

X CANADA

XTRI SOLO POINT FIVE

XTRI
WORLD
TOUR

2024 RACE MANUAL

TABLE OF CONTENT



Presentation	4	Media	15
Registration	5	Athlete's road book	16
The course	5	> biking section	16
Race plan and schedule	6	> running section	20
Rules	10	Assistant's road book	18
Penalties	11	> biking section	18
Time limits	11	> running section	21
Assistance	12	Assistant and athlete plan- running section	22
Feed station	13	General race plan	23
Medical assistance	13		
Restrooms & toilets	14		
Lodging & tourist information ...	15		

PRESENTATION

An intense, magnificent, and wild triathlon

The XTRI SOLO POINT FIVE CANADA is a shorter course, but comparable to the Canada Man/Woman in its beauty and intensity.

XTRI SOLO POINT FIVE CANADA differs from the classic triathlon where thousands of volunteers are present to support you at every turn. You will have only yourself to rely on to reach the finish!



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

- A 1.9 km swim in Lac Mégantic waters, starting at dawn
- 90 km of biking along the Route des Sommets with an elevation gain of 1100 m;
- 20 km of running along roads and trails with the ultimate finish line at the summit of Mont Mégantic... following an elevation gain of 1100 m!

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.**

Headquarters

XTRI SOLO POINT FIVE CANADA headquarters are located at the following address:

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



REGISTRATION

DATE	HOUR	WHAT	WHERE
Saturday, October 5 2024	9 a.m. to noon	Athlete registration and welcome	Centre sportif Mégantic 5400, Papineau Street Lac-Mégantic, Québec G6B 0B9
	3 p.m. to 4:30 p.m.	Race meeting and official welcome	
Sunday, October 6 2024	4:45 a.m.	Transition opens	Parc de la Baie-des-Sables Tourist Station 2370 chemin du Lac, Lac-Mégantic
	6:15 a.m.	Start of XTRI SOLO POINT FIVE	
Monday, October 7 2024	Noon	Banquet and medal ceremony	Centre sportif Mégantic 5400, Papineau Street Lac-Mégantic, Québec G6B 0B9

THE COURSE











The start of the XTRI SOLO POINT FIVE CANADA will be held at the Parc de la Baie-des-Sables and the finish at the top of Mount Mégantic for a total distance of 112 km. You may also view the interactive maps on the event website.

from ending the race at the summit of Mont Mégantic, athletes will be redirected to an alternative trail with an arrival at the welcome center of Parc du Mont-Mégantic.




Course changes are possible due to weather conditions

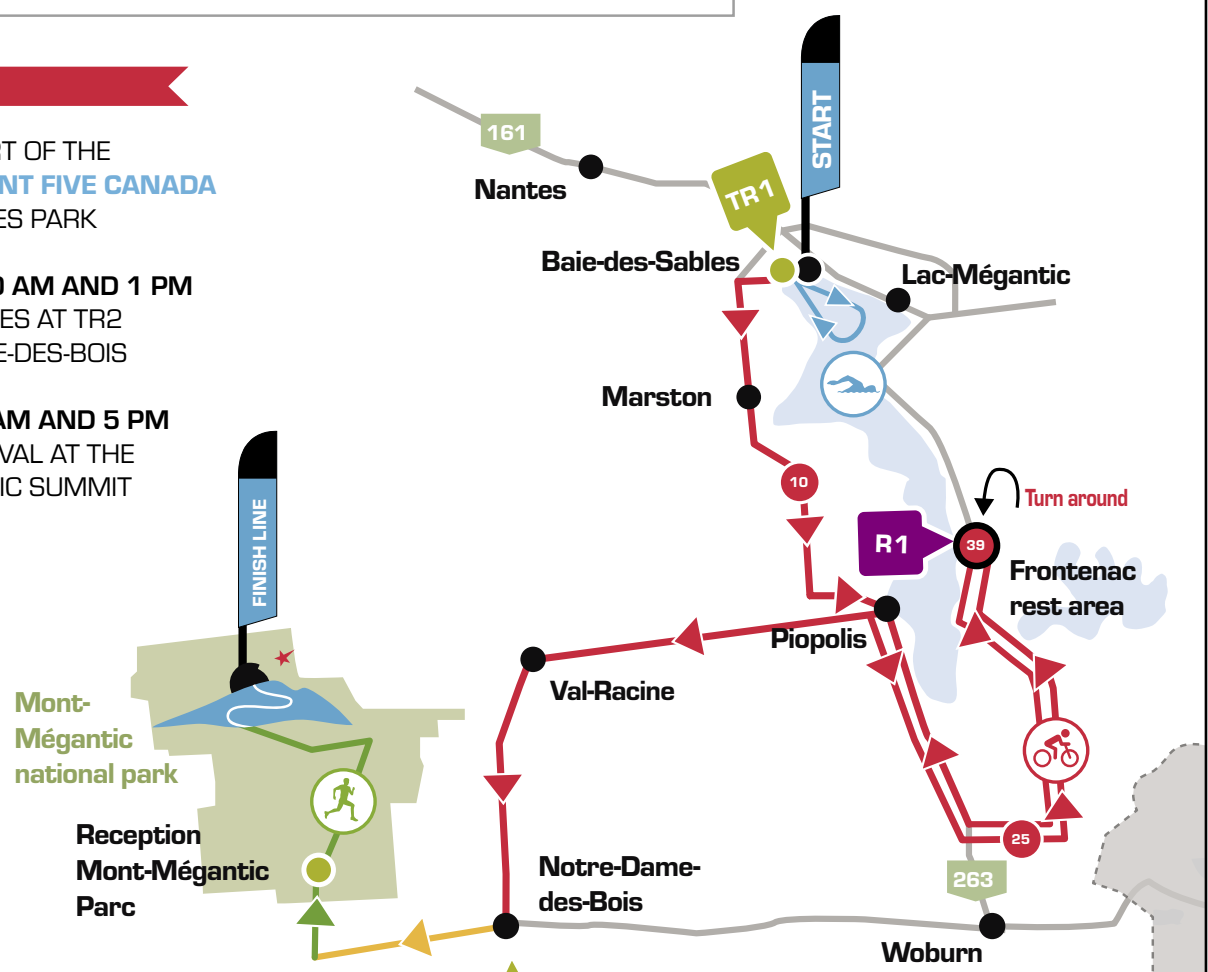
For the safety of all participants, we have planned alternative courses for the swimming section as well as for the finish, at the summit of Mont Mégantic. If we must cancel the swimming section, the event will be launched from the Baie-des-Sables beach. If weather conditions prevent us

