



Welcome to the TriMuskoka Winter Indoor Triathlon Classic! We had so much fun last year that we thought we would have another kick at the can!

The underlying reason we call the indoor triathlon an “event” and not a “race” is on purpose, is going to be super wicked fun! And yes, the operative word in that statement is FUN!

A bit of history...

For those that aren't aware, our June event, The TriMuskokan, is a not-for-profit event. This means that the profits generated from this event get reinvested back into our community to help people develop physical literacy, lead active and healthy lifestyles, and to enhance local athlete and coach development in multisports.

Pay it forward...with health and wellness

One of the ways we that are reinvesting this back into our community is create an opportunity. An opportunity to enhance the physical literacy of our community, especially the youth, and to provide a midwinter fitness goal for everyone to challenge themselves with.

So, we really hope you enjoy this event. We have tried to think of all of the possibilities of what might happen along the way, but until an event is in motion, sometimes you can't tell everything that might happen. That is why we need your feedback on how to make this even better next year!

We really and truly appreciate the fact that you have chosen our event to challenge yourself with, and we hope you have a lot of fun.

See you bright and early on the 25th!

Kaitlyn Habermehl, Lindsay Bishop, and Rich Trenholm

Schedule of Events

7:30am	Athlete check in and change rooms open
8:00am	Wave A starts
8:20am	Wave B starts
8:40am	Wave C starts
9:00am	Wave D starts
9:20am	Wave E starts
9:40am	Wave F starts
10:00am	Wave G starts
10:20am	Wave H starts
10:40am	Wave X starts
11:45am	Awards
1:00pm	The fun at Camp Tawingo starts
5:00pm	Wrap up at Camp Tawingo

Here Is A List of What To Bring With You

Swim	Bike	Run	Fun
Swimsuit	Running Shoes	Running Shoes	Snowpants
Goggles	Bike Shoes (SPD)**	Shorts	Jacket
Swim Cap*	Shorts	Long Sleeved Shirt	Mitts
Towel	T-Shirt/Tank Top	Water Bottle	Toque
Toiletries	Water Bottle	Headgear	<i>Optional</i>
Flip Flops	Towel	Thin gloves	XCountry Skis
	Bike lube (optional)		Snowshoes
	Headgear		Helmet***

* We have swim caps if you don't have one

** Please see the bike section of this manual as to what "SPD" is. The pedals have clips, but only amenable to SPD cleats. On the flip side of the pedal, there are baskets, so you don't have to wear bike shoes. Running shoes are just fine.

*** For the outdoor activities, we strongly encourage adults to wear a helmet if you are planning on tubing, sledding, or tobogganing at Camp Tawingo. For kids, they are required to wear a helmet while tubing, sledding, or tobogganing. You only have one brain, so protect it as best you can.

Arriving at the Canada Summit Centre

The TriMuskoka Indoor Triathlon Winter Classic takes place at the Canada Summit Centre, which is located at 20 Park Drive in Huntsville.

Coming from Toronto, you will need to take Highway 400 to Barrie and then where the highway divides, head on Highway 11 towards Orillia and Muskoka. Keep on driving about an hour and a quarter at which point you will arrive in Huntsville. Take the Muskoka Road 2 (Aspdin) exit, and at the end of the ramp, turn right to head into town. You will drive approximately 5km and you will arrive at the second set of lights, which is Brunel Road. Turn right onto Brunel and about 750m on your left, you will turn into the Huntsville High School and Canada Summit Centre complex. Here is a link to follow: <https://goo.gl/maps/tV5Jr39euNK2>

Coming from Ottawa, take Highway 417 towards Renfrew. Keep going past Renfrew, and turn left onto Highway 60 at Cobden. From there it is about 2 hours to get to Huntsville. After passing three sets of lights, turn left at the fourth set of lights onto King William Street. From there, drive about 4km, going through four sets of lights, and you will cross the bridge as you head into downtown. At the fifth set of lights, turn left onto Brunel, and about 750m down the road you will turn left into the Huntsville High School and Canada Summit Centre complex. Here is a link to follow: <https://goo.gl/maps/Z8HxNZ7fbPm>

Park your car, grab your stuff, and coming in through the main doors under the big wooden arch and follow the signs to where registration is, which will be located just outside the pool in the viewing area.

Important: Please make sure that you are coming with plenty of time (at least 30 minutes) before your wave so we can make sure you are there for your wave. Everyone is slotted into a time slot, so if you are late, it will be very difficult to adjust on the fly to put you in a wave that is already allocated for. Worst case scenario is that you would be placed into the next wave with an available slot.

Checking In Before You Get Going

Participant check in will be located in the pool office, which is down the ramp from the pool viewing area on the main floor. To get there after you come through the main doors of the Canada Summit Centre, hang a left and follow the hallway. Walk past all of the bikes, and down the ramp towards the change room. Watch out for participants that might be coming up the ramp from the swim leg.

