



Athlete Handbook

September 12th, 2026

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Message from the Race Director

Hello!

Thanks for signing up for Camp Tri. This is such a unique event and it's the newest to our series. We're excited to be hosting it for the 4th time, and we hope that you fall in love with this venue.

Our Somersault Race Crew has been hard at work planning this race and we can't wait to host you on September 12th.

Please take a look at this Athlete Handbook and send any questions to adam@somersault.ca. We hope to add to this document as time goes on, so that athletes have all the information they need in one spot.

We hope that you enjoy the event and that we see you at another start line soon.

Adam Kourakis

Somersault - Race Director

adam@somersault.ca

Event Information

Key Dates & Times

Event Date: Saturday, September 12th, 2026

Address: Mille Roches Island, South Stormont, ON.

Early Bib Pickup: Friday, September 11th from 3pm to 6pm.

In-Person Orientation: Friday, September 11th, at 5pm.

Race Day Bib Pickup: Saturday, September 12th, 2026, starting at 7am.



Race Start Times

8:30 AM	Olympic Triathlon & Relay Olympic SwimCycle Olympic Duathlon Sprint Duathlon 5K Run 10K Run
9:45 AM	Sprint Triathlon & Relay
10:15 AM	Try a Tri (16+)
10:25 AM	Youth Try a Tri (15 and under)

We recommend being on site one hour before the start of your race. That'll give you time to:

- [Pick up your bib](#), if you didn't pick it up early
- Get your [Body Marking](#) done
- Pickup your [Timing Chip](#)
- Set up in the [Transition Zone](#)
- Make it to the [Start Line](#) on time

Race Distances & Laps

The following tables list the number of loops and the distances of each loop. It is the athlete's responsibility to count which loop they are on.

Triathlon Distances & Laps

Distances are the same for Triathlons and Triathlon Relays. All triathlons start at the water.

Race	Swim	Bike	Run
Olympic Triathlon	2 loop swim (750m x2)	4 loop bike (10km x4)	2 loop run (5km x2)
Sprint Triathlon	1 loop swim (750m)	2 loop bike (10km x2)	1 loop run (5km)
Try a Tri	1 loop swim (200m)	1 loop bike (10km)	1 loop run (2.5km)
Olympic SwimCycle	2 loop swim (750m x2)	4 loop bike (10km x4)	-

Duathlon & Run Distances & Laps

All duathlons and runs start at the finish line on the track.

Race	Run #1	Bike	Run #2
Olympic Duathlon	2 loop (5km x 2)	4 loop bike (10km x2)	1 loop run (5km)
Sprint Duathlon	1 loop (5km)	2 loop bike (10km x2)	1 loop run (2.5km)
10K Run	-	-	2 loop run (5km x2)
5K Run	-	-	1 loop run (5km)

Pre-Race Information

Getting to the Event

Registration and the transition zone are at Mille Roches Island, along the Long Sault Parkway. If you decide to drive to the event, please consider carpooling. There is lots of parking but we always try to encourage carpooling.



The Long Sault Parkway will be closed to cars from 8am to noon, between Woodlands Islands and Mille Roches Islands. If you're arriving after 8am, please come from the Eastern entrance.

Bib Pickup

Early Bib Pickup

One of the best things you can do to get ready for Race Day is pick up your bib the day before the race. Picking up your bib the day before the race gives you a chance to ask your questions, meet our Race Crew, see the venue, and pick up your bib. That means that you'll have a lot less to do on Race Day.

Early Bib Pickup is Friday, September 11th from 3pm to 6pm at Mille Roches Island.

If you don't pick up your bib on September 11th, you can pick it up on Race Day, as early as 7am.