LEGEND FOR THE XTRI SOLO POINT FIVE CANADA

-  **TR1** Transition 1 : Baie-des-Sables
-  **TR2** Transition 2 : Notre-Dame-des-Bois
-  **R1** Feed station 1 (organisation)
-  **263** Road and number
-  **Border**
-  **Running section (roads)**
-  **Running section (trails)**
-  **Biking section**
-  **Swimming section**
-  **Km (Biking)**

Sunday

-  **6:15 AM : START OF THE XTRI SOLO POINT FIVE CANADA**
BAIE-DES-SABLES PARK
-  **BETWEEN 9:30 AM AND 1 PM**
ARRIVAL OF BIKES AT TR2
IN NOTRE-DAME-DES-BOIS
-  **BETWEEN 11 AM AND 5 PM**
ATHLETES ARRIVAL AT THE
MONT-MÉGANTIC SUMMIT

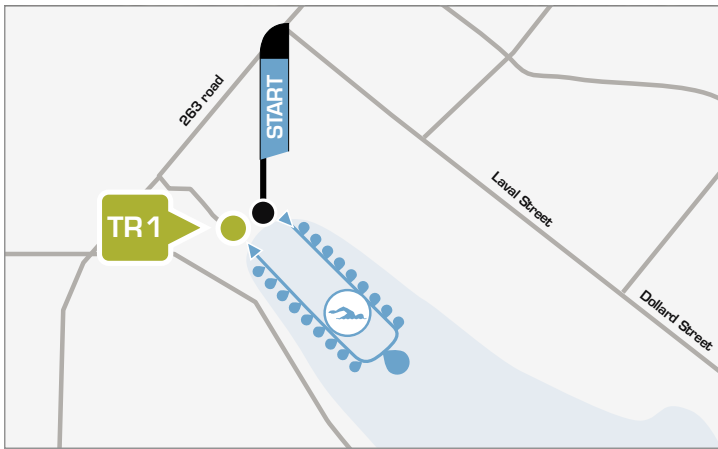


Distance : 1.9 km

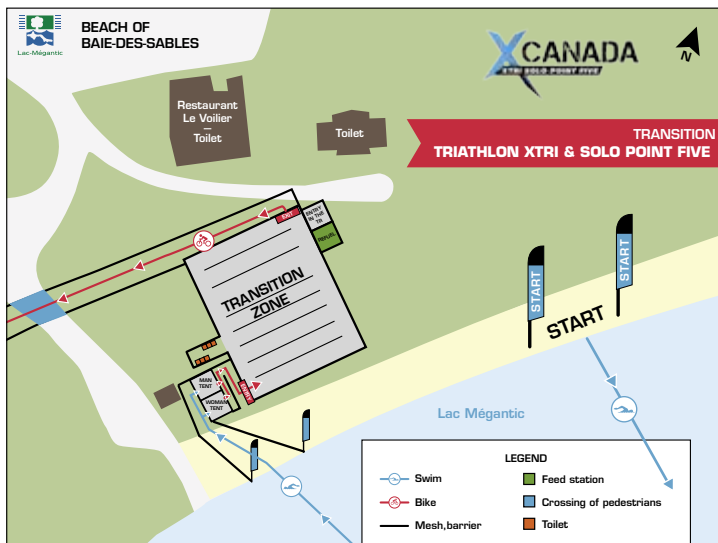
The swimming portion of the event will launch at 6:15 a.m. The 1.9 km course will play out in Lac Mégantic waters at the Parc de la Baie-des-Sables. **Swimming with an inflatable torpedo buoy, white strobe light and a wetsuit is mandatory.**

TR1 : Transition 1 (Swim-Bike)

The transition will unfold at Parc de la Baie-des-Sables. The transition zone will open on Sunday morning at 4:45 a.m.