Sign In and Pick Up Your Stuff: At registration, you will sign in on your wave sheet and confirm your wave and position number with the. After this you will get:

- Your race bib (the letter is your wave, and the number is your position in the wave)
- A swim cap if you didn't bring one (they are silicone, not latex)
- Your awesome race swag
- Labels for you to put your wave letter and position number on to mark your jacket, boots, wet bag, and dry bag for the secure storage area (family change room)
- A dinner ticket for you, and for any additional tickets that you may have ordered. If you need extra tickets, we ask that you please try your best to order them online before the day so we know how many people are coming to dinner!
- An information sheet about the rest of the day.

Fill Up Your Water Bottles: There will be jugs with water and Gatorade there to fill up at at registration as well.

Get Fit On The Bike: As mentioned, there will be 2 or 3 bikes there for you to size yourself up with before you start your bike. Our bike volunteers will record your measurements so that they can have your bike ready for you when you come out of the pool.

As you can see from the images below, stand beside the bike and the top of the seat should be at the same level as the top of your pelvic bone (hip bone). The front of the seat should be a forearm and hand length from the upright of the handlebars. See the two diagrams below for reference. Once you have them sized up, remember your numbers so you can dial them in when you get to the bike.

- Consider writing your size numbers on the back of your bib!
- The bikes have both platform pedals with baskets (for running shoes) and SPD pedals (for bike shoes with SPD cleats) for you to use (see image below).



Questions About The How The Indoor Tri Works?

First off, if you haven't watched the YouTube video that walks you through the event step by step, we strongly encourage you do so. Here is the [link](https://youtu.be/gKFnsIUxq2c) (<https://youtu.be/gKFnsIUxq2c> in case the link doesn't work)

Also, take a look at the pictures from last year so you can get a visual of the set up. Here is a link to the photos from last year.

If you still have questions about the flow or what happens when and where, ask one of the volunteers at the

check in. Plus, arrive early and watch the event in real time so you get a sense of it all and cheer everyone on!

Getting Ready In The Change Room

Once you are all checked in, walk through the doors to the pool and change room area.

First, Hand Off Your Winter Gear: At the end of the hall in the change area is the family change room. Put your hat and gloves in the sleeve of your jacket so that everything stays together. Please label your boots/shoes and jacket with a sticker, and hand your jacket and boots to one of the volunteers at the end of the hall by the family change room. Your bib number is your coat check ticket, so don't lose it!

Second, Go Get Ready: After dropping off your winter gear, head into the change room to get your swim, bike, and run gear in order. Make sure you lay out your bike/run clothes and shoes ready in your designated spot the change room so that you can change quickly when you get out of the pool! Have a labelled plastic bag on the floor in front of the place where you have laid out your dry clothes for the bike/run legs. This way you are ready to put your swim suit, towel, goggles, cap, and any other swim gear into this bag which you will give to the secure storage area as you run out to the bike.

Third, Pack Up Your Leftover Gear and Store It: Get changed into your bathing suit, fill up your water bottle if you haven't done so already, grab your swim cap and goggles and then pack your day clothes and whatever you are not using during the race into your duffel bag or backpack. Label this bag and take it to the family change room, then head back to the change room.

- **Reminder Number 1:** After the race, you will be able to pick this bag along with your winter boots and coat from the family change room. You will need to show the volunteer there your bib to get your belongings back.
- **Reminder Number 2:** You will be able to take things with you as you move through the bike and run, but we ask that you keep these items at a minimum (towel, bike shoes, running shoes, hat, water bottle). You will be responsible for moving these things with you as you move through the different legs of the event, so you might want a little bag to take all of this with you. Unfortunately, we will not be responsible for lost or stolen items.
- **Reminder Number 3:** After you are done with the swim, get out of your wet stuff and put your cap, goggles, swimsuit and towel in the bag that you laid out in front of your transition spot, and then put it on the ledge in front of the big mirror in the changeroom. The volunteer in that changeroom will then take it down to the bag drop in the family change room to put it with the rest of your stuff.

Fourth, Get Out On Deck To The Waiting Area: After everything is laid out and you have your leftover clothes and gear stored away, get out pool deck (go through the showers) and sit at the designated "WAIT AREA".

Please get to the wait area well before the wave ahead of you finishes swimming. This will avoid any paths getting crossed when you are going out of and the swimmers are coming into the change rooms.

The Swim

The swim takes place in the Canada Summit Centre 25m pool, which has six lanes. We have two participants in each of lanes. We have worked really hard to match up similar swim speeds in each lane and to keep you as close to your friends that you requested during the registration process as possible.

