



CANADA MAN WOMAN

Lac-Mégantic  Xtreme Triathlon



21 RACE MANUAL

THANK YOU TO ALL 2021 CANADA MAN/WOMAN PARTNERS

MAIN PARTNERS



PARTNERS



SPECIAL THANKS TO:

Observatoire du Mont-Mégantic, Domaine des Montagnais, Location Bill-Autos, LauzAltitude, Bôsapin, Les sentiers frontaliers

WHAT'S MORE, THANK YOU TO ALL PARTNER MUNICIPALITIES:

Audet, Chartierville, Frontenac, Lac-Drolet, La Patrie, Marston, Nantes, Notre-Dame-des-Bois, Piopolis, St-Sébastien, Ste-Cécile de Whitton, Val-Racine, Woburn.

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PRESENTATION

An intense, magnificent, and wild long-distance triathlon

Canada Man/Woman is the ultimate long-distance triathlon! It pays tribute to the first Canadians who successfully adapted to nature's harsh elements and made Quebec's forests and expansive territory their homeland and livelihood.



Canada Man/Woman differs from the classic long-distance triathlon where thousands of volunteers are present to support you at every turn. As in pioneer life, you will have only yourself to rely on throughout many sections, apart from the support of your limited assistance team and your best friend. The latter will follow you throughout the marathon that will unfold in the heart of the Canadian forest.

A breathtaking course amid Canadian woods and mountains that will push you to successively complete:

- A 3.8-km swim in Lac Mégantic waters, starting at dawn (subject to modification per the rules and weather conditions present in October);
- 180 km of biking along the Route des Sommets with an elevation gain of 2500 m;
- 42 km of running along roads and trails with the ultimate finish line at the summit of Mont Mégantic... following an elevation gain of 1 200 m!

This is one of the most intense, wild, and beautiful triathlons presented in North America.

Race manual

This manual contains important information required to ensure the race unfolds smoothly, but also to guarantee your safety. **It is mandatory that you read and understand this manual.**

The race manual will constantly evolve. This is even more true because of the pandemic. We have modified several elements to comply with the standards prescribed by Triathlon Québec and Public Health recommendations. The document will be updated per the standards that are to be respected if necessary.

Any event modifications aim to ensure it meets public health standards, namely social distancing and hygiene. Every stage of the race has been simplified and reduced to a minimum in order to guarantee that athletes spend as little time as possible on the competition site and thus, reduce contagion risk

**REACH THE STARS
BEFORE MIDNIGHT**

Headquarters

Canada Man/Woman Lac-Mégantic headquarters are located at the following address:

Centre Sportif de Lac-Mégantic
5400, Papineau Street
Lac-Mégantic, Québec
G6B 0B9

INSCRIPTION

DATE	HEURE	QUOI	OÙ
Saturday, Sept. 25 th , 2021	11:00 a.m.	Pre-race meeting (mandatory)	Online: A link will be sent to you a few days prior to the meeting.
Saturday, Oct. 2 nd , 2021	6:00 p.m.- 8:00 p.m.	<p>Mandatory bike deposit in Transition 1 zone.</p> <p>Only 1 person in transition (athlete or assistant)</p> <p>One bag containing bib, bike tights and helmet, swimming cap, tattoo, and timing chip will be at your designated spot.</p> <p>No back and forth allowed in transition zone</p>	Parc de la Baie-des-Sables 2370, chemin du Lac, Lac-Mégantic
Sunday, Oct. 3 rd , 2021	**See below	Athletes arrive in parking lot	Centre sportif Mégantic parking lot
		Departure symbolic march towards the start at Parc des Vétérans	Centre sportif Mégantic parking lot
		First Canada Man/Woman Extreme start	Parc des Vétérans
		Opening of transition 1 for assistants	Parc de la Baie-des-Sables

**Details about the start and the swimming section will be shared at a later date, per the rules that are applicable at the time and the weather.



Xtreme TRIATHLON COURSE LEGEND

- | | | | |
|------------|-------------------------------------------|--|--------------------------|
| TR1 | Transition 1 :
Baie-des-Sables | | Running section (roads) |
| TR2 | Transition 2 :
Chartierville rest area | | Running section (trails) |
| TR3 | Transition 3 :
Parc Mont-Mégantic | | Biking section |
| --- | Border | | Swimming section |
| | | | Km (Biking) |
| | | | Road and number |



Saturday

8:00 a.m.: START **SPRINT TRIATHLON** at Baie-des-Sables presented by **TAFISA**

Sunday

4:00 a.m.: SYMBOLIC MARCH towards start, on "LA MARCHÉ DU VENT" path

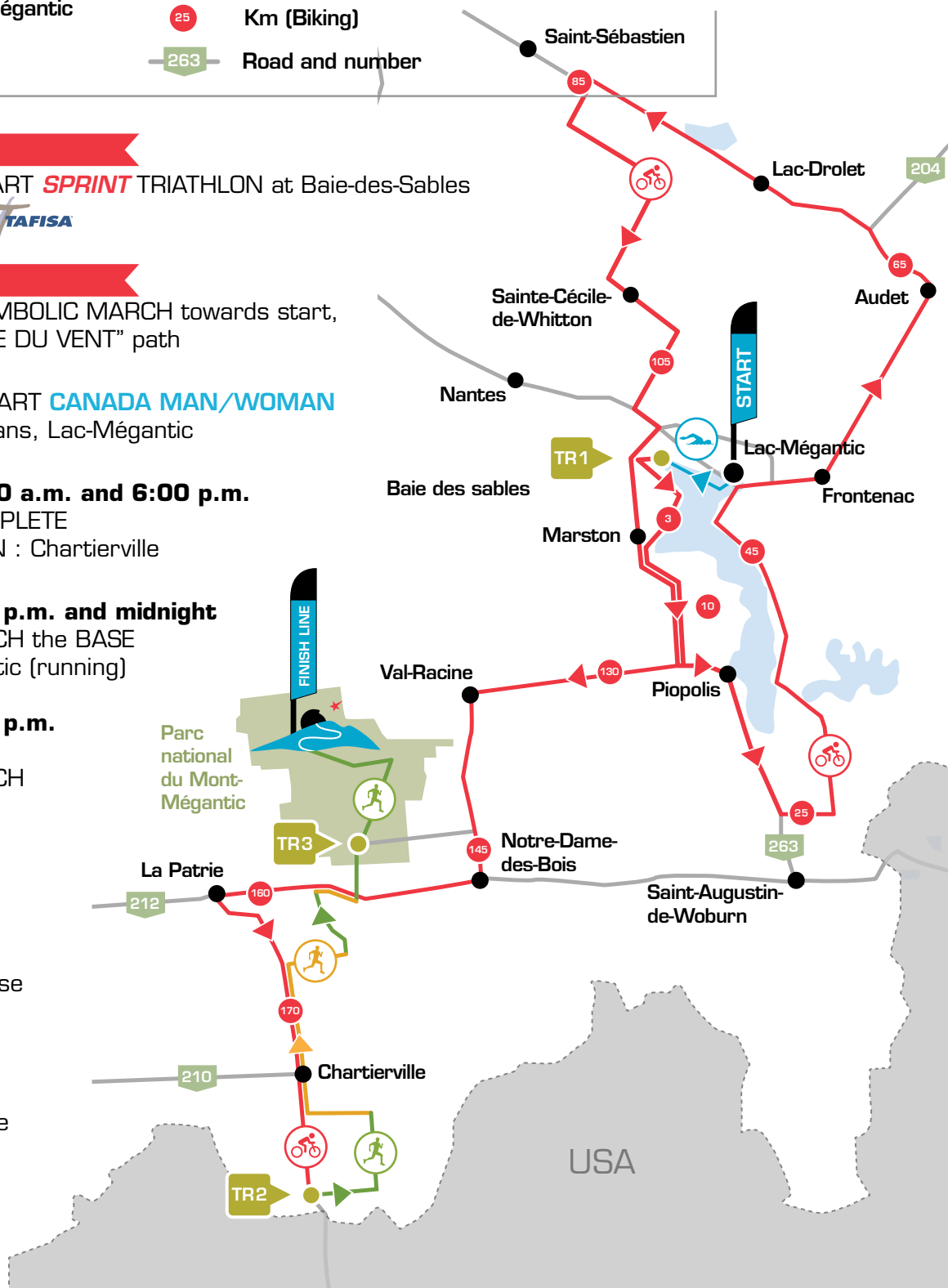
4:30 a.m. : START **CANADA MAN/WOMAN** Parc des Vétérans, Lac-Mégantic

Between 10:30 a.m. and 6:00 p.m. ATHLETES COMPLETE BIKING SECTION : Chartierville

Between 2:00 p.m. and midnight ATHLETES REACH the BASE of Mont Mégantic (running)

Between 2:45 p.m. and 1:30 a.m. ATHLETES REACH the SUMMIT of Mont Mégantic (running)

Note: The precise schedule will be determined at a later date, per applicable rules at the time of the event.