Swimming section



Transition 1: Swim-Bike



BIKING SECTION

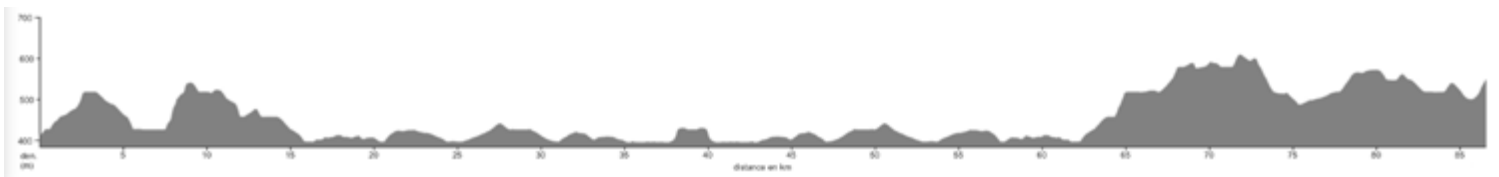
Distance: 90 km

Elevation gain: 1100 m

The biking section will lead participants along the magnificent Route des Sommets. The winding course serves up an elevation gain of more than 1100 meters!



ELEVATION (M) - BIKE



TR2 : Transition 2 (Bike-Running)

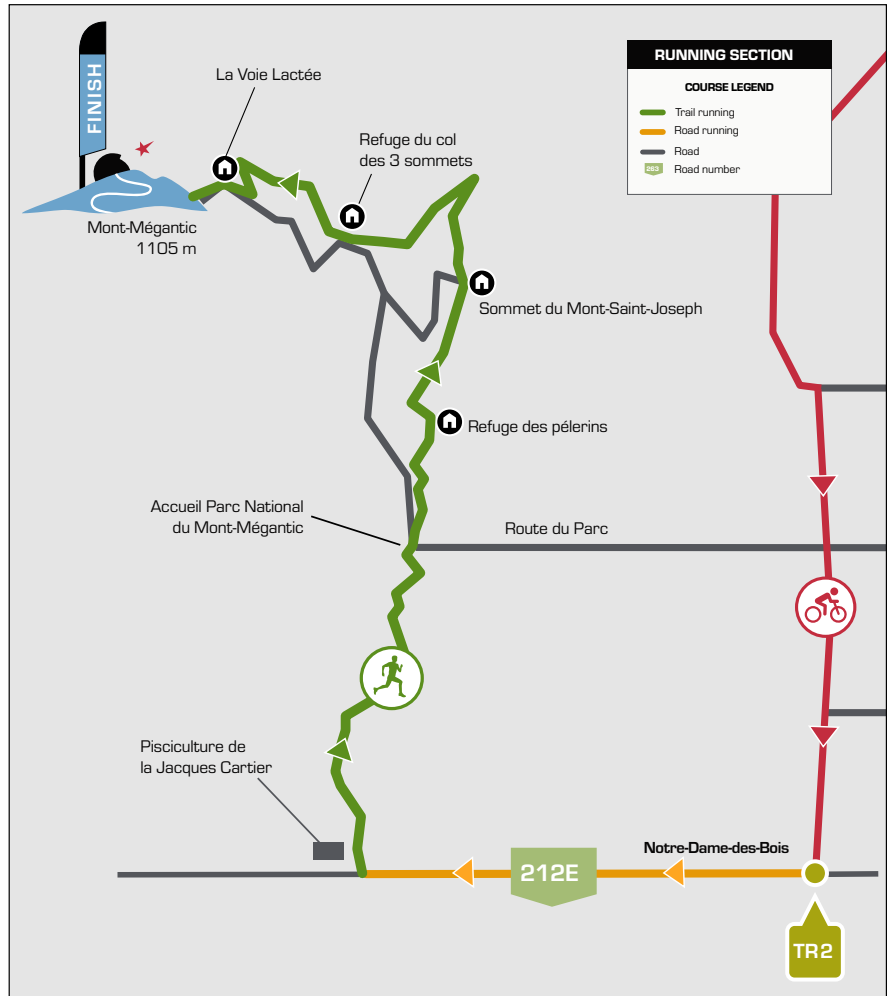
The transition will be located in Notre-Dame-des-Bois. Assistants must park in the designated location to wait for their athlete.

