that are first come first served:**
 - a. **Lower High School Parking Lot:** this is a parking lot that is as soon as you turn onto Park Drive to head into the Summit Centre and is across from Alberto's Salon and Spa. It fills up early so make sure you arrive early if you want to park there.
 - b. **Muskoka Heritage Place:** At Muskoka Heritage Place, at the south entrance to the Summit Centre. We ask that you do not leave this location until all of the cyclists are back from the bike course as they share a common entrance.
- **Parking for individuals with mobility issues:** we realize that some of the family members coming to cheer might need to park on site for mobility issues. We have a limited number of parking spaces reserved in a separate parking lot close to the action for them. When they arrive, they will need to present their handicap parking pass to the parking volunteers and they will be escorted to the parking area.
- **Residential Streets:** In the residential side streets just west of the Summit Centre (across Brunel Rd). There are many legal nearby spots, but please respect the "No Parking" signs, and if don't you might get a parking ticket!

[To see parking locations on an interactive Google Map, click here](#)

Purple means you can park there. Red means you can't.

Please note that the Summit Centre is still open for other members of our community and so we ask that you park in the designated areas described above. Thank you for your understanding and cooperation!

Race Morning Schedule

If you didn't do it on Saturday, go do your check-In.

If you did not check-in Saturday, go to the check-in line inside the Huntsville High School in the cafeteria. Just go in the main doors. There, you will get your race kit which includes the timing chip, your race bib, bike sticker, swim cap, timing chip and swag.

Your timing chip will be in your check-in packet. **Do not lose it!!!! If you do, a \$100 fee will be charged for timing chips not returned at the finish.**

When you need to wear your race bib during the race

- Please do not wear your bib during the swim.
- The bib is optional on the bike.
- Bibs must be worn on the front of your body on the run. This allows our announcer to identify you as you finish, and helps us identify you for photos

Put your sticker around a secure location on your bike

Please place your bike sticker that you received in your race kit on your bike. The sticker includes your bib number and will be required to leave transition. This ensures everyone leaves with their own bike and not someone else's.

Transition Zone

Athletes may enter transition beginning at 6:00am - NO EARLIER but arrive with plenty of time to set up your gear.

Drop Off Your Bike In Transition: This year we will have clearly separated zones for the Short Course Classic and the Try-a-Tri. When you arrive, rack your bike in “your” section. There are no specifically-assigned spots

We will also have limited onsite bike support for any last minute bike adjustments. Make sure you put your sticker on your bike so you can get your bike out of transition at the end of the day.

A few tips:

- **Point your front tire straight ahead:** If it is turned to one side, it can interfere with your space or your neighbour's
- **Set up your transition on the correct side of your bike:** Please set up your transition gear (towel, shoes, etc) on the side of the bike that is **away** from the center aisle. This means everyone down the row has the same space and set-up.
- **Have your bike in a low gear:** The bike starts on an uphill, so make sure you set an easy gear to start!
- **Alternate bikes on one side of the rack to the other.** This allows the best use of space, and gives each athlete the maximum amount of space beside their bike for their gear.
- **After you have set up...what to do with your non race stuff.** The best thing you can do is package it up in a backpack or bag so it is all in one place. You have two options:
 - Give this bag to one of your friends or family members to hang onto while you are racing.
 - Put it along the border fencing of the transition zone. It is safe there. If you need it before transition opens to go back in after the last cyclist is off the course, then you can reach over and grab it.

[Watch this awesome video about how to set up and go through the transition with Coach Jess](#)

Our famous “How To...” Information

Yes, for newbies, doing a triathlon is a bit daunting. Where do I go, what do I wear, how do I set up in transition (see below), what do I do for the run? AAAGGGGHHHH THE STRESS! We don't want it to be stressful. It shouldn't be stressful. It should be fun.

So, do these three things before reading any further!

1. [Head over to this website](#) for your complete “HOW TO DO A TRIATHLON” page on our website
2. Go to the website for your specific distance to read more about it and watch videos of the various courses
 - a. [Try-a-Tri](#)
 - b. [Short Course Triathlon](#)
 - c. [Relay Teams](#)
 - d. [Duathlon and Swim/Bike](#)
3. Now, [go to this website](#) and read the etiquette and the rules.

How To Set Up Your Spot In Transition

Setting up your spot in transition is a bit of an art in organization. You have a small space beside your bike to neatly lay out all of your gear before the race gets going. Most experienced athletes have learned that “less is more”, and that simplicity can outweigh a suitcase of gear.

Once your bike is in the rack, please make sure that your tire and handlebars are pointing forward. Turning them to the side will impede on your transition setup area or the area belonging to the person next to you.

Put a mat or a folded towel down on the ground in this space and get ready to organize!

● **Your Swim Gear**

- Since the swim is the first part, you don't really need to set anything up here
- However, if you are wearing a wetsuit, know where you plan to put it (and your swim cap) when you reach transition
- A great area for this is in the wood frame square between the back bike tires. Fold it up and place it there - don't just throw it in, where the flopping legs and arms can get caught in the tires of the bike next to you
- Have a second small towel folded up that you can use to dry your feet off before you put your socks on (if you are using socks) and shoes on for the bike.