Bib Pickup Details

When you arrive at Bib Pickup, you'll see 5 tents set up. Each tent will have a sign which will indicate which races are assigned to each tent. For example, if you're doing the Sprint Triathlon, you'll go to the tent that has a "Sprint Triathlon" sign in front of it. You'll give the volunteer your last name, and they'll use that to find your bib. You'll get the following items:

- **A swim cap.** Which must be worn during the swim.
- **A race bib.** It must be worn on the bike and on the run. If you have a race belt, you'll wear the bib on your back during the bike and on your front during the run. If you don't have a race belt, you can pin your bib to the front of your shirt for the bike and run.
- **A helmet sticker.** It goes on the front of your helmet.
- **A bike sticker.** It goes around the seatpost of your bicycle.

Some other items at bib pickup:

- **Safety pins** are available (no charge) if you need some to pin your bib to your shirt.
- **Race belts** are also available for sale (\$10), which replace the need for pins. You can order one ahead of time by emailing adam@somersault.ca or you can buy one during bib pickup.
- **Add-ons.** Shirts, race belts, or nutrition packs you ordered will be given out during this time.

Add-Ons

A few years ago, we lowered the price of all our races and made the add-ons optional. The race does not automatically come with an event shirt or a finisher medal. That way, if those aren't things you want, you can save some money. If you do want these items, you can add them to your registration during checkout. If you've already signed up and later decided that you want to add something to your registration, contact us and we can do the rest!

Thanks to this new policy, we've been able to divert thousands of pounds from landfill every year. We've also been certified carbon neutral since 2020, and we produce almost zero waste.

In Person Orientation

On Friday, September 11th, there will be an hour-long pre-race orientation. The Race Director will walk you through parts of the course, explain how everything works, and answer all your questions. It's a great thing to attend if this is your first race, or your first time doing this specific race. Even if you're a veteran, you'll still gain something from this in-person orientation.

We'll have an orientation at 5pm, starting right next to bib pickup. We suggest showing up early so that you can get your bib first, then attend an orientation.

What to Bring to the Race

Multisport can seem complicated, and there's no shortage of equipment that you 'can' get, but the equipment that you actually 'need' is pretty concise.

The basics:

- ☐ Swimming goggles
- ☐ A working bicycle
- ☐ A bicycle helmet
- ☐ You'll need some kind of footwear for the bike and run portions of the race.
- ☐ You'll need some kind of clothing for the race. At its simplest, you can wear a bathing suit for the swim, then put a shirt/shorts over top for the bike/run.

Other considerations:

- ☐ Water/nutrition. You can leave a bottle on your bike, and have a sip between sports or while you bike.
- ☐ Sunscreen.
- ☐ A hat or visor for the run
- ☐ A Race Belt. To attach your bib do. It saves you using pins and makes things a little easier.
- ☐ Other water gear. All of our swims are wetsuit optional. Regardless of how warm the water is, you can wear a wetsuit. You can also use floatation devices, if it's for safety. If you're using a pull buoy to win the race, that's less appropriate but if you want to have a pull buoy, a MyFloat, a pool noodle, or a lifejacket - feel free!

Race Day Morning

If on race day morning you haven't [picked up your bib yet](#), you'll need to do this first. Once you have your bib, you will need to get [Body Marking](#), pick up your [Timing Chip](#), and [Setup Transition](#). You can do these three in any order.

Body Marking

On Race Day, you'll need to do your body marking. You can either do it yourself, or have it done by a friend or one of our expert volunteers. Once you have your bib, you can get your body marking done. We'll have a tent dedicated to body marking and it involves 3 things:

- 1) You'll take a permanent marker (which we have on site) and write your bib number, vertically, over each of your bicep muscles.
- 2) You'll then put your age, as of December 31st, 2026, on your right calf.
- 3) Lastly, you'll put a 2-letter code on your left calf to indicate which race you're doing.

Race	Race Code on Left Calf
Olympic Triathlon	OT
Sprint Triathlon	ST
Olympic Duathlon	OD
Sprint Duathlon	SD
Olympic SwimCycle	SC
Try-a-Tri	TT
5K Run	5K (optional)
10K Run	10K (optional)

Why do we do body marking?

We have 2 reasons for body marking: Safety and Fun!

Safety: When you're out on the course, we can use the body marking to identify you.