RUNNING SECTION

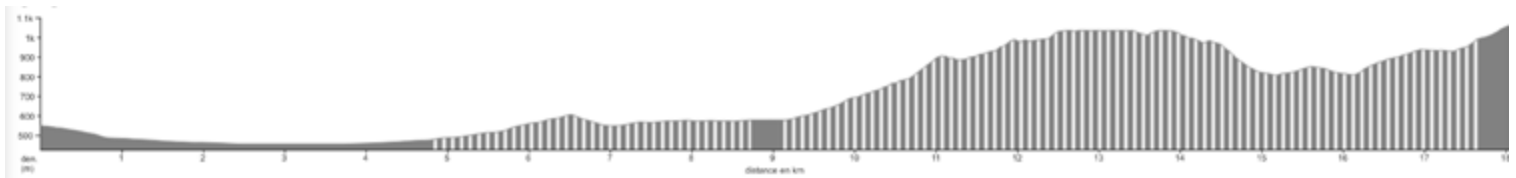
Distance: 18 km

Elevation gain: 1100 m

The running section will unfold on paved roads and on trails. 75% of the course is on trails and involve an elevation gain of more than 1100 metres.



ELEVATION (M) - RUN



RULES

GENERAL

- All athletes must obligatorily have at least one assistant (see ASSISTANTS section below) and one vehicle.
- Biking and running sections are not closed to traffic. Athletes and assistants must always respect Quebec road safety regulations.
- Do not feed athletes outside official feed zones or on the bike section.
- Assistants may not precede or follow their athlete by car.
- Assistance vehicles must never hinder the progress of other athletes (can lead to disqualification of your athlete).
- All participants must be members of their national triathlon federation.
- Assistance vehicles must respect road safety regulations. Failure to comply will result in disqualification of your athlete.
- Assistance vehicles must follow the route set out by the organisers in the Assistant Road Book.
- In case of a major mechanical failure an athlete may call their assistant and meet at the location of the incident. In this case, the athlete must wait for their assistant. After the repair, the assistant must immediately return to the next official feed station.
- Assistance vehicles must be clearly identified with the stickers provided by the organization. One sticker must be affixed to upper right corner of front windshield, and the other to the upper right corner of back windshield (passenger side).
- In case of a major mechanical failure, an athlete may call the assistant and meet at the location of the incident. In this case, the athlete must wait for the assistant. After the repair, the assistant must immediately return to the next official feed station.
- Athletes must never enter their assistance vehicle unless they are withdrawing from the event.
- Earphones are forbidden at all times during the triathlon.
- Tossing litter on the ground is strictly forbidden.
- It is forbidden to ride along with the participant on the cycling section
- Athletes and assistants must use the toilets set up along the course (see list of toilets and restrooms along the course on page 17).
- If you withdraw from the race, YOU MUST call race management
- 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.





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. XTRI SOLO POINT FIVE CANADA, 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, unsportsmanlike conduct or dangerous behavior - Disqualification
- Penalty for assistance vehicle on the cycling course - 30 minutes

TIME LIMITS

For safety reasons, the XTRI SOLO POINT FIVE CANADA organization will apply the following time limits:

Swimming :

7:25 a.m. at TR1 (1.10 hours after start)

Biking:

Noon at TR2 (5 h 45 after start)

Running: Entrance of Parc du Mont-Mégantic

3:15 p.m. (9 hours after the start)

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

The assistant's role consists of supporting their athlete throughout the course. Assistants must pick up all of their athlete's swimming and cycling equipment at both transition points.

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.

It is forbidden to precede/follow your athlete while on the biking course. Organizers will offer a feed station at KM39.

Vehicles must not 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.

Assistants must retrieve their athlete's swim gear at TR1 as soon as the latter leaves the transition area to begin the biking section.

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

Assistant vehicles will not be permitted at the summit. Shuttle service will transport teams back to the base so they can get their vehicles after the race. Park access and shuttle service is included for the athlete and one assistant.

Others can also use the shuttle to get to the summit (with park access purchased before boarding). Purchase



park access ahead of time at <https://www.sepaq.com/fr/reservation/achat/acces-quotidien>. It is also possible to hike up (5km).

Note that the average nighttime temperature at the summit is 0°C.

FEED STATION

Bike

The organization will provide a feed station at KM40.

Run

Feed stations will be offered at KM11 (Refuge des Pèlerins) and KM15 (Col des Trois-Sommets). There are course sections where athletes will be alone for several kilometers, so they must transport adequate supplies (food, water) to be autonomous 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.

In October, you may encounter winter conditions on Mont-Mégantic (snow, below freezing temperatures).