- **Your Bike Gear**

- Have your shoes for biking together at the back of the towel, so you can step on the towel to dry them off a bit, and then just step into the shoes.
 - Keep laces or velcro undone so you can step in, lace up, and be ready to go.
 - With our uphill bike start, we do not recommend attaching your shoes to your bike with elastics, unless you are a real expert!
- Have your helmet laying upside down on the ground, with your sunglasses in it. Leave your race bib belt draped over the top (if you are wearing a wetsuit, some wear the belt and number under the wetsuit). Then you can:
 - Grab and clip your the race belt
 - Put your sunglasses on
 - Put on your helmet and clip it up
 - **For people with triathlon aero bars**, you can have this set up on your aerobars. It saves space on the ground and you don't have to bend over!

- **Your Run Gear**

- Have your run shoes at the back of the towel so you are ready to stand on your towel, slip off your bike shoes (if using) and put on your running shoes.
- Grab your visor/hat
- Take a quick swig of the drink at your spot, and head out on the run

Here are a couple of examples. You just have to be mindful of everyone's space and to keep things neat and tidy...



A Special Note For Relay Teams:

The timing strap is your “baton”, and passes from one team member to the next, so that all timing mats are crossed. The swimmer starts with the ankle strap. All exchanges take place at the team's transition spot.

- Please do not wander around the Transition Zone. It is very busy in there when the race is going on. Please stay in the relay team area with your other team members.
- When the swimmer comes in from the water, usually the runner helps transfer the timing chip to the cyclist, for speed.
- When the cyclist returns, the bike must be placed in the rack before the strap is transferred to the runner (often the swimmer does this, to save time).
- The cyclist and the runner must wear the bib number on the front of his or her jersey.

A Special Note For Swim-Bike Participants

- **Wave:** All swim-bike athletes start in the same wave, regardless of age or gender.
- **The Finish:** Your race time will end when you cross the transition timing mat, after your bike. After that, and at your leisure, please walk to the end of the run course, and then run/jog/walk across the run finish line.
 - We want to snap your picture as you celebrate with the other finishers! Also, that will put you in position to receive your tee shirt and post-race food!

Aid Stations on the run course

There will be one strategically placed aid station on the run course at about the 2km mark on the way out. Short Course athletes will pass it 4 times during their race while Try-a-Tri'ers will pass it once. Water and F2C Nutrition will be available at this aid station

Race Timing and Cut Offs

Race Timing is done by a professional timing company and we take a lot of time to ensure that you all have the splits that you need. We only have so many timing mats to use, so we made the best decisions with the equipment we have to work with. There are timing mats:

- At the swim exit
- At the swim in and run out location in Transition
- At the bike mount - dismount line
- At the finish line

We have a few cut offs only for the swim course. These cut off times are based on the time that the last athlete enters the water:

- **Try-a-Tri:** Athletes have **30 MINUTES** to complete the 500m swim from the time that the last athlete enters the water
- **Short course triathlon and swim-bike:** Athletes have **50 MINUTES** to complete the 850m swim from the time that they last athlete enters the water.

If an athlete does not make the time cut off, they will be greeted by a Triathlon Ontario official who will ask the athlete to remove their timing chip and give it to them. Athletes are not allowed to complete the other legs of the race.



**WE'VE GOT YOUR
FUEL**

WISHING ALL THE PARTICIPANTS IN THE TRIMUSKOKAN ALL THE BEST!

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OVERALL RULES

Our race is sanctioned by Triathlon Ontario, and we follow the rules they set. These are designed to provide a safe, fun, friendly, and supportive environment for you to take part in our event.

General Conduct

- Treat other competitors, officials, volunteers and spectators with respect and courtesy
- Always follow official's instructions – failure to follow an official's instructions or verbal/physical abuse of an official, volunteer, fellow racer or race organizer is an automatic disqualification
- Shirts/tops must be worn at all times on the bike and run.
- No listening to music by earphones, earbuds, or other means is not permitted during the race. It prevents you from hearing other people around you who may be trying to communicate with you as they approach you from behind.
- No littering! Keep Muskoka clean! If you are caught littering, it is an automatic disqualification.

Transition

- Spectators, coaches, pets are not permitted in transition. This is part of the race course, and "athletes only".
- Balloons, flags or any other items intended on marking your sport are not permitted
- Chairs and stools are not permitted in transition
- Please move all non-essential items (duffle bags, bike pumps etc.) to the designated areas
- Your helmet must be clipped on BEFORE you remove your bike from the bike rack and only unclipped AFTER you place the bike on the rack prior to your run.
- You will not be allowed back into the transition to pick up your gear after you have finished until the last cyclist is back from the bike course.