What To Do While You Are Waiting: You will be sitting at the waiting area while the wave before you is finishing up. Please sit at your designated spot (your number) at the waiting area. A volunteer will confirm with you who you are and that you are sitting in the right spot. Once the previous wave is done and clear of the pool, walk over to the lane that has your position number on it, confirm with the lane volunteer who you are, and then hop in for a quick warm up.

Warm up time: If time permits, jump in the pool to get wet for a quick warm up. A whistle will blow when there is 30 seconds left before the start of your swim, at which point you must swim back to the shallow end where you will line up and have at least one hand on the wall. The master timer will count down 5-4-3-2-1 and then the whistle blows indicating that you are ready to take off!

Take A Break If You Need To! By all means, take a break if you need to at the ends of the pool if you need to catch your breath. Any stroke is permitted, but we ask that you refrain from doing butterfly or strokes that might accidentally cause you to come into contact with your lane mate.

No Need To Count Your Laps! The swim volunteers will keep track of your laps, so no need to count...just keep swimming. At the end of the 15 minute swim, the volunteers will add up the laps and input it into our super calculator database.

Tweeeet, you are done! The end of the swim leg will be marked by three loud bursts of a whistle by our swim coordinator. At this point, please get out of the pool as quickly as you can, walk to the change room, dry off, and get into your bike clothes.

What to wear for the bike and the run: I know it is a hard decision since you want to look good and minimize your transition times, but there are a couple of points to bear in mind here.

- **Change out of your swim wear:** We ask that you kindly change out of your wet swim gear and into dry clothing for the bike and run legs since the pool chlorine can affect the integrity of the bike seats and equipment.
 - **What to do with all of your wet stuff:** After you are done with the swim, get out of your wet stuff and put your cap, goggles, swimsuit and towel in the bag that you laid out in front of your transition spot, and then put it on the ledge in front of the big mirror in the changeroom. The volunteer in that changeroom will then take it down to the bag drop in the family change room to put it with the rest of your stuff.
- **Are you wearing running shoes on the bike?** If you are wearing running shoes on the bike, put them on and run down to where the bikes are in the pool viewing area. Please indoor shoes only!
- **Are you wearing cycling shoes on the bike?** If you are wearing cycling shoes, the bikes are equipped with SPD pedals, so make sure you have the right cleats on your shoes. To prevent damage to the tiles, and to prevent you from slipping, please carry your bike shoes down to the bike area and put them on there.

Take everything with you on the way out. Before leaving the change room, collect all of your swim gear and towels, and put it in a bag that is marked with your number on it (you can use your own duffle bag or backpack, just make sure it is labelled with your number on it if you prefer).

Then on the way out of the change room, hand your bag to the transition volunteer in the hallway outside the change room and they will safely store it for you while you are biking and running in our transition change room/holding area.

The Bike

The 15 minute bike will take place in the viewing area just outside the pool.

Go Find Your Bike: There will be 12 bikes there, each with a number from 1 to 12 on it. Go to the bike corresponding with your number (i.e. if your number is B6, you go to bike number 6).

The Spin Bikes: If it hasn't been done already for you, adjust the bike according to your body size, with the seat being at the height of the top of your pelvis, and the handlebars a forearm and hands length from the front of the seat.

Super Important: Do Not Adjust The Tension: All of the bikes have been calibrated to have the same tension to keep it fair for everyone. The spin bikes do not have the capability to measure power output, so this is the best we could do to make sure that everyone has the same race exposure. Think of it as everyone having to go up the same grade of a hill and you only have one gear. It is not going to be so easy that your legs are freely spinning around, and it will not be so hard that you will be really having to push it hard over the 15 minutes bike. In order to go further, you have to spin faster!

Get On The Bike and Get Strapped In: Hop on the bike and put your feet in the straps/clips, but don't start to pedal. We want all of the computers to be off when you get going. The computers will automatically turn on when you start to record your cadence when you start to pedal, so to be fair you need to start pedalling all at the same time.

Keep Pedalling! The computers need to remain on during the whole time in order to track your RPMs. So even if you are getting tired, then just pedal slowly for a second to catch your breath, and then get back at it! We don't want you to lose your bike score!

Have Fun! Listen to the music, have some good laughs with your wave mates, and put the pedal to the metal. The faster you pedal, the further you go, the higher your score.

When It Is All Over. You will be asked to hit the "STOP/AVG" button on your bike, and the volunteer will ask for your average RPM they will record it.

Follow The Signs and Get Up To The Track: Make sure you grab all of your stuff (water bottle, towel, etc) and follow the signs up to the indoor track to get ready for the run!

The Run

The 15 minute run is on the 217m indoor track that goes around the Don Lough arena.

Go Up The Stairs and Wait: After following the signs to the indoor track, you will climb a set of stairs and come to a set of double doors that say “Wait Here”. Stay outside of the doors leading into the track until a volunteer comes and gets you. We want to clear the track before you head out there.