RESTROOMS/TOILETS-LOCALIZATION

LIEU	DESCRIPTION	NB	KM
Start / Transition 1 : Baie-des-Sables	Chemical toilets close toTR1	2	-
	Public restrooms in the building at the Baie des Sables beach+chemical toilets in the transition area	++	-
 BIKE COURSE			
Centre des loisirs de Marston	Blue public porta potties inside the centre	1	5.5
Des Zouaves Rest Area	Public restrooms	1	15.8
Halte de Woburn	Public restrooms	2	24.5
Frontenac Rest Area	Chemical public toilets	1	40
Woburn	Public restrooms	2	53
Des Zouaves Rest Area, Piopolis	Public restrooms	1	62
Val-Racine Intersection	Public restrooms	1	65
TR2	Public restrooms	1	87
 RUN COURSE			
Entrance to Sentiers frontaliers trails on Route 212	Chemical toilet	1	5
AstroLab	Restrooms inside the building	4	17.5
Finish at summit of Mont Mégantic	Chemical toilets	2	18



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 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.

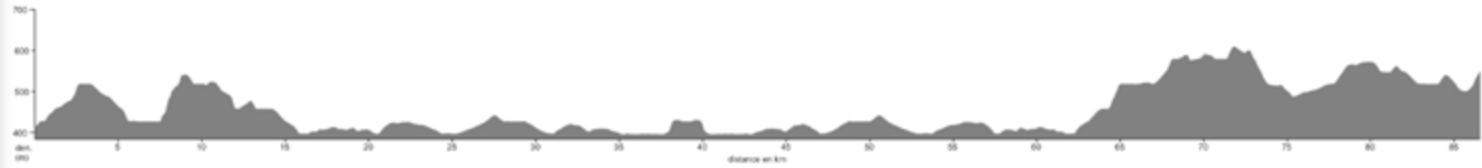
You can reference the following contact:

communications@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 Rue de la Baie-des-Sables Street towards QC-263N</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 Rang Clinton/QC-161 N</i>	250 m	24
4 Suivre Rang Clinton/QC-161 N <i>Follow Rang Clinton/QC-161 N</i>	15.3 km	
5 Demi-tour au niveau de la Halte routière de Frontenac <i>U-turn at the Frontenac roadside stop</i>		39
6 Suivre Rang Clinton/QC-161 S <i>Follow Rang Clinton/QC-161 S</i>	15.3 km	53
7 Tourner à droite sur QC-263 chemin de la Rivière-Bergeron <i>Turn right on QC-263 Chemin de la Rivière-Bergeron</i>	9.2 km	
8 Village de Piopolis <i>Piopolis Village</i>		62
9 Se diriger vers l'ouest sur QC-263 rue Principale et tourner à gauche sur Chemin de Bury. <i>Head west on QC-263 rue Principale and turn left on Chemin de Bury.</i>	2 km	64.5
10 Suivre Chemin de Bury (6,9km) et le suivre sur 4,7 Km <i>Follow Chemin de Bury (6.9km) for 4.7km</i>	11.6 km	
11 Village de Val-Racine <i>Val-Racine Village</i>		76
12 Se diriger vers le sud sur route de Chesham puis tourner à droite à l'intersection pour rester sur route de Chesham <i>Head south on Route de Chesham then turn right at the intersection to stay on Route de Chesham</i>	5.6 km	81.5
13 Continuer vers le sud sur 4,9 km pour arriver à Notre Dame-Des-Bois lieu de la TR2 <i>Continue south for 4.9 km to arrive at Notre Dame-Des-Bois TR2 location</i> Assistants must pick up bikes at this location.	4.9 km	86.5