THE COURSE

The Lac-Mégantic Canada Man/Woman course is completed one way. The event launches in the town of Lac-Mégantic and the finish line is located at the summit of Mont Mégantic.

The entire course is 226 km long.

Further details are available in the road books provided, in the appendices. You may also view the interactive maps on the event website.

Course changes are possible due to weather conditions

For the safety of all participants, we have planned alterna-

tive courses for the swimming section as well as for the finish, at the summit of Mont Mégantic.

If we must cancel the swimming section, the event will be launched from the Baie des Sables beach.

If weather conditions prevent us from ending the race at the summit of Mont Mégantic, athletes will be redirected to an alternative trail loop from transition 3, at kilometre 36. The finish line would then be at this same point, transition 3.

SYMBOLIC “MARCHE DU VENT” MARCH, COVID VERSION

The departure area is within Lac-Mégantic’s Parc des Vétérans. Participants and their assistants must report to the Centre Sportif Mégantic parking lot at 3:30 a.m. for an approach march. This symbolic march represents a time of recollection in memory of the tragedy that unfolded in Lac-Mégantic, when a train derailed at this same location on July 6th, 2013.

The symbolic march will leave the Centre Sportif parking lot and lead participants to the start of the event. It will be completed in groups, in the departure order, per the estimated event completion time. This way, you will arrive at the start site in the race starting order.

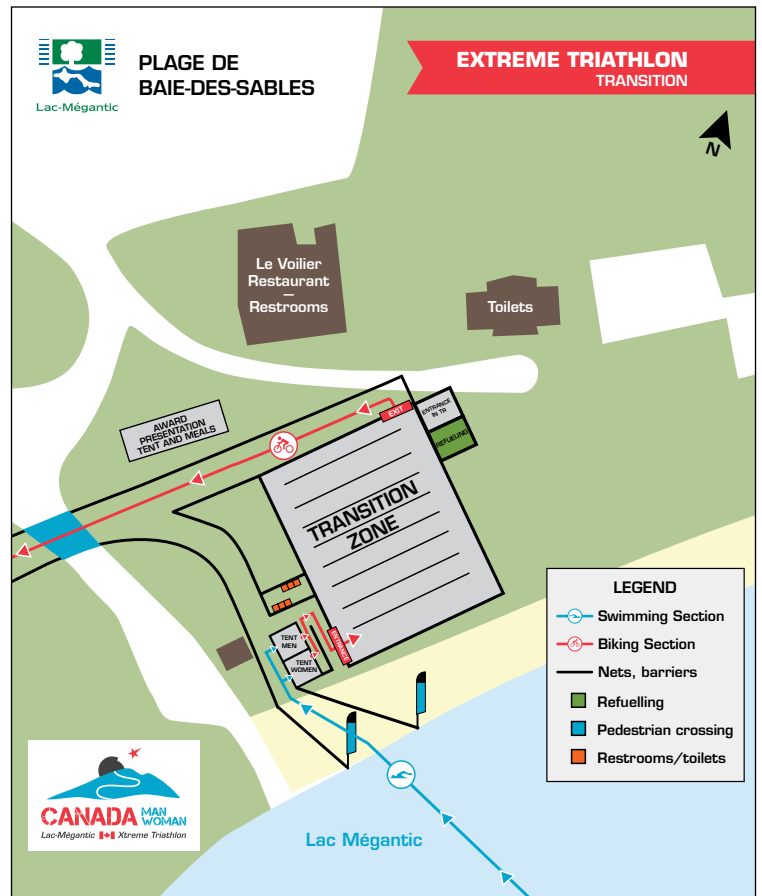


SWIMMING SECTION

Distance : 3,8 km

The swimming portion of the event will launch at 4:30 a.m. The 3.8-km course will play out in Lac Mégantic waters, from Parc des Vétérans to Parc de la Baie-des-Sables. **Swimming with an inflatable torpedo buoy and a wetsuit is mandatory.**

Subject to change per the rules in effect in October and weather conditions.



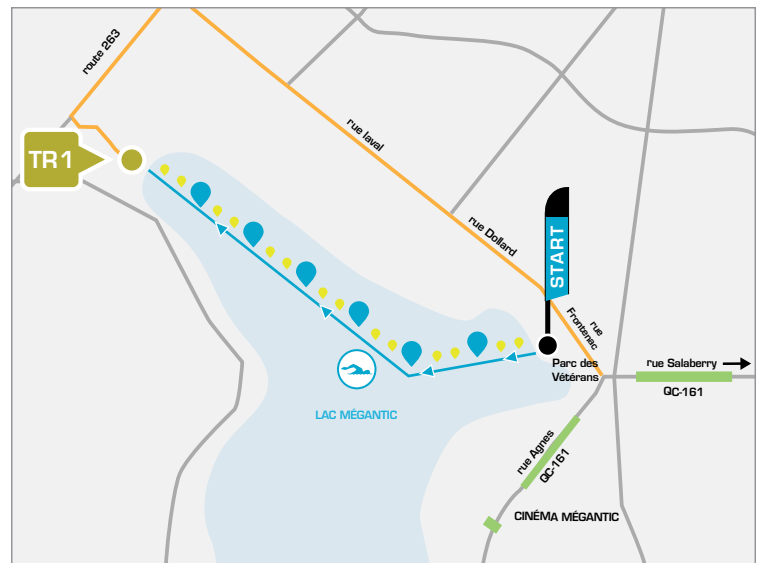
TR1: Transition 1 (Swim-Bike)

The transition will unfold at Parc de la Baie-des-Sables. The transition zone will be open from 6:00 p.m. to 8:00 p.m. on Saturday for bike deposits.

Help from assistants in the transition is authorized after the race. Assistants wait for their athlete directly at his or her designated spot, wearing a mask. Assistants may not move within the transition other than to reach the spot to wait and to exit with all equipment.

Note: Carefully plan equipment needs and the time required.

There will be no tent available for changing. You will have to change directly at your spot, within the transition area.

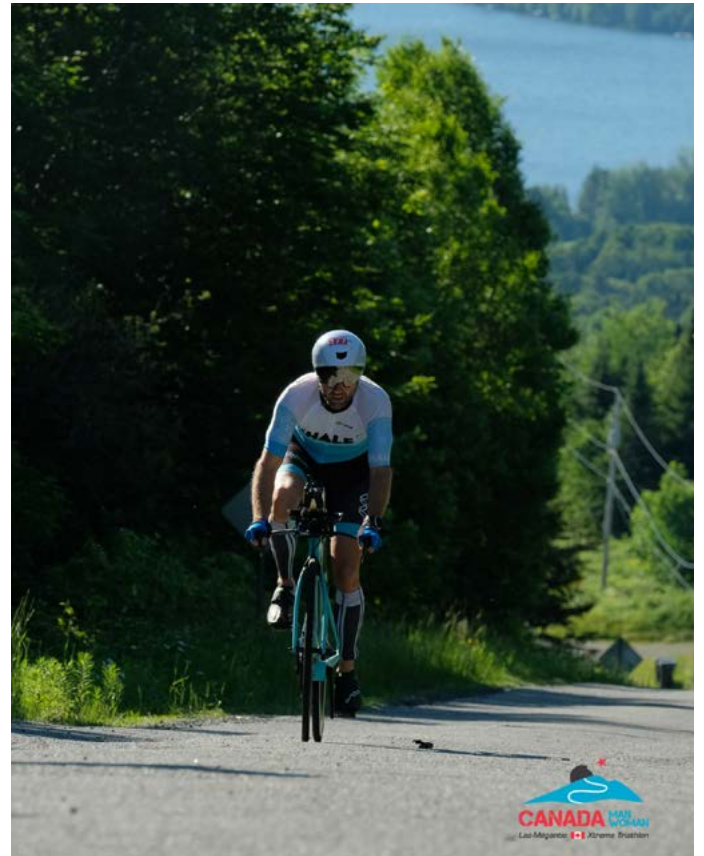
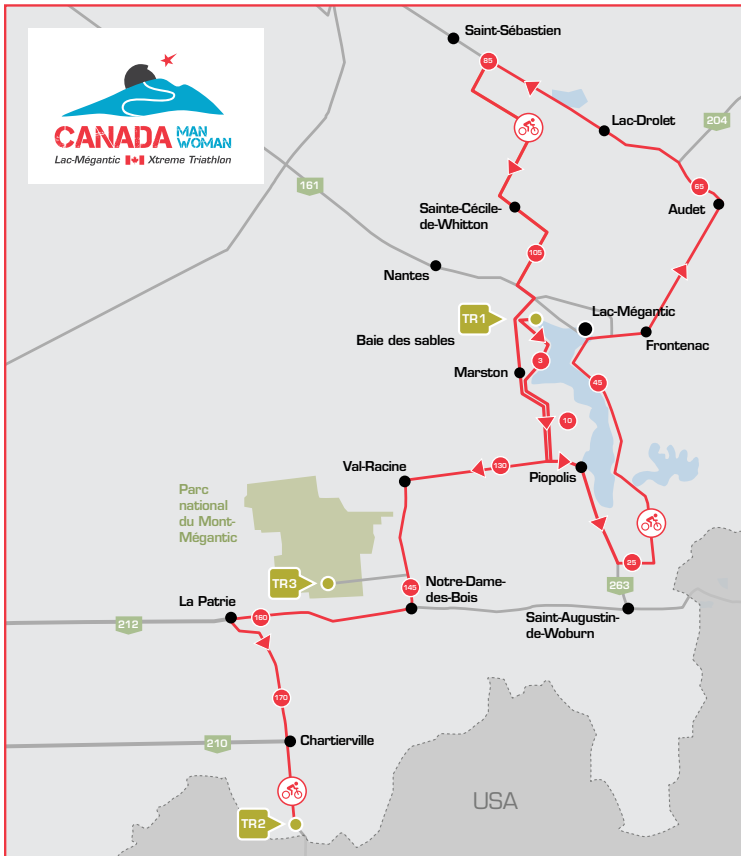