Weather Issues

- For lightning:
 - Volunteers will notify you of a stoppage in the race, so watch them for hand signals to stop.
 - Get into a building preferably, and if there is no building, get in a car and don't touch anything.
 - If you are out on the course, get off and away from their bikes and remove bike shoes with metal clips. Find a low spot, crouch down, feet together, with hands over ears and head between knees. Do not huddle together with other people or under a lone tree. In a forested area, you may squat under a thick growth of the smallest bushes or trees.
 - The race will be delayed until 30 minutes after the last visible lightning strike.

For the complete 2025 World Triathlon Rule Book: [Please visit this link](#)

PACKING LIST

PRE-RACE:

- ☐ Directions to Hotel
- ☐ Directions to Canada Summit Centre
- ☐ Bike Services/Tune-up
- ☐ Study the race courses

MISCELLANEOUS:

- ☐ Shoes or flip flops for the walk to swim start
- ☐ Body Glide
- ☐ Contacts or Prescription Glasses
- ☐ Heart Rate Monitor & Chest Strap
- ☐ Towel or transition mat (less than 2ft wide)
- ☐ Hair Ties
- ☐ Chapstick
- ☐ Post-Race Clothing
- ☐ ID for registration and post race beer

RACE DAY - SWIM:

- ☐ Timing Chip
- ☐ Wetsuit (if using)
- ☐ Goggles
- ☐ Race Day Swim Cap (provided at checkin with your bib number on it)
- ☐ Ear plus and nose plugs (if using)

RACE DAY - BIKE:

- ☐ Bike pump
- ☐ Nutrition
- ☐ Water bottles
- ☐ Bike repair kit (extra tube, CO2 cartridge, tire irons)
- ☐ Sunscreen
- ☐ Helmet
- ☐ Sunglasses
- ☐ Shoes/Bike Shoes
- ☐ Socks
- ☐ GPS watch or bike computer (optional)
- ☐ Chamois cream to prevent bike chafe

RACE DAY - RUN:

- ☐ Race belt or safety pins
- ☐ Bib number (you get this at check in)
- ☐ Hat or visor
- ☐ Running shoes
- ☐ Socks
- ☐ Sunglasses



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Ask us about
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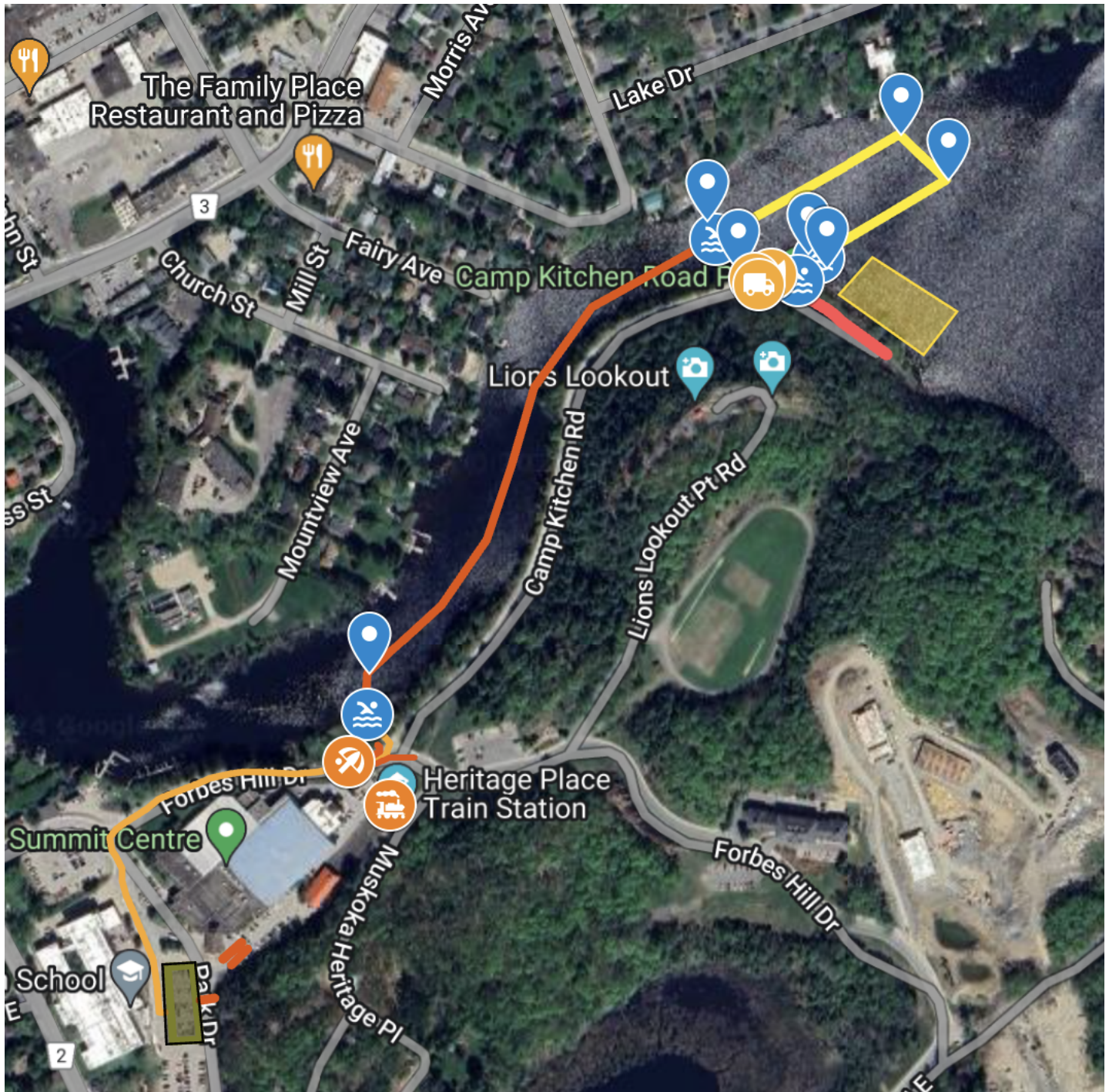
SWIM COURSE