ELEVATION (m) - BIKE

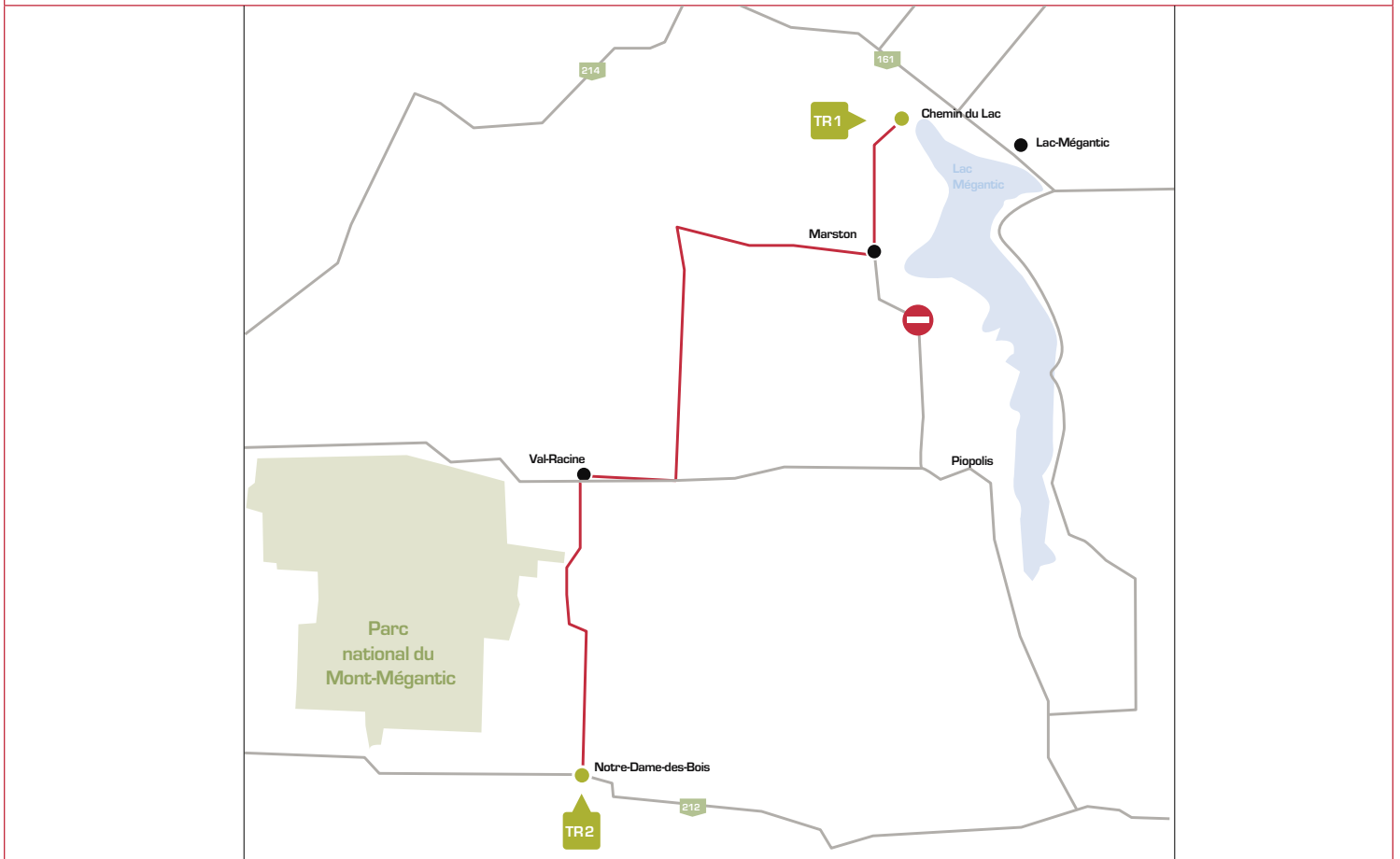


 DIRECTIONS (ASSISTANT)

Transition 1 to Transition 2








- Go West on Rue de la Baie-des-Sables toward QC-263 N
- Turn left on QC-263 S
- Turn right on rang St-Joseph
- Turn left on 5e Rang
- Turn Right on De Milan Road
- Turn Left on 8e Rang that will become Rang de la Colonie
- Turn right on Piopolis Road
- Turn Left on Chesham Road
- Turn right to stay on Chesham Road
- Keep going until you get to Notre-Dame-des-Bois