Fun: During the race, as you pass people (or, on rare occasions, as they pass you - right?), you can see which race they're in and which age group they're in. That might help you decide how much effort you want to put into passing them. If someone passes you, but they're in a different race than you are, it's less tempting to catch them, than if it's someone who's in your race, and in the same Age Group as you are.

Bonus: when you go to work next, the remnants of your body marking gives you a great way to bring up the fact that you did a race over the weekend!

Timing Chips

On race day, you'll also get your timing chip. It's a black and red neoprene strap with a small blue square on it. Please make sure that the number on your timing chip matches your bib number. All athletes **must pick up and wear their timing chips** in order for their results to be published online.

You'll have to show your bib to get your timing chip, so keep that bib handy!

It goes around your ankle. The **left ankle** is preferred, so that it doesn't interfere with your bike chain, but either ankle works. Please don't put it around your wrist, because the timing chip doesn't work when it's far off the ground.

Throughout your race, you'll run over these big red mats. You might not even notice them at first, but every time you go over a timing mat, your timing chip will register what time of day it is. You'll go over timing mats all day long and when you finish your race, the time between mat-crossings is used to calculate your race time.

After the race, you can go to results.somersault.ca to see how you did. You'll be able to see how fast each part of your race was, including: swim, first transition (T1), bike, second transition (T2), run, and total time.

When you cross the finish line, a volunteer will take the timing chip back. Each timing chip is marked with your bib number, so if your timing chip is missing after the race, we'll contact you to get it back.

These timing chips get cleaned and reused for future races, which keeps our environmental impact to a minimum. This is part of the reason that we're able to maintain Carbon Neutral Status with the Rideau Valley Conservation Foundation.

What if you lose your timing chip? Let one of our volunteers know your bib number, and that you lost your timing chip. We can notify the Race Timer, and they can manually record your finish time when you complete your race. If you're racing with a GPS watch, we can also use that to validate your times.

Transition Zone Setup

In order to get in and out of the transition zone, you need to show the volunteers your bib number (except when going to the swim start and when coming back from the swim). Every time you bring a bicycle in or out of the transition zone, your bike must have a bike sticker on it.

When you enter the transition zone, you'll see rows of bike racks. Each rack will have a number range on them that corresponds to the bib numbers. You can set up your bike anywhere on the bike rack that has your number in its range. For example, if your bib says #123, and you see a bike rack that says "#100 to #124", then you can set up anywhere on that rack.

You can set up your transition zone any way you'd like. There are a few different ways that people often set things up, so don't worry if your set up doesn't look exactly like everyone else's.

Most people rack their bike by the nose of their saddle, but you can also hang it by your shifters.

For your equipment, most people lay things out by sport, ie. all your running gear is together, all your cycling gear is together, and all your swimming gear is together. You don't have to use everything that's in your transition area, to feel free to bring a few extra layers of clothes, sunscreen, snacks, etc. If you don't use them, you can just leave them with your equipment while you race, then bring them home after.

After your race, make sure to keep your bib handy, so that you can exit the t-zone with your bike. Some participants stuff their bib in the bottom of a backpack, then have to empty their whole bag to find their bib after the race.

For those doing a relay, your timing chip is your 'relay baton'. You'll pass that ankle strap from one team member to another, and that's how you'll get your total time. All the exchanges will happen in the transition zone, at your team's bike. When the swimmer is done, they'll run to their bike and give the timing chip to the cyclist. After the bike ride, the cyclist will put their bike back in the transition zone and give the timing chip to their runner. All 3 members are welcome to run down the finish line together!

Starting the Race

Triathlons

The swim start is about 400 meters from the finish line and T-Zone. When you're all set up and ready to start your race, make your way to the swim start. We suggest being at the beach at least 20 minutes before the start of the race. The walk to/from the swim has a grassy shoulder. Most people don't bring shoes with them for this portion of the course, but you certainly can if you're more comfortable. If you walk down to the swim start in shoes, you can put them back on after the swim to run to the transition zone.