Short Course Swim 850m

Try-a-Tri Swim 500m

Sponsored by Pharmasave Huntsville

Fairy Lake and the Muskoka River is a clean and relatively calm river with a few bends. The average water temperature should be a comfortable 73F/22C.



For the most up to date interactive map, [please click here](#)

Short Course Swim Start

Short Course Athletes will start the swim at Camp Kitchen in shallow water. It is going to be a randomly seeded interval start. At 7:40am, we will be lining up. Starting at bib #1 (this will be marked on your swim cap), you will line up (yes our amazing swim course lead and volunteers will help with the lining up procedure), and then at 7:55, groups of 5 will enter into the water. The first group of 5 will be at the start line, then the second group (#6 to #10) will line up behind them in the “On Deck” position, and then the next group (#11 to #15) behind them in the “Getting Ready and Excited” position.

At 8:00:00 the first group will go off, then the second group moves to the start line, and then group three (#11 to #16) will move to the “On Deck” position. And then the next group of 5, which were on the shores of Camp Kitchen will move into the “Getting Ready and Excited” position. At 8:00:15, we will send the second group, then everyone moves up. We will continue sending everyone off at 15 second intervals until everyone has started.

Swimmers will head out 125m to the first turn, and you must keep the buoy on your left. They will swim 50m to the next buoy at the second turn, where you need to keep the buoy again on your left. Then you will swim towards the buoy at the mouth of the river, and once you are in the river, you can swim anywhere. We will have some buoys for sighting so you can have an idea of where you are going, but in general, you can swim anywhere.

Try-a-Tri Swim Start

Try-a-Tri athletes start at a different spot just in the waters of Camp Kitchen, and again, the seeding for the swim is random. Short Course Athletes will start the swim at Camp Kitchen in shallow water. It is going to be a randomly seeded interval start. At 9:10am, we will start lining up with the first Try-a-Tri athlete bib number at the front, and sequentially each one after that lines up behind them. Then at 9:25am, we will march everyone into the water, and some will remain on the grassy shores of Camp Kitchen.

The start line is in shallow water where you will be able to stand. Then at 9:30am, we will start sending two athletes off of the start line, then the next two athletes will move to the start line. We will send off an athlete. Then 5 seconds later, the next two athletes will go and everyone moves up. We will keep sending everyone off at 5 second intervals until everyone has started.

The Swim Exit

The best piece of advice that we can give you is to swim up as far as you can. There will be volunteers at the waters edge to help you up and keep your balance. There is a concrete pad at the swim exit which is an old boat launch. Then there is a wooden platform to span part of the boat launch that is not in great repair, so step onto this and off of it on the other side. Then jog/walk up the hill to the top, turn right and you will be greeted with our amazing wet suit stripping team that will help you get your wetsuit off so you can walk/jog/run to the transition zone. We highly recommend this because if you don't take it off right then, by the time you get to the transition zone, it will be a struggle to get it off!

Swim Course Instructions and Rules

- Athletes must wear the swim cap provided by the event
- Any stroke is permitted but you have to move yourself forward.
- No individual paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards.
- If you get tired or need a break, you can hang onto a boat, a SUP, or a kayak, but they will not move you forward. The swim is in a river, so you can always swim to the side and stand up as well.
- No fins, paddles, snorkels, booties, flotation devices (including pull buoys) or gloves permitted

Helpful Tips:

- **Getting to the swim start:** Make sure you get to the start with plenty of time for a quick warmup and a chance to relax before the race
- **Getting changed:** Athletes should arrive to the start ready to swim. If you are wearing a wetsuit, you can put this on near the start, or many participants put the legs on in transition and do a final zip-up at the start.
- **Drop off your shoes:** You may want to wear shoes or flip-flops to get to the swim start as the road to Camp Kitchen is gravel. There are a couple of options for your shoes:
 - It is easiest to give them to any friends or relatives, if they are with you
 - If not, don't fret. We will have a shoe drop location. Please do NOT put your race shoes here - they will not magically appear at your transition spot! We are trying to be environmentally friendly, and will have a number of recycling bins to take shoes back to transition, by category. If you wish, you can also bring a **bag that you pre-mark with your bib number** (like a grocery bag, but could be a backpack).
- **Pre-race meeting:** Please remember the pre-race meeting will be done on the train during each trip it makes down to Camp Kitchen. Plan on taking the train. Once you get off the train down at Camp Kitchen, you will start to line up in your numerical order.
- **The Swim Exit:** Swim as close as you can to the exit, and then stand up on the sandy bottom. Walk up to the stairs and climb out. A volunteer will help guide you in the right direction. Be careful standing up: sometimes people feel a little dizzy standing up for the first time. If that happens, take a couple of deep breaths and take the top of your wetsuit off. If it persists, sit down or lie down for a few seconds.

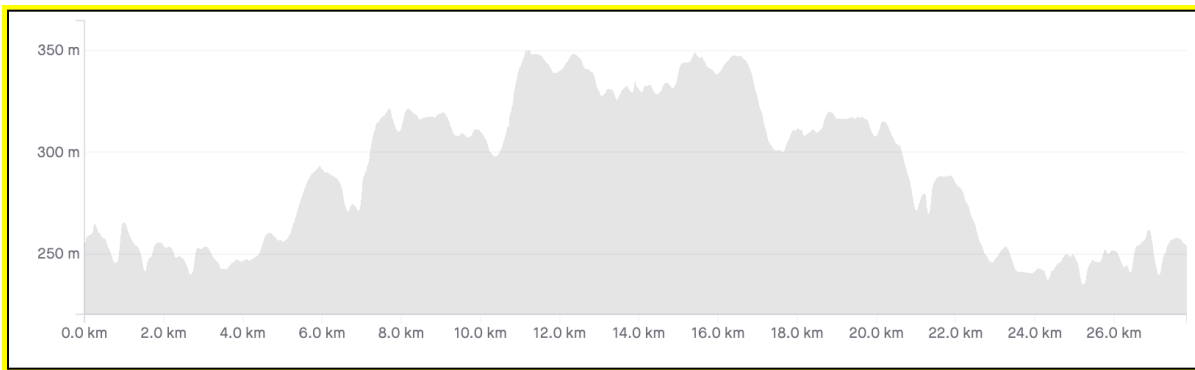
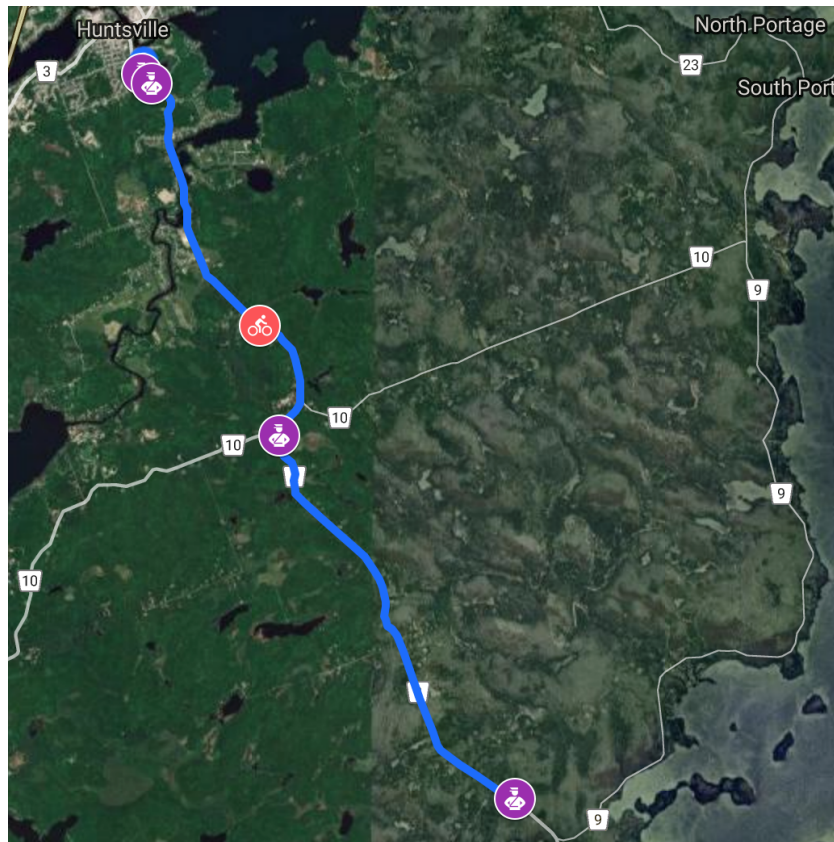
- **Run, jog, or walk up to Transition:** As you head to transition, follow the volunteers and pylons as you run across the road, and then between the train station and the Canada Summit Center as you run towards the transition zone by Huntsville High School. **Please be aware of your surroundings as the swim exit actually crosses the run course, so just work together with the runners to let everyone get where they need to go.**
- **Help is there if you need it:** We have boats, kayaks and lifeguards out there to help you out if you need a place to stop and catch your breath.
 - What to do if you are a nervous swimmer or have difficulty:
 - Consider starting near the back of the pack, where there is less congestion: this is easier than starting at the front and having faster swimmers rush past you.
 - Consider swimming somewhat closer to the river's edge, so that you have the comfort of knowing that you can angle in to shore if you want to.
 - You can use any stroke - sometimes switching to breaststroke or sidestroke can give you a break.
 - If you are uncomfortable, roll over onto your back and kick gently. Wave, or take your cap off, and wave it - this will notify our water volunteers to come to you.