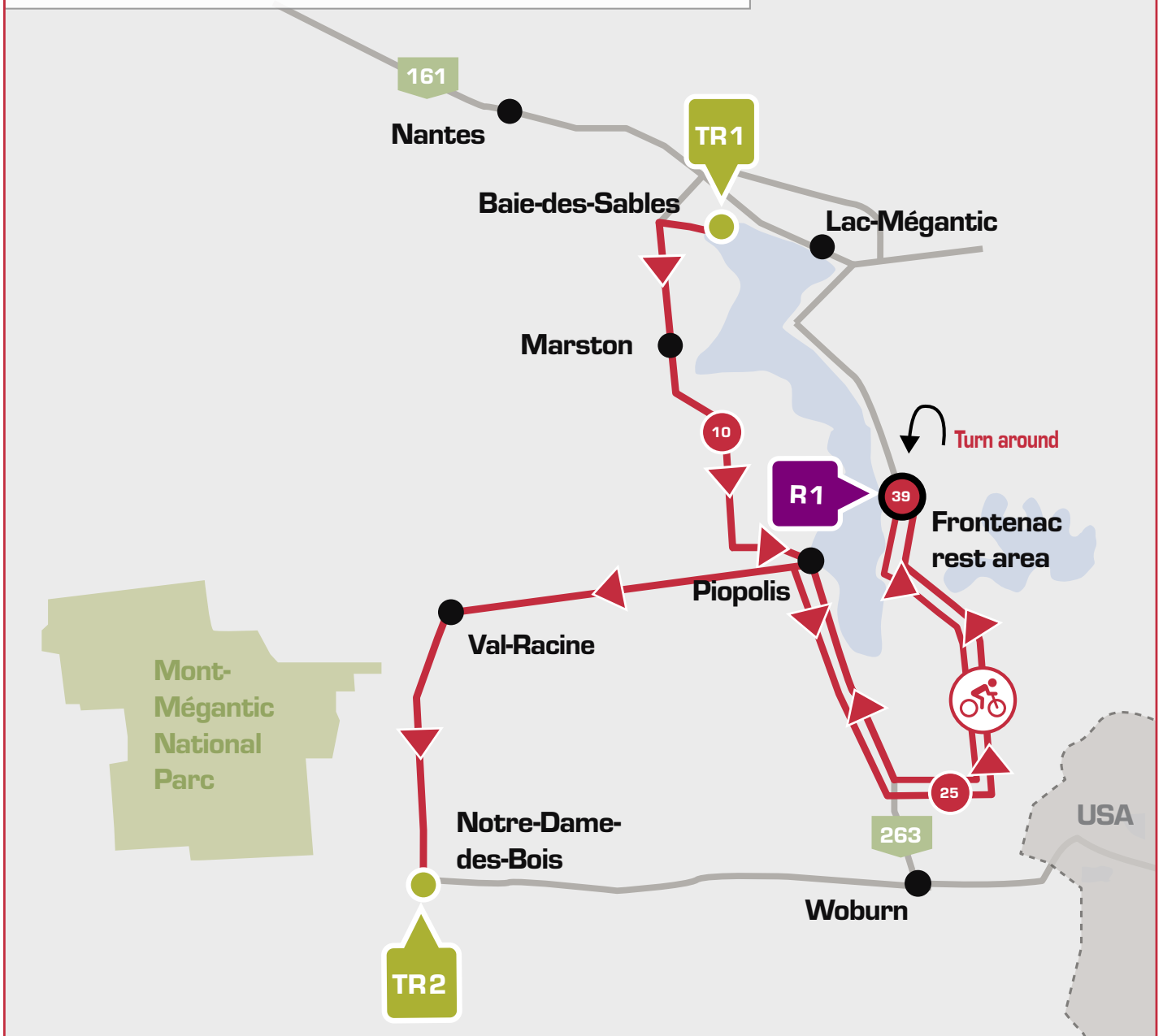
TR2 is located at the arena behind the Church






LEGEND FOR THE XTRI SOLO POINT FIVE CANADA

- | | | |
|--|---|---|
|  TR1 | Transition 1 :
Baie-des-Sables |  Bike |
|  TR2 | Transition 2 :
Notre-Dame-des-Bois |  Km bike |
|  R1 | Feed station 1
(organisation) |  CAN/U.S. Border |
| | |  Road and road number |




General instructions:

1. Follow the small flags at all times while on the off-road trails. If you do not see flags, then you are off course! Flags will only be at the intersections of roads or gravel.
2. Trail sections can be technical (rocks, holes, roots, mud). Certain sections require walking (slippery wooden bridges, creek beds, abrupt sections, etc.).
3. Have a spare pair of shoes, your feet will inevitably get wet.
4. Walking poles are allowed

 DIRECTIONS	DISTANCE	KM
TR2 - Notre-Dame-des-Bois		
1 Go North on De l'Eglise Road toward the main road and turn left on QC-212	0.3 km	0.3
2 Stay on QC-212 for 4.5 km and turn right to get in the section named "Canada Sauvage" (Wild Canada)	4.5 Km	4.8
3 Continue on the Sentiers frontaliers trail (follow the flags!) to the entrance of Parc du Mont-Mégantic. Proceed with care, highly technical section with rocks, creek beds, etc. Be Cautious.	4.1 km	8.9
4 Trail run to the summit of Mont Mégantic. Walking sticks recommended. Food, water, warm clothing are required for this challenging section. EXPECT COLD (0°C) AND WINDY CONDITIONS AT THE SUMMIT	9.1 km	18



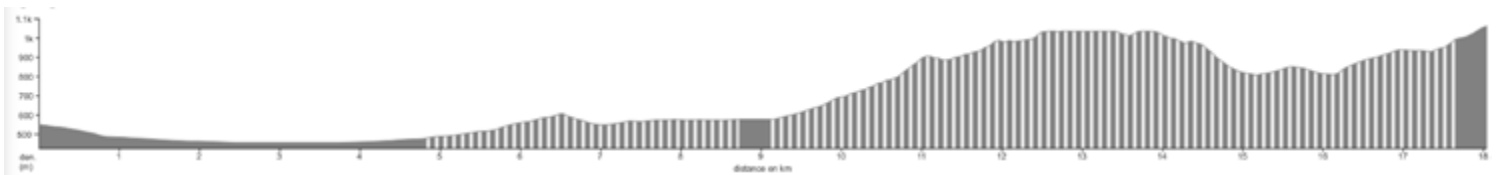
 DIRECTIONS	DISTANCE	KM
From TR2 to the entrance of Parc du Mont-Mégantic		
1 Go north on Route de l'Eglise and cross Rue Principale. Keep going north towards the park.	0.3 km	0.3
2 Stay on Route du Parc for 3.3km. Turn left on Route du Parc	3.3 km	3.6
3 Drive east for 4.1km until the Parc Mont-Mégantic parking lot	12 km	17.2