BIKING SECTION

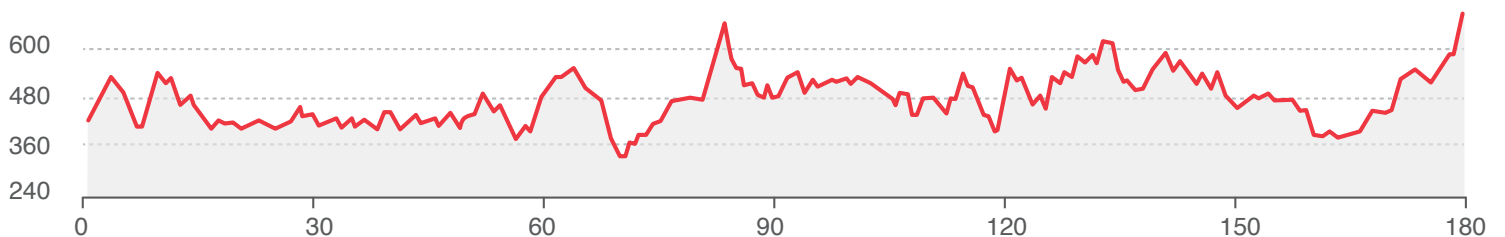
Distance : 180 km

Elevation gain : 2565 m

The biking section will lead participants along the magnificent Route des Sommets. The undulating course serves up an elevation gain of more than 2 500 m. Du Morne, a steep ascent, awaits participants at kilometre 81. They will also have to look out for the final climb at kilometre 179!



ELEVATION (M) - BIKING SECTION



TR2: Transition 2 (Bike-Running)

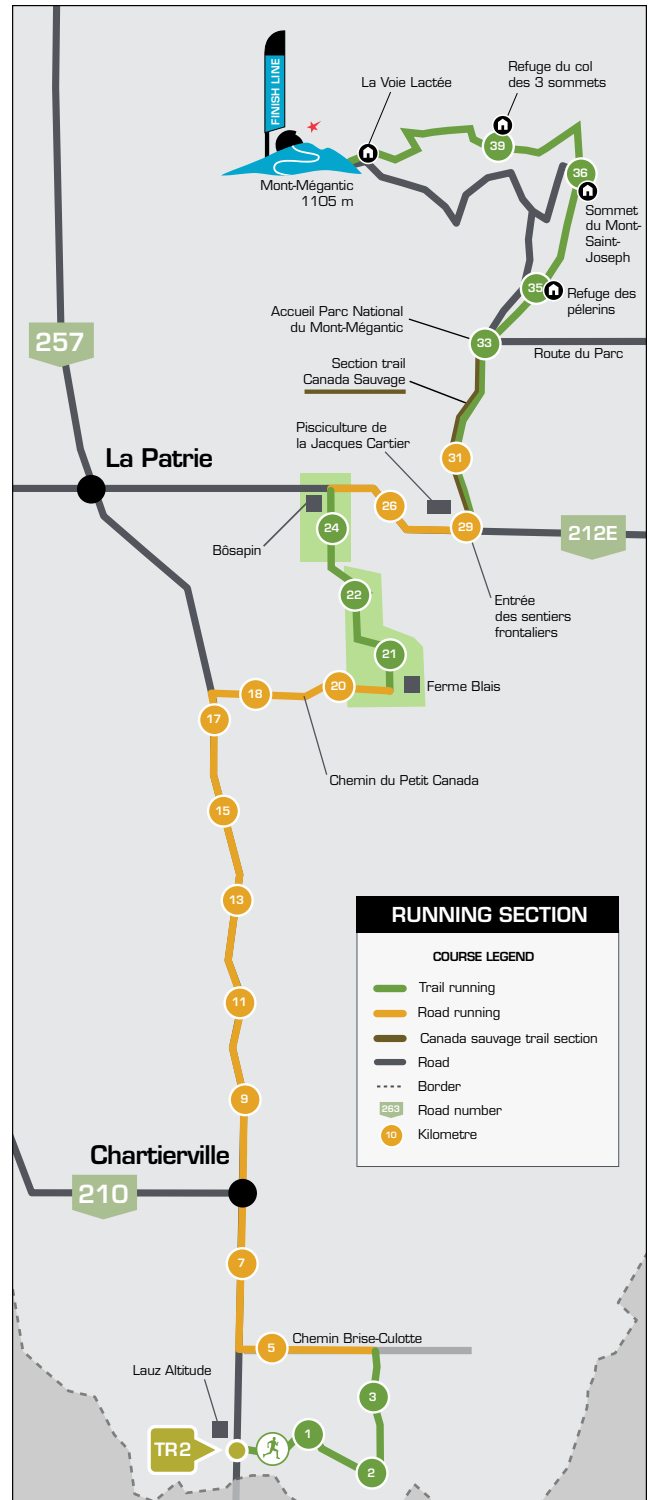
The transition will be completed at the Chartierville rest area. Assistants must park in the designated location to wait for their athlete. Masks are mandatory for both athletes and assistants in the transition area. No tents will be available for changing.

RUNNING SECTION

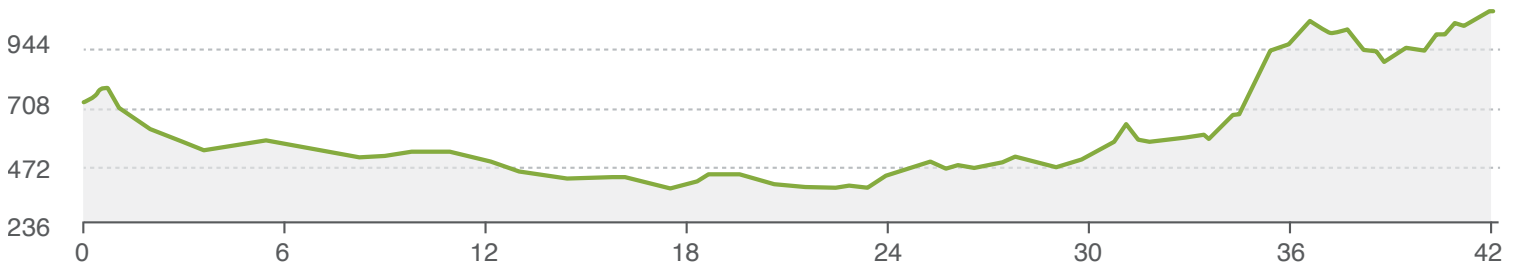
Distance : 42 km

Elevation gain : 1300 m

The running section will unfold on paved roads, dirt roads, and trails. 75% of the marathon course is hilly. The other 25% of the course will essentially consist of trail running and involve an elevation gain of more than 1 200 metres. Participants **must obligatorily** be accompanied by their assistant (on foot) for the last portion of the marathon (the last 8.5 km). The meeting place for the final ascent will be TR3, located at the entrance of Parc du Mont-Mégantic.



ELEVATION (m)-RUNNING SECTION



RULES

The Canada Man/Woman Triathlon is recognized by the *Fédération québécoise de triathlon* and it complies with Triathlon QC's basic rules.

GENERAL

- Biking and running sections are not closed to traffic.
- Athletes and assistants are responsible for always keeping right and respecting Canadian Road Safety Regulations.
- All athletes must obligatorily have at least one assistant (see ASSISTANTS section below) and one vehicle.
- Assistants may not precede or follow their athlete by car.
- For the biking section, one may not refuel his/her athlete before kilometre 48. You must go through the town of Lac-Mégantic to reach your athlete.
- Providing a participant with refuelling sources from a moving vehicle is strictly forbidden. Assistants must be outside of the vehicle to provide assistance to their athlete. Failure to comply will lead to disqualification.
- All participants must be members of their national triathlon federation.
- Earphones are forbidden at all times during the triathlon.
- Assistance vehicles must never hinder the progress of other athletes.
- Assistance vehicles must respect Road Safety Regulations. Failure to comply will result in disqualification of athletes.
- During refuelling efforts, assistance vehicles must obligatorily be completely to the right of the white line delimiting the shoulder. If there is insufficient room to completely clear the white line, stopping is prohibited. Disqualification may result from not respecting these rules.
- Tossing litter on the ground is strictly forbidden.
- Athletes and assistants must use the toilets set up along the course (see list of toilets and restrooms along the course on page 17).
- Assistance vehicles must be clearly identified with the stickers provided by the organization. One sticker must be placed in the windshield's top right-hand corner. Another sticker must be placed in the top right-hand corner of the vehicle's back window (passenger side).
- Athletes must never enter their assistance vehicle unless they are withdrawing from the event.
- If you withdraw from the race, YOU MUST call race management to inform them at the following number: XXXXXXXXX.
- The organization reserves the right to remove a participant from the race if it considers this action to be necessary.