BIKE COURSE

Bike 30km / 10km

Sponsored by Muskoka Medical Center Pharmacy



The bike course is out-and-back along Brunel Road. Brunel winds through the Muskoka countryside, and features several rolling hills, so be ready to work your gears! Much of the course has a fully paved shoulder, and was resurfaced in 2014. However there are some patches and “winter heaves” in the first couple of kilometers (before the bridge), so please take care.

- The Short Course Classic will turn after approx. 15 km, where the good pavement ends.
- The Try-a-Tri Course will turn around just past the 5km mark, at Pond Meadows Road.

Rules and Instructions

- Athletes must obey all traffic laws while on the cycling course. We have OPP officers at several major intersections to stop/slow vehicles, but the road is open.
- Athletes must ride single file on the far right side of the road except when passing another rider or for reasons of safety. Side-by-side riding is not allowed.
- A CSA approved helmet is required during the entire bike portion including in and out of transition. Helmets must be done up before the bike is taken off of the rack, and the bike needs to be back on the rack before the helmet is unclipped.
- Mount your bike AFTER the mount line and dismount your bike BEFORE the dismount line
- Absolutely NO DRAFTING of another bike or any other vehicle is allowed
 - Stay 5 metres or 2 full bike lengths back unless you are passing, and always pass on the left. This “no drafting” rule has two purposes.
 - First, the triathlon is deemed to be an individual race, and the rule prevents an ‘unfair’ drafting advantage.
 - Secondly, it is a safety issue - having bikes close together increases the chance of an accident.
- Passing etiquette and rules.
 - Once you start to pass someone, you must complete the pass in 30 seconds. If you cannot, then you need to drop back.
 - Always pass on the left. As you approach, yell “**left!**” to let the other rider know that you are passing.
 - If someone is trying to pass you, you must yield to them and give them room to pass, which might mean slowing your pace temporarily to allow them to come back into the single file.
- Never cross the center line on the road – this is a major safety risk, and is an automatic DQ
- Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items may only be discarded in the trash drop zones at each aid station.
- Athletes must be individually responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. There will be only one technical assistance vehicle on the bike course and can help with any necessary on course repairs but it may take some time to get to you.
- Athletes may walk bike if necessary but may not make progress on the bike course unaccompanied by their bicycle.
- Communication devices of any type, such as cell phones and two-way radios are strictly prohibited during competition. Headsets or headphones are not allowed during any portion of the event.

Helpful Tips

- **Visualize the course:** Just like the aerial ski jumpers who visualize their tricks, you can visualize the bike course so that you are ready to ride on race day! The videos have lots of tips too. If you have your bike on an indoor trainer, put the video on and

gear up to make it harder for hills so you “virtually ride the course”. [The TriMuskokan website](#) has the video and course maps

- **Start in an easy gear:** The bike course starts on a small uphill, so have your bike in an easy gear in transition will make for an easier start.
- **Please shoulder check before you turn around to ensure that there is not a vehicle or another cyclist coming up on you before you turn**
 - We do have volunteers and police officers at the turnarounds to assist with this, but nothing replaces your own eyes
- **Back to transition:** There is a slight downhill before the dismount line, and we ask that you slow down here as there are a couple of bumps in the pavement and we don't want any accidents. You need to get off your bike before the dismount line.