MAP ATHLETE AND ASSISTANT – RUN 













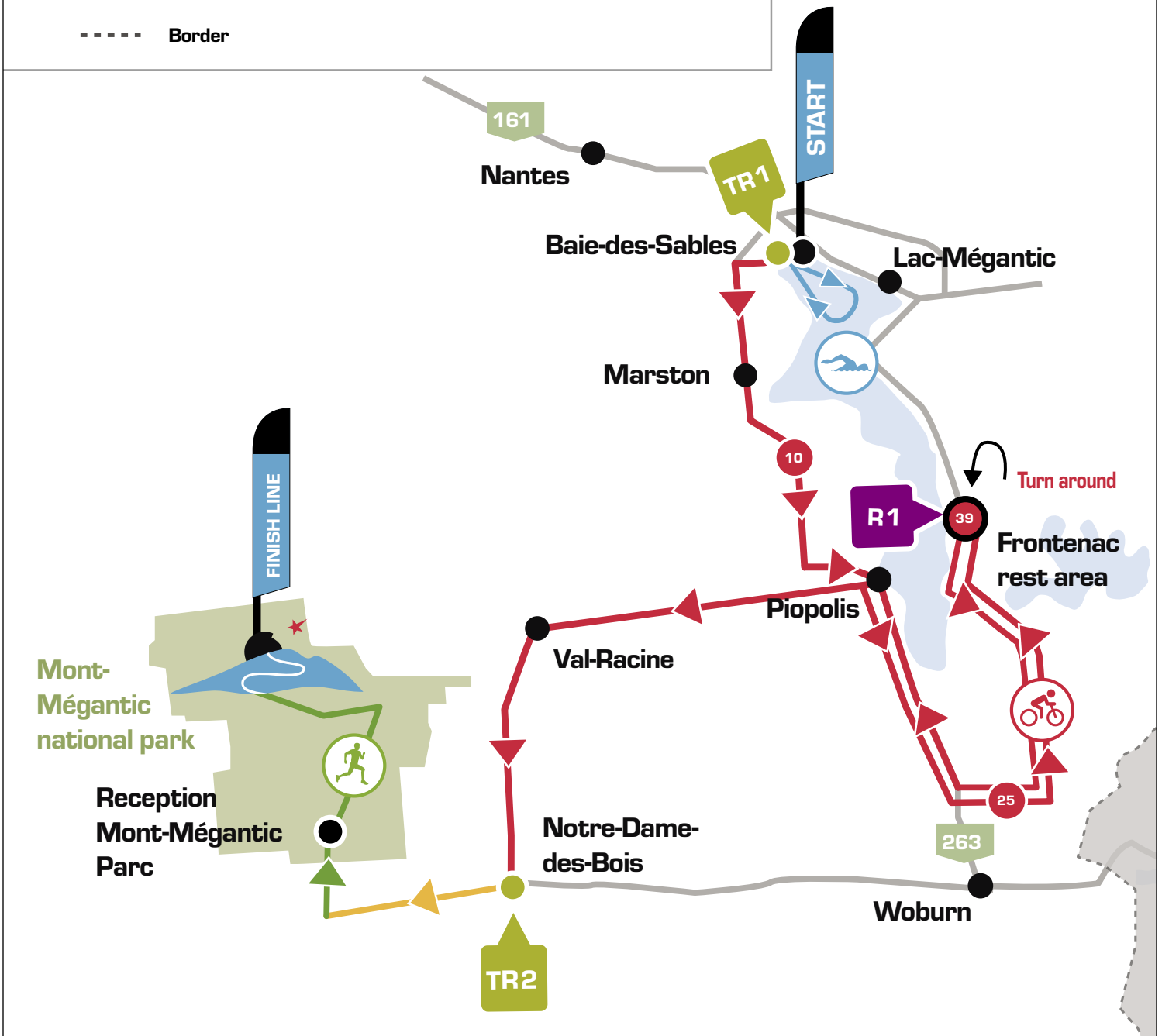
ÉLÉVATION (m) - COURSE À PIED



GENERAL RACE PLAN

LEGEND FOR THE XTRI SOLO POINT FIVE CANADA

-  **TR1** Transition 1 :
Baie-des-Sables
-  **TR2** Transition 2 :
Notre-Dame-des-Bois
-  **R1** Feed station 1
(organisation)
-  **263** Road and number
-  **-----** Border
-  Running section (roads)
-  Running section (trails)
-  Biking section
-  Swimming section
-  **25** Km (Biking)



X CANADA

XTRI SOLO POINT FIVE

XTRI
WORLD
TOUR



**Endurance
Aventure.com**
www.enduranceaventure.com

ENDURANCE AVENTURE

1686 chemin de la Rivière-aux-Cerises,
Magog, Québec, J1X 3W3 CANADA

T : +1.819.847.2197