We Need To Know Who You Are! Make sure that your bib number is visible on the front so that we know your bib number so we can count your laps!

Line Up and Get Ready To Go! Once inside, you will go in to the track and stand behind the lap counter line until you hear the announcer tell you to go! Follow the signs around the track, and high five the volunteers as you run past them.

Remember Lane Etiquette. Please try to keep to the inside “lane” of the track except to pass...the same as if you were biking along the road.

- **It Gets Narrow:** Along one section of the indoor track, it is only wide enough for 2 people, so lane etiquette is super important so that people who might be trying to pass you aren't having to be held up behind you. On the wider stretches, you can run beside someone, just make sure there is room around you for someone to pass.
- **Make Yourself Heard:** On the same token, if you are passing someone, give out a gentle and friendly “LEFT!” call out as you approach someone so that they know you are coming in to pass. Then a nice little “Way to go!, or “Keep up the hard work!” is always a nice gesture to keep it light and friendly.
- **Be Mindful of Community Members:** The arena is still being used and the track is a public space so there might be community members walking around the track, or people watching the hockey going on down below. We have signage up making them aware that the indoor triathlon is going on and for them to be mindful of you. We simply ask that you be polite and be mindful of their use of the track as well.

And that's a wrap! At the end of the 15 minutes, a whistle will blow and all runners should slow to jog and head out the opposite door that you came in. Outside the door, there will be a light refreshment for you that you can celebrate your accomplishment with the other participants in your wave!

It's All Over!

After the run is done, please head out the opposite door that you came in. There, you will get a little snack, and we ask that everyone gather for a fun group photo of your wave.

After this, please head back to the change rooms and grab your day clothes bag from the secure bag drop (you will need your bib to get your stuff), and then get changed in the change room. Please be respectful of the people who are setting up to start their swim area, or who might be coming back into the change room from just completing the swim. If you can hold off getting changed until the point where the waves are in motion, it would be great. This should be the time that the rooms are the least busy.

Then grab your coat and boots from the secure bag drop and head on out to the pool viewing area where the bikes are. Cheer on the bikers, or head up to the track to cheer on the runners if you have time! We are sure that they would appreciate it!

Scoring System: Tallying It All Up

Since we don't have standard distances to complete like an outdoor triathlon does, we have to figure out how you did! We are following the same scoring system that the Provincial Indoor Triathlon Championships held in Toronto.

The Scoring System: Race volunteers record the total distance covered during your swim, bike and run. The more distance you cover, the higher your score. The higher your score, the closer you are to the podium! Scoring is based on the weight system used by Triathlon Ontario for the Provincial Indoor Triathlon Championships.

- **Swim:** 10 points will be earned for every 25m lap completed, with 5 points being awarded for a half lap determined by the lap counter
- **Bike:** 25 points earned for each 0.5km completed, as calculated by the bike computers average RPM and converted into total distance.
- **Run:** 27 points scored for each lap of the track completed (217m indoor track), and 13.5 points for a half lap on the last lap.

The Awards Ceremony

In order for everyone to be around for the awards, we are going to be holding them 30 minutes after the last wave is done.

This gives us enough time to tabulate all of the results and figure out the winners, but also to be able to have as many people around for the awards ceremony as we can. The awards will be held in the pool viewing area where the spin bikes were set up.

The Real Fun: Playing In The Snow!

Anytime after 1pm, you can arrive out at Camp Tawingo which is 10 minutes from the Canada Summit Centre. The address is 1844 Ravenscliffe Road. Please click on the link (<https://goo.gl/maps/tSZBMrVsyjE2>) to get directions to the camp from the Canada Summit Centre and where to go in the camp for all the fun!

All The Fun Stuff To Do: At Camp Tawingo there will be:

- Broomball: no equipment necessary
- Snowshoeing: they have lots of snowshoes for you to borrow
- Tubing and tobogganing: They have all the sleds, but they do not have any helmets and we/they strongly encourage that everyone wears a helmet. It is mandatory for all of the kids to wear helmets.
- Cross country skiing: The camp has equipment to borrow, but feel free to bring your own cross country skis (classic trails only) and snowshoes with you if you prefer. They have lots of ski trails and each trail is over varied terrain, and the distances range from 1km to 4km in length.
- Skating on the lake: please bring your own skates and helmets

Snacks and lupper

It is not lunch, and it is not supper, so it will be lupper. The camp is cooking up some veggie and meat lovers chili. There will be home made buns, salad, the famous Tawingo cookies, milk, coffee, tea, and all of the fixin's.

While you are outside, there will be a bonfire where there will be marshmallows to roast and hot chocolate to enjoy!

Wrapping it up

We will wrap up all of the fun at 5pm, so you can get ready for the next week ahead!

Enjoy the festivities and thank you so very much for coming out to our event!