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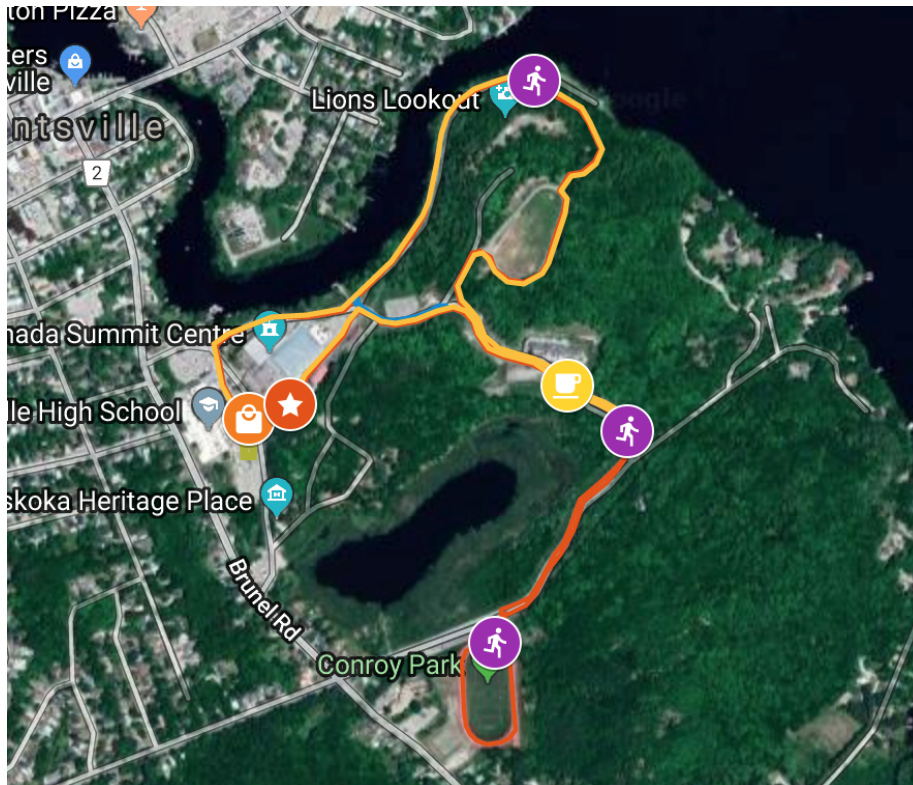
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RUN COURSE

Short Course 7.5km

Try-a-Tri 2.5km

Sponsored by Greystone Construction



The run course is set on a wonderfully scenic looped course. Okay, it's beautiful, but yes it's challenging too! You will experience sections of gravel road and trail, a crushed gravel running track through a natural granite amphitheater, a modern rubberized running track, and a quiet residential street.

- To familiarize yourself with the course, go to [The TriMuskokan website](#) to watch the video and look at the run course maps

The run course is not officially closed, but there are only a few houses on the road, so traffic should be very light. You only cross the road once, at the turnaround locations.

The diversion zone: At the end of the loop, you will come down the hill on Forbes Hill Drive, by the train tracks. There are lots of signs and lots of volunteers to help direct you here, as this can be confusing for first-time participants.

- **Short Course Classic Participants:** You have to do **two loops**, which means as you finish the first loop, stay to the right and back onto the gravel Camp Kitchen Road. After your second loop, you stay left, to head to the finish line.
- **Try-a-Tri Participants:** Your turn around is shortly after the rock cut and aid station. Turn around the pylon and head back towards the Summit Centre. Since you do only **one loop**, stay to the left as you approach the train tracks, and head towards the finish line.

- **Duathletes:** On the first run leg, you do **one** loop (this is mainly the Try-a-Tri loop of approx 2.5 km), with the turnaround just past the aid station. On the way back down the hill to the train tracks, continue straight and veer left, behind the Summit Centre (the same way you came out). You will enter the “Swim In” entry on the high school side of the transition zone. On the second leg of the duathlon, you will do **two loops**, as the Triathletes above: you will turn right after the first loop, and left for the finish after the second.

Rules and Instructions

- Athletes may run, walk or crawl
- Your race number/bib must be worn on the front of your body during the run and be clearly visible at all times on the course. Bib numbers identify the official athletes in the race and allow for easier identification for photography

MBRP is a collective of motorsport enthusiasts fuelled by a passion to go farther, faster. As a proud partner of the TriMuskokan, we are committed to outstanding performances on and off the track.

Supporting the development and enjoyment of athletic talent in our community is one of the many ways we see Huntsville thriving.

MBRP

mbrp.com

| [#mbrpexhaust](https://twitter.com/mbrpexhaust)

POST RACE INFORMATION

Finish Line Celebrations

- As you cross the finish line, whoop it up! Smile and rejoice! You are a TriMuskokan!
- Our photographers will be capturing your big moment so make sure you celebrate as you cross the finish line.
- After you cross the finish line, we will take your timing chip off of your ankle, hand you a bottle of Muskoka Springs water, and your finisher beer glass
- **While we realize that some of you want that finisher's medal**, the truth is that they are very expensive and a lot of them actually end up in the landfill. That is why we make a practical and useful finisher beer glass. It isn't just for beer though. Drink your morning juice in it....have a glass of wine....have a smoothie...or a post-workout glass of chocolate milk!

Our World Famous, Chef Prepared Post Race Food

- Chef Freddy and his culinary team will be serving up a delicious buffet of delectable delights, including:
 - Fresh salads made with produce and groceries from Bullock's Independent Grocer
 - Delicious served on fresh buns by Henrietta's Bakery
 - Mouth-watering brownies
 - We have vegetarian and gluten-free options for those that indicated it on their registrations.



THE PERFECT ACTIVITY FOR ATHLETES!

Athletes and families of athletes participating in the **TriMuskokan** will have a 10% discount for admission to the Pioneer Village, valid Sunday, June 23, 2024*.