SWIMMING SECTION

- Wetsuits are **compulsory** for the swimming section.
- A white strobe light is **compulsory** for the swimming section to ensure athletes are visible.
- Torpedo buoys are **compulsory** for the open water swimming section.

BIKING and RUNNING SECTIONS

- Drafting is forbidden in the biking section.
- For the biking section, bikes must be equipped with lights: a white strobe light on the front of the bike and a red strobe light on the back of the bike.
- Participants must wear an approved helmet for the biking section.
- Bike changes are forbidden.
- A headlamp is compulsory for the running section.

SPECIFIC COVID-19 MEASURES THAT MUST BE RESPECTED AT ALL TIMES ON THE EVENT SITE

Thank you for respecting the safety measures outlined by health and hygiene authorities in a pandemic period.

- If you have symptoms such as a cough or fever, do not participate in the event.
- Social distancing (2 metres)
- Carry hydroalcoholic gel and wash your hands as often as possible.
- Wear a mask at all times on the event site.

Registration and pre-race meeting

This year, all registration activities and the pre-race meeting will be done online. You will receive details (date and time) via email one week before the event. If you cannot attend, you can watch the recording on the Web at a later time.

Start time

We will organize continuous starts for 4 people (mixed men-women) at a time, a few tens of seconds apart. We will organize starts from fastest to slowest participants. We will ask you to send us your average race time via email to help us accurately organize the wave starts.

Race day (Subject to change per the rules in effect in October and weather conditions.)

Symbolic march and start :

You must park in the designated area in the Centre sportif Mégantic parking lot as early as 3:30 a.m. Prepare all your equipment with your assistant at your car so that you are ready when you are called for the start of the march. You will be invited to commence walking per the following schedule established using the estimated race times of each participant:

- Group 1: 4:00 a.m.
- Group 2: 4:05 a.m.
- Group 3: 4:10 a.m.
- Group 4: 4:15 a.m.

This way, you will reach the start line in the starting order. The march shall be completed with your assistant. You must both wear a mask and respect social distancing of 2 metres. You may discard your mask right before entering the water.



Once you have reached your start line (4 athletes per line with social distancing of 2 metres between lines), your assistant provides and/or removes equipment, as necessary. There shall be no spectators for the start at the Parc des Vétérans. Assistants must then move to Transition 1 for the estimated time of arrival of their participant.

Due to restrictions, participants may not enter the lake prior to the official start of the race.

Transition 1

There will be no site (tent or hall) for changing of clothes. You will have to change within the transition zone. Your assistant may wait for you there. He or she may not leave his spot other than to exit the transition with all equipment. From there, your assistant can meet you at km 48 of the biking section.

Transition 2

A spot will not be assigned to each athlete. Assistants shall wait near the transition zone, wearing a mask and respecting social distancing of 2 metres with other assistants as well as volunteers and members of the event organizing team.

Transition 3 (Base of Mont Mégantic)

The assistant ascending with the participant must remain 2 metres from the latter. Hydration and nutrition are critical at this stage of the race.

Finish line

A small group of volunteers and members of the event organizing team will welcome you at the summit of Mont Mégantic. Spectators will not be authorized at the finish line. A medical team will also be present.

You will be served a hot meal (athlete and assistant).

A shuttle service will be in place to bring you and your assistant back down the mountain. Using the bus to reach the summit will not be allowed.

Timing chips

Timing chips will be set at your Transition 1 spot on Saturday night.

You are responsible for returning the timing chip in the finish area. If you lose the timing chip, we will have to invoice you for it.





PENALTIES

Race judges may impose time penalties or disqualify an athlete if he/she or his/her assistance team violates the rules. We strongly hope that the use of penalties will be unnecessary. Canada Man/Woman, like all other XTRI events, is a sports event that aims to highlight values such as pushing one's limits, mutual aid, and good sportsmanship.

Time penalties

- Minor penalty - 5 minutes
- Second penalty - 15 minutes
- Third penalty, major penalty, or penalty for dangerous behaviour - Disqualification

Penalty zones are located at TR2 and TR3.

TIME LIMITS

For safety reasons, the Canada Man/Woman organization will apply the following time limits:

Swimming:	7:00 a.m. (2.5 hours after start)
Biking:	4:00 p.m. (11.5 hours after start)
Running:	9:00 p.m. (16.5 hours after start) at TR3. Alternative course on paved roads.
	10:30 pm (18 hours after start) at TR3. End of race.

The race director may decide to prevent an athlete from climbing Mont Mégantic for medical reasons following the doctor's advice, even if the athlete is within the time limits.

ASSISTANCE

Assistants' role consists of supporting their athlete throughout the course. Assistants can help their athlete with refuelling (biking and running sections) as well as provide mechanical assistance during the biking section.

If a participant has more than one assistant, Covid rules and guidelines must be respected.

Each participant must have at least one (1) assistant and one (1) vehicle. Note that only one vehicle is authorized per team. Recreational vehicles and trailers are forbidden. Assistants **must** have a mobile phone. For safety reasons, assistants must always be able to communicate with the organization. **Assistants may not precede or follow their athlete by car. Assistance vehicles must reach the meeting points and wait for their athlete without interfering with traffic.**



Vehicles mustn't hinder the progress of other athletes. This rule will be rigorously enforced. Failure to respect it will result in the disqualification of the athlete whose assistant is at fault.

When stopping on the road, vehicles must necessarily be completely to the right of the white line delimiting the shoulder. If there is insufficient room to completely clear the white line, stopping is prohibited. Disqualification may result from not respecting these rules.

Assistants must retrieve their athlete's bike at TR2 as soon as the latter leaves the transition area to begin the running section.

Since portions of the running section are not accessible by car, there are zones where assistants will not be able to provide refuelling sources to their athlete.

Assistants may accompany athletes on bikes for certain portions of the running section, up to kilometre 29 ("Canada Sauvage" section). They must always respect road safety regulations, remain alert, and watch for other vehicles.

Between kilometre 29 and TR3, we highly recommend that athletes be accompanied by an assistant on foot.

During the final section of the marathon, an assistant must obligatorily accompany each athlete for the ascension of Mont Mégantic, from Transition 3 (TR3) to the finish line (last 8.5 km).

It will be impossible to reach the summit with assistance vehicles. A shuttle service will take teams back to TR3 so that they can pick up their vehicle after the race. Park access as well as the shuttle service at the summit is included for athletes and one (1) assistant. Only one (1)

assistant can and must climb to the mountain's summit.

Vehicles and assistants must be clearly identified. Stickers provided by the organization must be placed on both the front and the back of each vehicle and assistants must wear their "CREW" shirt.

List of mandatory equipment for assistants:

- Headlamp (essential for trails)
- Additional batteries (essential for trails)
- Survival blanket (essential for trails)
- Solid and liquid refuelling sources (essential for trails)
- Basic first aid kit (essential for trails)
- Operating mobile phone with additional charge (essential for trails)
- A change of warm clothes (windbreaker, fleece sweater, tuque, raincoat)
- Tools and basic replacement parts for bike
- Face covering and disinfecting gel

Note that the average nighttime temperature at the summit is 5°C.

REFUELLING

No fuel stations will be present along the course. Assistants and athletes must foresee all refuelling sources. For certain portions of the running section, athletes will be without their assistant for several kilometres. Athletes must therefore transport adequate resources (water, food) for these sections.

MEDICAL ASSISTANCE

A medical assistance team will be present along the course, at transitions, and at the finish line. An emergency telephone number will be given to assistants at the race meeting. The organization reserves the right to remove a participant from the race if the race doctor considers this action to be necessary.

Caution: Due to the nature of the event, you must be as autonomous as possible. It may take the medical assistance team a long time to reach you because of the course type.



COVID EDITION

Due to the pandemic, event organizers cannot be as present as they were in the past to provide support. We will be present for emergencies, but you must be more autonomous than ever before (refuelling, clothing, mechanical failures, etc.).



RESTROOMS/TOILETS-LOCALIZATION

Each chemical toilet will be equipped with disinfecting gel. The use of public restrooms has yet to be confirmed. You must carry disinfecting gel throughout the race.