For all our swims, we use "chip timing" instead of "gun timing". We'll do a big group countdown to start the race, but even when we say "GO", you don't actually have to "GO" just yet. With chip timing, your time won't start until you cross into the water. Unless you plan on being the first one out of the water, there's no need to be the first one to go in the water. When we do the countdown, we suggest crossing into the water whenever you feel comfortable and are with swimmers of similar abilities. The fastest swimmers will be near the front, and you can try to self-seed yourself wherever you think is best.

Duathlons & Runs

The Duathlons and Runs start under the finish line archway. We usually suggest being at the start/finish line 10+ minutes before the start of your race so that you can listen to the announcer's briefing before the race.

For anyone doing multiple loops on the run, make sure to take note of where the turn around is, to start your second loop. The announcer will point it out during the briefing.

For the duathlon, you can set up your transition zone any way you'd like. Just keep in mind that you'll be using your running equipment twice, so don't stuff it away after your first run. Keep it handy for that second run!

Course Overview

Swim Course

The swim course goes clockwise around all the buoys, keeping the buoys on your right. Here's the number of loops per race:

Race	Swim
Olympic Triathlon & SwimCycle	2 loop swim (750m x2)
Sprint Triathlon	1 loop swim (750m)
Try a Tri	1 loop swim (200m)

During your race, you'll go around all the buoys that are in the water. If you're watching the race before yours, there might be more buoys than you need - but that will change before the start of your race.

When you're in the water, you'll have full access to our water safety team. If you need a break at any point, you might be able to stand up, as part of the swim course is in shallow water. If you can't touch, you can float on your back or hang onto one of our kayaks or paddleboards. There's no penalty for using our water safety team. If you're taking a break with one of them, you can resume swimming whenever you're ready. And if you're not interested in returning to the swim course, you can always go to shore and cut your swim short. We'll take note of your bib number, to adjust the results, but you can still continue onto the bike/run course if you decide that the swim isn't for you on race day.

The water temperature will be measured at 6am on Race Day, and we'll announce the water temperature shortly after.

After the swim, you'll exit the water from the same spot that you entered. You'll make your way up the beach and run back to the transition zone. It's about 400m away and has a grassy edge that you can walk along, but you can also opt to walk on the path, which we sweep early on Race Day morning.

[CLICK HERE](#) to see the Strava file for the swim course and [CLICK HERE](#) for the T1 Strava file.

Bike Course

Once you're in the T-Zone after your swim, you'll swap your swim cap and goggles for a bike helmet, grab your bike, and anything else you'd like (water, sunglasses, etc), and head to the bike course. The path from the TZone to the bike course will be marked with cones and will also have a 16 foot flag that says "BIKE". A safety bicycle helmet is required for all Somersault bike courses.

When you get to the Long Sault Parkway, you'll see an orange line on the ground. That line is the mount/dismount line, and you can start riding your bike AFTER you cross that line. When you're done your bike ride, you must get off your bike BEFORE crossing that same line.

We'll have volunteers there to help remind you, and if you make a mistake, just go back over the line and do it again. At Somersault events we're more about education than enforcement. Don't worry about penalties and disqualification.

During the bike ride, it's important to **ride on the right hand side of the road**, so that others can pass on the left. If everyone rides on the right, you'll also have lots of room to pass others when you'd like to.

This event is NOT draft legal, meaning you can't bike right behind another cyclist. Give everyone plenty of room, so that you can see obstacles ahead, and so that you have time to react if anyone in front of you brakes or swerves.

Other Bike Notes:

A bicycle bell is required by law. Somersault doesn't check for bells, but please be a courteous cyclist and have one on your bike. A bike helmet is required for all riders.

Do not cross the yellow line on the road. Stay on the right hand side of the road.

The bike course is closed to traffic but we will have a team of 10 motorcycles on the course, the Somersault Motorcycle Patrol Group (SMPG) and they're on site to keep everyone safe. If they see anyone breaking the rules, or doing something dangerous, they'll let you know. If they have to warn you a second time, they might be a little more stern. And if you have to be warned a 3rd time, they'll relay that information to the Race Director, who will pull you aside after your race.