Code: **MHPTriMuskoka2024**

**Provide this ad to admissions upon arrival.*

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Your Celebratory Beer

- Head over to the Canvas Brewing Company tent to get your commemorative beers brewed special for the TriMuskokan.
- They also have their non-alcoholic Hop Water for those of you who want a non-alcoholic beverage
- **We kindly ask that you do not open the beer on site.** We do not have a liquor license, so it might be a bit illegal to drink it onsite. Take it home and enjoy as you kick back and reflect on your achievements
- **You will need to have your race bib, and ID proving that you are 19 or older in order for Canvas to give you a beer.**

Getting your gear out of transition

You are allowed to enter the transition zone only once the last cyclist is off of the bike course. Not a moment sooner.

- **Why?** Well, we need to make sure that everyone got back from the bike course safely, and that they have unimpeded access to their equipment and get out on the run course
- **Where?** The Transition Zone Lead will let athletes into transition to get your gear, and you will be required to show your bib and match it to the sticker on your bike. This ensures that everyone leaves with the bike that they came with.
 - We work hard to keep the short course and try-a-tri areas separate so that we can let athletes into the respective area when the last athlete from their distance is on the course.
- Don't forget to grab your morning clothes/shoes if you dropped off a bag at the swim start.

Awards Ceremony

The awards ceremony is scheduled for 12:00 noon pending final finisher at the roundabout in front of the Summit Centre. Don't miss out on claiming your award and cheering all the finishers.

Race Photos

We have a number of photographers working at the swim exit, on the bike course, on the run course and of course the finish line.

While there are a number of photographers on the course, they do their very best to capture you at your very best.

They also work super hard to get the photos to you in a timely fashion. **But please wait for the email letting you know that the photos are available. An email will be sent after the race with instructions on how to get your pics.**

They are not sorted by bib number, so you just have to scroll through them all to find yours.

Volunteers

Please remember to thank the volunteers! The race wouldn't be possible without their assistance.

Timing and Results

You will be able to find your results on race day by scanning the QR code on the signs that are scattered around the finish area. After the race you can find your results at

[Chiptime Results](#)



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EVERYONE IS A WINNER AT THE TRIMUSKOKAN.

ALL OF OUR PARTICIPANTS CAN KICK BACK AND ENJOY A TALL COLD ONE AND IN A NEW COMMEMORATIVE GLASS AFTER THE EVENT.

For those of legal drinking age. Don't worry, those that aren't will still get a tasty bevvie too. Not for consumption at the race venue. Rather, we ask that participants enjoy it in the comfort of their own home
www.canvasbrewing.com

Spectator Information

You couldn't train for a great event like this without the support of your family, friends, and race crew! So, they deserve to feel like a part of the action as well! Here is some information for them

Help Us Create A Festive Environment

A large part of the amazing race experience comes from the spectators and volunteers who pepper themselves all over the race course. Nothing keeps an athlete going like someone cheering for them, holding up a funny sign, making noise with a noise maker, or looking at some art on the road drawn with sidewalk chalk.

So, we strongly encourage our spectators to bring:

- **Costumes** ... everyone likes a superhero or someone dressed up on the course! Just don't dress up as a bear and hide in the woods... that might not be appreciated that much...
- **Sidewalk chalk** ... leave an inspirational message on the run course or along the finish chute. Or just draw sunshine and flowers! Anything to spice it up!
- **Noise makers** ... sift through your kids toy musical instruments or grab some clappers from the dollar store. Help us raise the roof on this event
- **Posters** ... I don't think I need to explain this one, but words of humour or encouragement go a loooong way in an event like ours

Watching (and cheering at) The TriMuskokan

The swim is along the Muskoka River, so you can literally watch the swimmers as they go down from the start to the finish. Help 'your' athlete avoid the bag drop, and take his/her gear with you to drop at the car!.

One warning: as you walk back from the swim start, the duathletes will be heading out on their first run loop - and will be heading the opposite direction on Camp Kitchen Road. Keep to the right!

It is hard to get out on the bike course to watch it, and given the out-and-back nature of the course, we don't recommend using your car since we are trying to keep vehicular traffic to a minimum.

On the run course however, you can get out there at any number of locations. A great spot to congregate is at the turn by the train station, where athletes head out for their second lap, or to the finish line. Anywhere along the trail that goes up the backside of Lions Lookout is a great spot. This is a challenging spot for athletes, so encouragement and cheering is greatly appreciated!

Obviously, the finish line is the big area for cheering. We have bleachers to use for standing, sitting, and cheering!

Early Morning Snacks and Swag

We know that not only the athletes had to get up early to get to the TriMuskokan, so that is why we have the locally famous **Threshold Coffee Company** beans being brewed fresh and on demand by the **Huntsville High School Robotics Team as a fundraiser for them.**

They will be also selling freshly baked muffins as well...straight out of the oven! Cash, card, and debit will be accepted.

Support this amazing team as they endeavor to do great things!



Thank you to our amazing sponsors and supporters



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