LOCATION	DESCRIPTION	NB	KM
Centre Sportif Mégantic	Outside of the centre	++	-
Start at Parc des Vétérans	Chemical toilets	3	-
Transition 1: Baie des Sables	Chemical toilets close to TR1	6	-
	Public restrooms in the building at the Baie des Sables beach+chemical toilets in the transition area	++	-
 BIKING SECTION			
Centre des Loisirs Marston	Blue public porta potties inside the centre	1	5,5
Des Zouaves Rest Area, Piopolis	Public restrooms	1	15,8
Saint-Augustin-de-Woburn Rest Area	Public restrooms	2	24,5
Frontenac Rest Area	Public chemical toilets	2	39
Route des Sommets Information, Town of Audet	Chemical toilet. Not along course (on Principale Street)	1	63
Parc du Lac, Lac Drolet	Public composting toilets		79,5
Ste-Cécile-de-Whitton "OTJ"	Public restrooms	2	100
Centre des Loisirs de Marston	Blue public porta potties inside the centre		118
Val-Racine Intersection	Chemical toilets	1	137
At the entrance of Frontaliers trails	Chemical toilets	1	152
La Patrie, Bonichoix	Restrooms inside the service station	1	162
Chartierville	Public restrooms behind the town hall	2	174
Chartierville	Town chemical toilets at the bottom of the hill	1	178
TR2	Chemical toilets	2	180
 RUNNING SECTION			
Chartierville	Chemical toilets at trail exit	1	4
Chartierville	Public restrooms behind town hall	2	8,5
Entrance of Chemin du Petit Canada trail	Chemical toilets	1	20,5
Entrance of Frontaliers trails on Route 212	Chemical toilets	1	29
AstroLab	Restrooms inside buildings	4	33
Arrival summit of Mont Mégantic	Chemical toilets	2	42

LODGING AND TOURIST INFORMATION

For your lodging needs, do not hesitate to contact the Mégantic region tourist bureau.

3295, Laval Street
Lac-Mégantic, Quebec G6B 1A5
International: 001 819 583-5515
National: 1 800 363-5515
tourisme@sdegranit.ca

You can also find tourist information on the following website:

<http://www.tourisme-megantic.com/dormir>

SÉPAQ Mont-Mégantic National Park:

<http://www.sepaq.com/pq/mme>

Driving directions:

Canada Man/Woman headquarters are located at the following address:

Centre Sportif de Lac-Mégantic
5400, Papineau Street
Lac-Mégantic


MEDIA

Your Canada Man/Woman participation is sure to interest your local media. The Canada Man/Woman organization will be happy to provide pictures, videos, and comments.

You can reference the following contact:

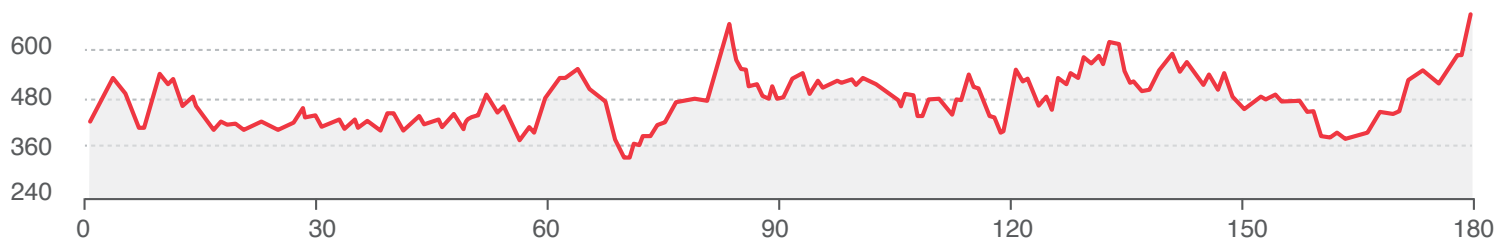
pdesgagne@enduranceaventure.com




 DIRECTIONS	DISTANCE	KM
1 Aller en direction nord sur Rue de la Baie des Sables vers QC-263 N / <i>Go north on Baie-des-Sables Street, towards QC-263 N</i>	800 m	1
2 Tourner à gauche sur QC-263 S / <i>Turn left on QC-263 S</i>	23,8 km	24
3 Tourner à gauche vers Rang Clinton/QC-161 N / <i>Turn left, towards Clinton Road/QC-161 N</i>	250 m	24
4 Suivre Rang Clinton/QC-161 N / <i>Follow Clinton Road/QC-161 N</i>	22,9 km	
5 Tourner à droite sur Rue Salaberry/QC-161 / <i>Turn right on Salaberry Street/QC-161</i>	2,5 km	47
6 La rue Salaberry/QC-161 devient QC-204 E / <i>Salaberry Street/QC-161 becomes QC-204 E</i>	18,6 km	
7 Tourner à gauche sur Chemin du Lac-Drolet Soyez très prudents dans ce virage à gauche situé au bas d'une descente. / <i>Turn left on Lac-Drolet Road</i> <i>Be cautious, this left turn is located at the bottom of a hill.</i>	1,1 km	69
8 Continuer sur le Chemin Principal / <i>Continue on Principal Road</i>	10,5 km	
9 Continuer tout droit sur route du Morne à la hauteur de la Route de la Station / 7 ^e Rang. <i>Continue straight on Du Morne Road at the intersection of De la Station Road/ Rural Route 7</i>	4,9 km	
10 Tourner à gauche sur 10 ^e Rang/QC-263 Soyez très prudent, il s'agit d'un virage à gauche au bas d'une longue descente. / <i>Turn left on Rural Route 10/QC-263</i> <i>Be cautious, this left turn is located at the bottom of a long hill.</i>	15,0 km	85
11 Tourner à droite sur Rue Principale / <i>Turn right on Principale Street</i>	200 m	100
12 Tourner à gauche sur QC-263 S / <i>Turn left on QC-263 S</i>	3,4 km	100

13	Tourner à droite sur 9 ^e Rang/QC-263 S / <i>Turn right on Rural Route 9/QC-263 S</i>	4,7 km	104
14	Tourner à gauche sur QC-161 S/QC-263 S / <i>Turn left on QC-161 S/QC-263 S</i>	1,9 km	109
15	Au rond-point, prendre la 1 ^{ère} sortie vers chemin de Marsboro/QC-263 S / <i>At the roundabout, take the first exit towards De Marsboro Road/QC-263 S</i>	14,2 km	111
VOUS PASSEZ DEVANT LA RUE DE LA BAIE DES SABLES / <i>YOU PASS IN FRONT OF BAIE DES SABLES STREET</i>			
16	Tourner à droite sur Chemin de Bury / <i>Turn right on Bury Road</i>	7,1 km	125
17	Le Chemin de Bury devient chemin de Piopolis / <i>Bury Road becomes Piopolis Road</i>	4,6 km	
18	Tourner à gauche sur route Chesham / <i>Turn left on Chesham Road</i>	5,6 km	136
19	Tourner à droite pour continuer sur route Chesham / <i>Turn right to continue on Chesham Road</i>	1,6 km	142
20	La Route Chesham devient la route du Parc / <i>Chesham Road becomes Du Parc Road</i>	3,3 km	
21	Tourner à droite sur rue Principale O /QC-212 O / <i>Turn right on Principale Street W/QC-212 W</i>	14,1 km	147
22	Tourner à gauche sur QC-257 S / <i>Turn left on QC-257 S</i>	18 km	161
23	TR2 à la Halte Routière Chartierville. Les assistants doivent reprendre les vélos à cet endroit / <i>TR2 at the Chartierville Rest Area. Assistants must retrieve bikes at this location.</i>		180