If you get a flat tire or mechanical issue during the bike course, you can either fix it yourself or flag down SMPG. They can arrange a ride for you and your bike to get back to the transition zone

[CLICK HERE](#) to see the Strava File for the bike course.

Run Course

After your bike ride and you're back in the T-Zone, you'll put your bike back, take off your helmet and get ready for your run. You'll leave the transition zone and follow the cones to the Long Sault Parkway.

On course, there are 2 turn points:

- **1.25K Turn Point.** If you're doing a 2.5K run, you'll do a U-Turn at the 1.25K sign. This is the first turn point and it is near the water station.
- **2.5K Turn Point.** If you're doing a 5K run or 10K run, you'll do a U-Turn at the end of the trail. This is the second turn point.

We'll have volunteers at each turn point but please know where your turn point is. If you're not sure, we have [Strava Maps on our website](#) and you can ask our Race Crew before the race.

If you're doing multiple loops (10K Run, Olympic Triathlon and Olympic Duathlon), you'll run back towards the finish line, and do a U-Turn just before the finish line. Torture, I know!

There is 1 water station on the run course, which you pass on your way out and on your way back. That means you'll have 2 opportunities to grab a drink on each loop. Each water station will have XACT nutrition and water.

The run course has porta potties set up, but are also accessible to campers.



Post-Race Information

Post-Race Food and Drinks

After the run, you'll be a FINISHER at the 2026 Camp Tri Event. Congratulations!

We'll have bananas, chips, and all kinds of snacks waiting for you. If you're gluten-free, ask our volunteers about the gluten-free snacks available. We keep them aside, for those that need it.

Awards Ceremony

For the Awards Ceremony, you can gather around the podium and we'll call athletes down to the podium. We have a MyVeloFit Podium, a backdrop, and some props that you can hold to get that social-media worthy photo!

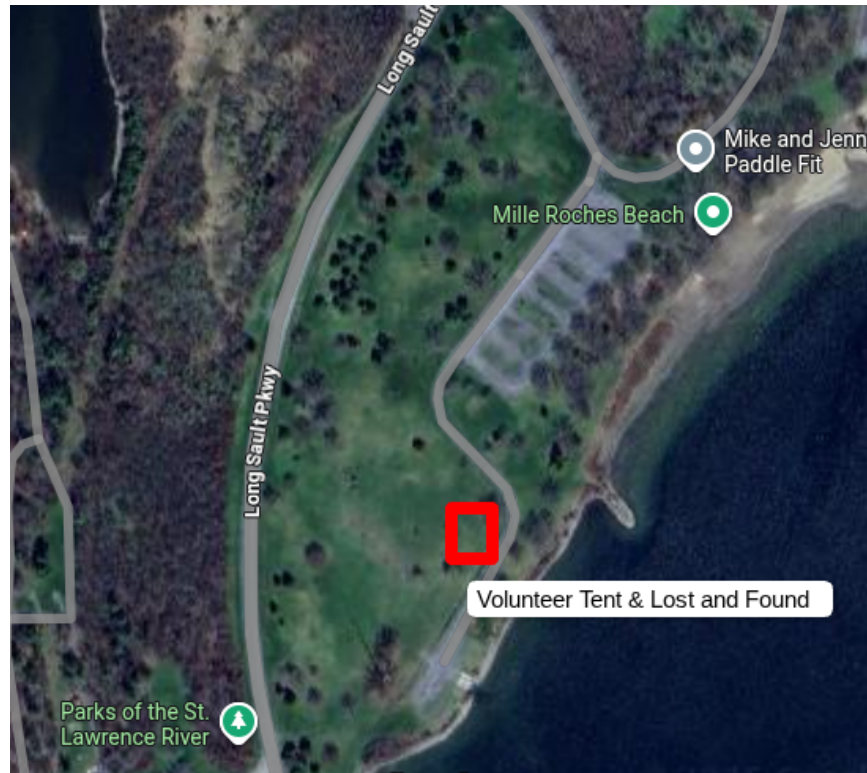
After the ceremony, all are welcome to hop on and get a photo. Grab your friends and get a group shot, or get up there by yourself and celebrate a job well done.