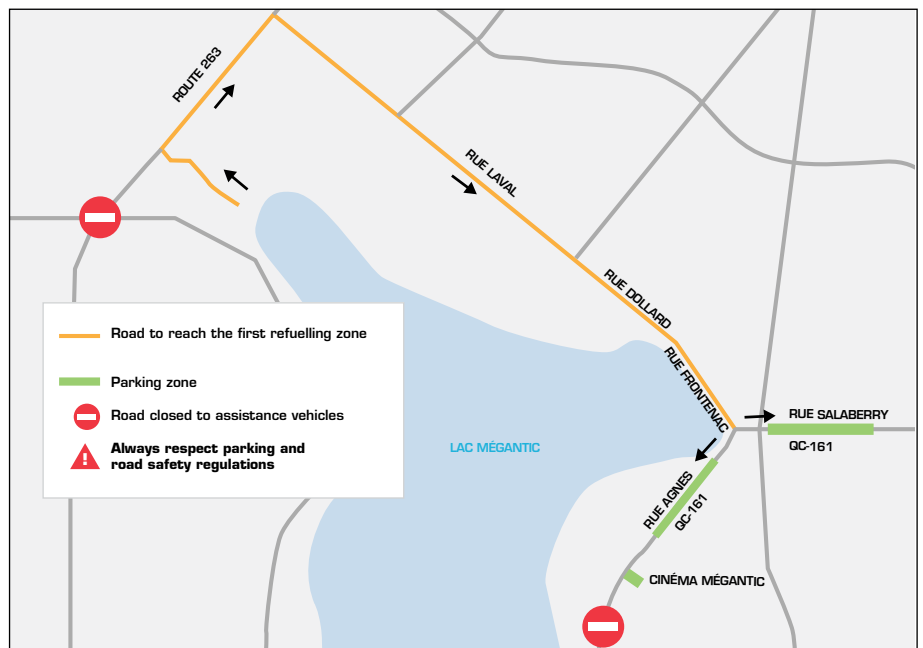
ELEVATION (m) - BIKING SECTION

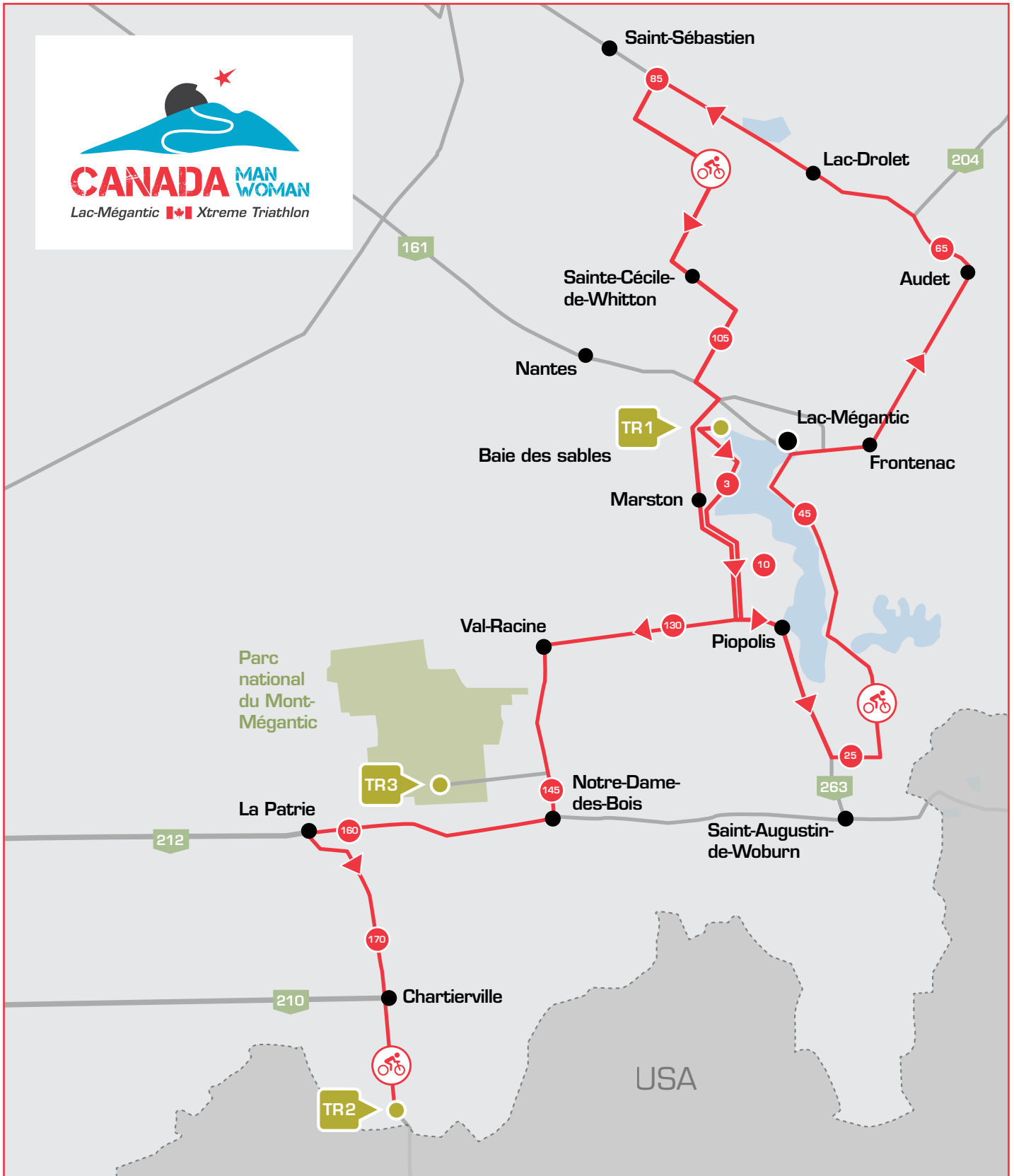


	DIRECTIONS	DISTANCE	KM
1	Aller en direction nord sur rue de la Baie des Sables vers QC-263 N et tourner à droite sur QC-263 / <i>Go north on Baie des Sables Street, towards QC-263 N, and turn right on QC-263</i>	1 km	1
2	Au rond point tourner à droite sur rue Laval / <i>TGo north on Baie des Sables Street, towards QC-263 N, and turn right on QC-263</i>	1,3 km	
3	Roulez en direction de Lac-Mégantic sur 4,9 km, tounez à droite vers QC-161 puis en direction du cinéma pour attendre votre coureur OU tournez à gauche vers la rue Salaberry pour stationner le long de la rue et attendre votre coureur. <i>Go towards Lac-Mégantic for 4.9 km, turn right towards QC-161 and the cinema to reach your athlete OR turn left towards Salaberry Street to park along the street and wait for your athlete.</i>	14,9 m	
4	Prendre la rue Salaberry / QC-161 qui devient QC-204 E / <i>Drive along Salaberry Street/QC-161 which becomes QC-204 E</i>	18,6 km	
5	Tourner à droite sur Rue Salaberry / QC-161 / <i>Turn right on Salaberry Street/QC-161</i>	2,5 km	47
6	La rue Salaberry / QC-161 devient QC-204 E / <i>Salaberry Street / QC-161 becomes QC-204 E</i>	18,6 km	
7	Tourner à gauche sur Chemin du Lac-Drolet. Soyez très prudents dans ce virage à gauche situé au bas d'une descente. <i>Turn left on Lac-Drolet Road. Be cautious in this left turn located at the bottom of a hill.</i>	1,1 km	69
8	Continuer sur le Chemin Principal / <i>Continue on Principal Road</i>	10,5 km	
9	Continuer tout droit sur Route du Morne à la hauteur de la Route de la Station / 7 ^e Rang. <i>Continue straight ahead on Du Morne Road when you reach the intersection of De la Station Road/Rural Route 7</i>	4,9 km	
10	Tourner à gauche sur 10 ^e Rang/QC-263. Soyez très prudent, il s'agit d'un virage à gauche au bas d'une longue descente. <i>Turn left on Rural Route 10/QC-263. Be cautious, this left turn is located at the bottom of a long hill.</i>	15,0 km	85
11	Tourner à droite sur rue Principale / <i>Turn right on Principale Street</i>	200 m	100
12	Tourner à gauche sur QC-263 S / <i>Turn left on QC-263 S</i>	3,4 km	100

13	Tourner à droite sur 9 ^e Rang/QC-263 S / <i>Turn right on Rural Route 9/QC-263 S</i>	4,7 km	104
14	Tourner à gauche sur QC-161 S/QC-263 S / <i>Turn left on QC-161 S/QC-263 S</i>	1,9 km	109
15	Au rond-point, prendre la 1 ^{ère} sortie vers Chemin de Marsboro/QC-263 S / <i>At the roundabout, take the first exit towards De Marsboro Road/QC-263 S</i>	14,2 km	111
VOUS PASSEZ DEVANT LA RUE DE LA BAIE DES SABLES / <i>YOU PASS IN FRONT OF BAIE DES SABLES STREET</i>			
16	Tourner à droite sur chemin de Bury / <i>Turn right on Bury Road</i>	7,1 km	125
17	Le chemin de Bury devient Chemin de Piopolis / <i>Bury Road becomes Piopolis Road</i>	4,6 km	
18	Tourner à gauche sur route Chesham / <i>Turn left on Chesham Road</i>	5,6 km	136
19	Tourner à droite pour continuer sur route Chesham / <i>Turn right to continue on Chesham Road</i>	1,6 km	142
20	La route Chesham devient la route du Parc / <i>The Chesham Road becomes Du Parc Road</i>	3,3 km	
21	Tourner à droite sur rue Principale O/QC-212 O / <i>Turn right on Principale Street W/QC-212 W</i>	14,1 km	147
22	Tourner à gauche sur QC-257 S / <i>Turn left on QC-257 S</i>	18 km	161
23	TR2 à la Halte Routière Chartierville. Les assistants doivent reprendre les vélos à cet endroit / <i>TR2 at Chartierville Rest Area. Assistants must retrieve bikes at this location.</i>		180


Road that assistants must take towards kilometre 48 of the biking section.





General instructions:

1. Follow the small flags.
2. Trail sections can be technical (rocks, holes, roots, mud). Certain sections require walking (slippery wooden bridges, creek beds, abrupt sections, etc.).
3. Have 1 or 2 headlamps on hand for nighttime. They must be good quality and have fully charged batteries (mandatory).
4. Have a spare pair of shoes, your feet will inevitably get wet.
5. Walking sticks may be useful for the last 2 trail sections.

 DIRECTIONS	DISTANCE	KM
	TR2 à la Halte Routière Chartierville / <i>TR2 at the Chartierville Rest Area</i>	
1	Section de piste de quad et sentier en forêt. Vous aurez à courir sur une longue descente abrupte lors de cette section. / <i>Quad and forest trail section. You will run down a long, abrupt hill during this section.</i>	3.6 km / 3.6
2	Tourner à gauche sur chemin Brise Culotte qui est un rang de terre. / <i>Turn left on Brise Culotte Road, which is a dirt road.</i>	1.6 km / 5.2
3	Tourner à droite sur Route 257, route asphaltée. / <i>Turn right on Route 257, a paved road.</i>	12 km / 17.2
4	Tourner à droite sur Chemin du Petit-Canada Est (rang de terre vallonné). / <i>Turn right on Petit-Canada Road E (a hilly dirt road)</i>	3.3 km / 20.5
5	Tourner à gauche sur un sentier près d'une ferme. Vous courez dans le grand champ de M. Blais, longeant la rivière pour la première moitié de cette section. Ensuite, une bonne montée vous attend pour rejoindre la plantation Bôsapin. / <i>Turn left on a trail close to a farm. You will run in Mr. Blais' large field along the river for the first half of this section. Next, an important climb awaits you before reaching the Bôsapin Plantation.</i>	4.3 km / 24.8
6	À la sortie du sentier, tourner à droite sur la route 212. Route asphaltée avec beaucoup de circulation. / <i>At the trail's exit, turn right on Route 212. This is a paved road with heavy traffic.</i>	4,1 km / 28.9
7	Section "Canada sauvage". Tourner à gauche dans le sentier Frontalier et continuez jusqu'à l'accueil du Parc du mont Mégantic. Attention, section de sentier très technique, rochers, traverses de ruisseaux, etc. SOYEZ PRUDENTS. / <i>"Canada Sauvage" section. Turn left on the Frontaliers Trail and continue to the entrance of Parc du Mont-Mégantic. Proceed with care, highly technical section with rocks, creek beds, etc. EXERCISE CAUTION.</i>	4 km / 32.9


TR 3 "CUT OFF"			
8 a	<p>AVANT 21 h Course en sentier jusqu'au sommet du mont Mégantic. Bâtons de marche recommandés. Prévoyez nourriture, eau, vêtements chauds et frontale pour cette section exigeante. ACCOMPAGNEMENT OBLIGATOIRE. /</p> <p>BEFORE 9:00 p.m. <i>Trail run to the summit of Mont Mégantic. Walking sticks recommended. Food, water, warm clothing, and headlamps are required for this challenging section.</i></p> <p>ACCOMPANIMENT MANDATORY.</p>	8,3 km	41.2
8 b	<p>APRÈS 21 h Montée par la route jusqu'au sommet du Mont Mégantic. Prévoyez nourriture, eau, vêtements et frontale pour cette section exigeante. Prévoyez du temps froid (5°C) et venteux au sommet. ACCOMPAGNEMENT OBLIGATOIRE. /</p> <p>AFTER 9:00 p.m. <i>Climb to the summit of Mont Mégantic via roadway. Food, water, clothing, and a headlamp required for this challenging section. Expect cold (5°C) and windy conditions at the summit.</i></p> <p>ACCOMPANIMENT</p>	8,3 km	41.2
	<p>APRÈS 22 h 30 Fin de la course. Arrêt à TR3 /</p> <p>AFTER 10:30 p.m. <i>End of race. Stop at TR3</i></p>		

ASSISTANT'S ROAD BOOK-RUNNING SECTION

General instructions :

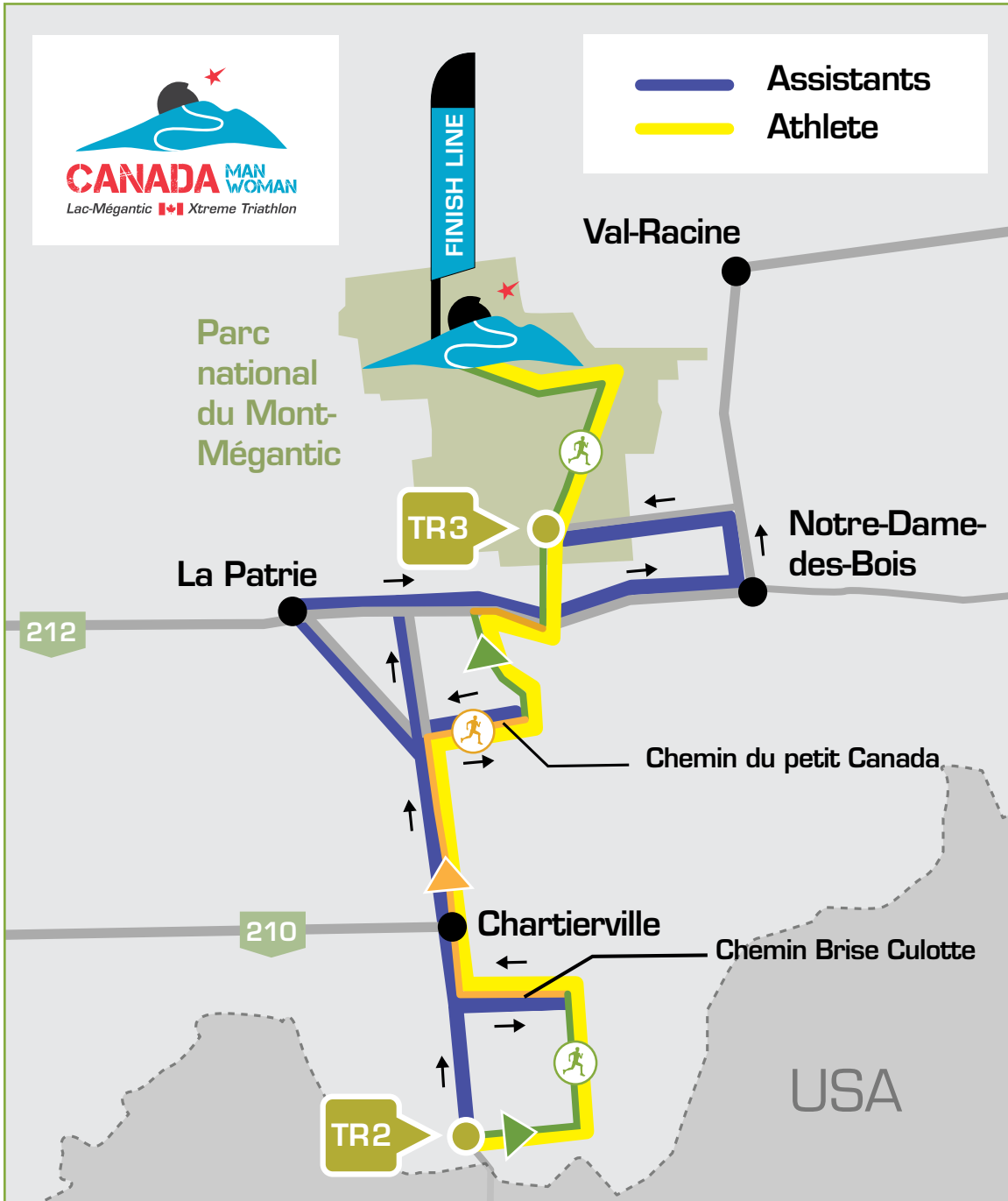
Athletes must arrive before 4:00 p.m. if they wish to start the marathon.

You can reach your athlete by car for refuelling purposes, in the road sections. **In the trail sections, assistance is permitted on foot or on bike, if the team has enough members for the vehicle to follow.**