Awards Schedule

9:30 AM	5k Run
9:45 AM	10K Run
10:30 AM	Sprint Duathlon
11:00 AM	Olympic SwimCycle
11:45 AM	Sprint Triathlon & Relay
12:00 PM	Olympic Triathlon
12:15 PM	Try a Tri (16+)
12:25 PM	Youth Try a Tri
12:30 AM	Olympic Duathlon

Lost and Found

Anything found on course will be brought back to the Lost and Found tent. If you're missing anything after your race, visit the Lost & Found Tent to see if we have it.



FAQ

When should I arrive?

We recommend being on site one hour before the start of your race. That'll give you time to do all the things you need to do and make it to the start time.

Can I change which race I do?

Yes! If you want to change which race you do, just email Adam@Somersault.ca before the transfer deadline, and he can make the switch

Can I have outside help?

Absolutely - within reason. If you have a friend or family member that wants to hand you a waterbottle, go for it! If you get a flat tire, another athlete can help you out. If you're asking a spectator to ride your bike for you, that's a different story. Our races are mostly for fun, so as long as your 'outside help' isn't an attempt to cheat, we're happy to let the community get involved with the race.

THANK YOU

An event like this isn't possible without the support of many different people. We want to highlight some of the people that you might interact with

[Reign Storm Clean Energy](#)

Their sugar free energy drinks will be at the finish line, to give you a caffeine boost when your mind and body are depleted. It's fortified with vitamins and minerals to help with energy levels and concentration.

[MyVeloFit](#)

Our Podium Sponsor, responsible for all your podium experiences!

About MyVeloFit

Creating accessible products that empower people to elevate their cycling experience.

MyVeloFit was founded in 2020 by Jesse Jarjour and Justin Goulding. After decades of experience in the cycling industry and professional bike fitting, MyVeloFit was created to help riders everywhere improve their cycling experience.

MyVeloFit helps put the power of personalized bike fitting and sizing in the palm of every rider's hand. Delivering detailed, accurate, video based bike sizing and fitting with no specialized tools, equipment or knowledge.

[ROC Swimming / Zone3Sports](#)

Our swim cap sponsor. Everyone who does a swimming event gets a ROC Swimming/Zone3Sports swim cap.

About ROC Swimming / Zone3Sports

ROC Swimming is a privately owned swimming club that operates out of Carleton University in Ottawa, Ontario. We provide programs for swimmers of all ages. We believe in the potential of all athletes and promote swimming as a long-term development and life long skill. ROC Swimming supports swimmers to train to become highly competitive at the provincial and national level as well as find lifelong enjoyment through fun, fitness, and friendship. We are proud of our commitment to excellence and welcome you to try our exciting program. We are also pleased to offer an adult swimming program geared towards athletes training towards multi-sport events such as triathlon and pentathlon.

[Velofix Ottawa](#)

Our bike mechanic sponsor. Drop by their mobile bicycle shop before or after the race to see their sweet set up.

About velofix Ottawa

velofix Ottawa is a mobile bike shop serving all of Ottawa. For your next bike tune up or bike repair, book us online and have the shop come to you!

In a rapidly growing city, where everyone is time conscious, velofix Ottawa is here to help. With the amount of hassle involved with getting your bike serviced the traditional way, we offer a unique approach to a timeless issue. We can visit you downtown at work or at home in Orleans, and complete most work in less time than it takes to have lunch. We're excited to simplify the whole process for you and help you spend more time riding – instead of waiting to ride.

We offer just about every type of bike service – from flat tire repairs, to tune up, and complete overhauls. Our certified mechanics bring their mobile bike shops right to your door and complete all work on site.

If you have any questions for our team, email ottawa@velofix.com. We look forward to seeing you and your bike!