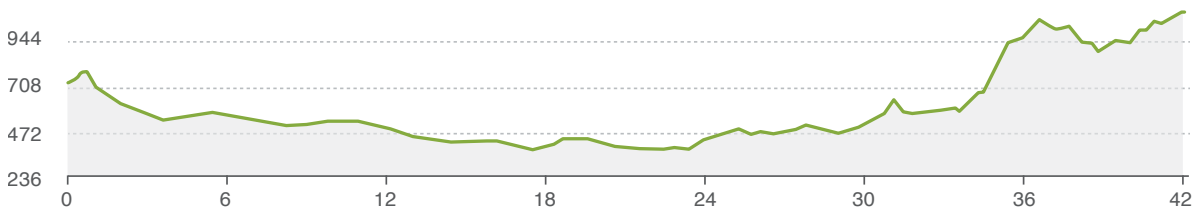
 DIRECTIONS	DISTANCE	KM (END OF THE SECTION)
TR2 à la Halte Routière Chartierville / <i>TR2 at the Chartierville Rest Area</i>		
1 Descendez la côte sur la route 257 (1.1 km) et prenez à droite sur le chemin Brise-Culotte pour 1.6 km. Attendez votre coureur à la sortie de la section sentier, ou allez à sa rencontre à pied. / <i>Go down the hill on Route 257 (1.1 km) and go right on Brise-Culotte Road for 1.6 km. Wait for your athlete at the trail section exit or meet him/her on foot.</i>		3.6
2 Revenez sur vos pas sur chemin Brise-Culotte vers l'ouest. / <i>Retrace your steps, go west on Brise-Culotte Road.</i>	1.6 km	5.2
3 Tourner à droite sur Route 257. / <i>Turn right on Route 257.</i>	12 km	17.2
4 Tourner à droite sur Chemin du Petit-Canada Est. / <i>Turn right on Petit-Canada Road East.</i>	3.3 km	20.5
5 Revenez sur vos pas sur ch. Petit-Canada Est (3.3 km), prenez à droite sur route 257 (4.8 km) jusqu'à La Patrie, puis à droite sur la route 212 pour 5.4 km. Vous pouvez aller à la rencontre de votre coureur dans la plantation Bô-sapin à l'adresse : 115 Route 212. / <i>Retrace your steps on Petit-Canada East (3.3 km), go right on Route 257 (4.8 km) to La Patrie, then right on Route 212 for 5.4 km. You can meet your athlete in the Bô-sapin Plantation at the following address: 115, Route 212.</i>		24.8
6 Route 212 vers l'est jusqu'à l'entrée des sentiers Frontaliers. Attention, assurez-vous que votre athlète ait en sa possession du ravitaillement et une bonne lampe frontale, cette section est TRÈS sauvage! / <i>Follow Route 212 towards the East to the entrance of the Frontaliers Trails. Exercise caution, make sure your athlete has refuelling sources and a good quality headlamp, this section is in the wilderness!</i>	4,1 km	28.9
7 Route 212 vers l'est (4.6 km) jusqu'à Notre-dame-des-bois, prenez à gauche sur 3.3 km et encore à gauche sur la route du parc sur 4.1 km jusqu'à l'accueil du parc du mont Mégantic. Vous pouvez aller à la rencontre de votre coureur dans la section "Canada sauvage" à partir de la TR3 (accueil du parc). / <i>Route 212 towards the East (4.6 km) to Notre-Dame-des-Bois, then go left for 3.3 km and left again on Du Parc Road for 4.1 km to the entrance of Parc du Mont-Mégantic. You can meet your athlete in the "Canada sauvage" section, from TR3 (park entrance).</i>		32.9

TR 3 "CUT OFF"			
8 a	<p>AVANT 21 h Course en sentier jusqu'au sommet du Mont Mégantic. Prévoyez nourriture, eau, vêtements et frontale pour cette section exigeante. Prévoyez du temps froid (5°C) et venteux au sommet. ACCOMPAGNEMENT OBLIGATOIRE. / BEFORE 9:00 p.m. <i>Trail running to the summit of Mont Mégantic. Food, water, clothing, and headlamps required for this challenging section. Plan for cold (5°C) and windy weather at the summit. ACCOMPANIMENT MANDATORY.</i></p>	8,3 km	41.2
8 b	<p>APRÈS 21 h Montée par la route jusqu'au sommet du Mont Mégantic. Prévoyez nourriture, eau, vêtements et frontale pour cette section exigeante. Prévoyez du temps froid (5°C) et venteux au sommet. ACCOMPAGNEMENT OBLIGATOIRE. / AFTER 9:00 p.m. <i>Climb to the summit of Mont Mégantic via roadway. Food, water, clothing, and a headlamp required for this challenging section. Expect cold (5°C) and windy conditions at the summit. ACCOMPANIMENT MANDATORY.</i></p>	8,3 km	41.2
	<p>APRÈS 22 h 30 Fin de la course. Arrêt à TR3 AFTER 10:30 p.m. <i>End of race. Stop at TR3</i></p>		

ASSISTANT AND ATHLETE PLAN-RUNNING SECTION









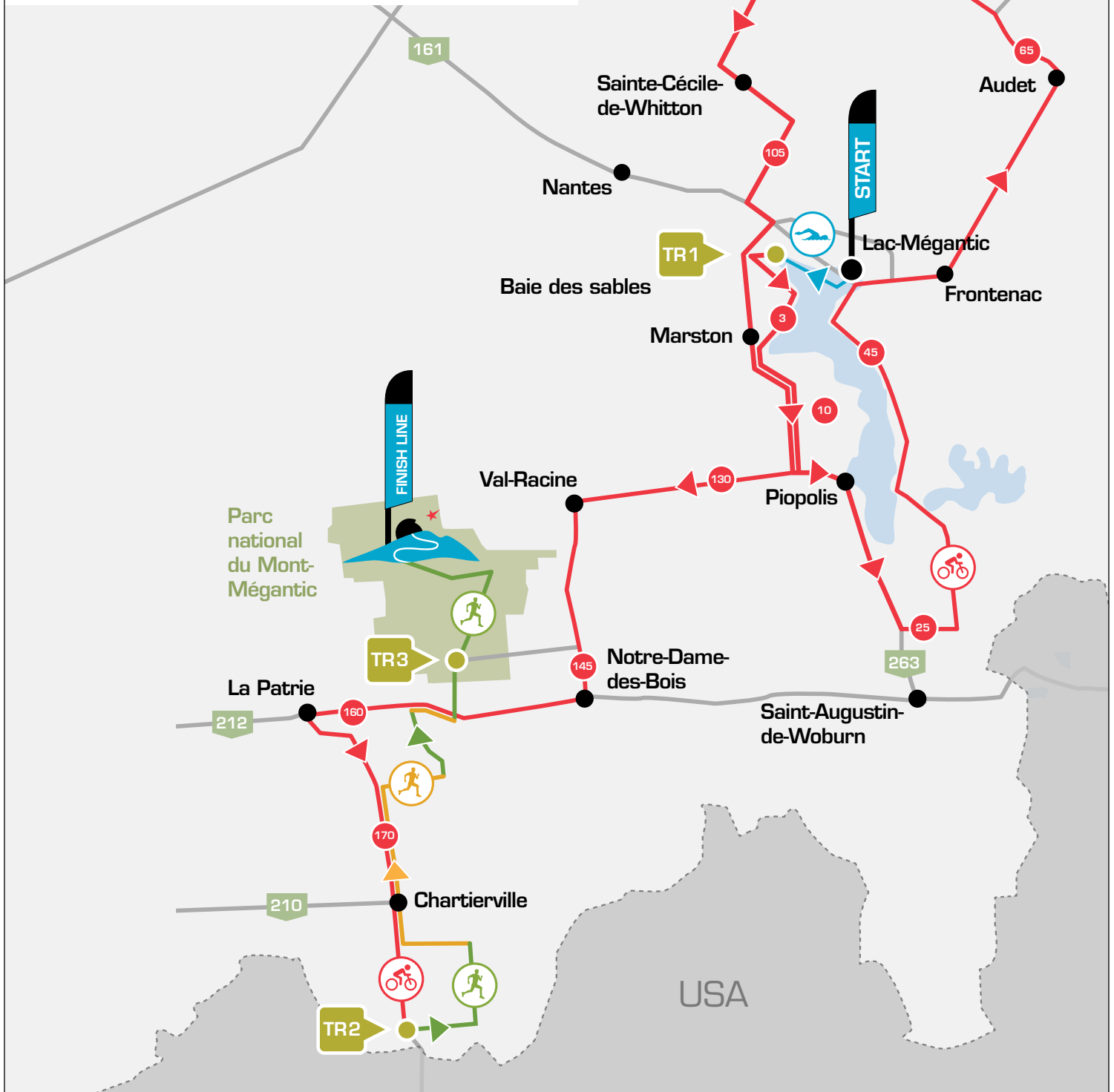
ELEVATION (m) - RUNNING SECTION



GENERAL RACE PLAN

LEGEND FOR XTREME TRIATHLON COURSE

- | | | | |
|------------|-------------------------------------------|-----------------------------------------------------------------------------------|--------------------------|
| TR1 | Transition 1 :
Baie des sables |  | Running section (roads) |
| TR2 | Transition 2 :
Chartierville rest area |  | Running section (trails) |
| TR3 | Transition 3 :
Parc Mont-Mégantic |  | Biking section |
| | |  | Swimming section |
| | |  | Km (Biking) |
| | |  | Rod and number |
| | ----- | | Border |



An aerial night photograph of a town situated along a river. The scene is illuminated by streetlights and building lights, with a prominent church featuring a tall spire. The river is filled with numerous kayakers, some of whom are wearing glowing gear. The sky is a deep blue, and three large, semi-transparent white stars are overlaid on the image. The text 'REACH THE STARS BEFORE MIDNIGHT' is written in a large, white, distressed font across the upper portion of the image.

REACH THE STARS BEFORE MIDNIGHT

The logo for Endurance Aventure, featuring a stylized white mountain range silhouette on the left. To the right of the mountains, the words 'Endurance' and 'Aventure.com' are written in a bold, italicized, sans-serif font. Below 'Aventure.com', the website address 'www.enduranceaventure.com' is written in a smaller, plain font.

**Endurance
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