



# CANADA MAN WOMAN

Lac-Mégantic  Xtreme Triathlon



**2023 RACE MANUAL**

# THANK YOU TO ALL 2023 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:

- 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.

### 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

**REACH  
THE STARS!**

# REGISTRATION\*

DATE	HOUR	WHAT	WHERE
Friday June 30th 2023	17:00 - 21:00	Bib Packet Pick-Up	Megantic Sports Center 5400 Papineau Street, Lac-Megantic QC G6B 0B9
		Kiosks	
Saturday, July 1 <sup>st</sup> , 2023	3:00 p.m.- 4:30 p.m.	Welcoming ceremony, technical meeting for athletes	Megantic Sports Center
Sunday, July 2 <sup>nd</sup> , 2023	3:15	Opening of the transition and bike deposit	Baie-des-Sables Tourist Station 2370 chemin du Lac, Lac-Mégantic
	4:30	Start of the Canada Man/Woman	
Monday, July 3 <sup>rd</sup>	12:00	Final Banquet and Medal ceremony	Megantic Sports Center

\* All information, schedules and procedures are subject to change according to the instructions of public health and triathlon Quebec.

## 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 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 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

## LEGEND FOR XTREME TRIATHLON COURSE

- |  |  |   |
|--|--|---|
|  <b>TR1</b> | Transition 1 :<br>Baie des sables              |  <b>Running section (roads)</b>  |
|  <b>TR2</b> | Transition 2 :<br>Halte routière Chartierville |  <b>Running section (trails)</b> |
|  <b>TR3</b> | Transition 3 :<br>Parc Mont-Mégantic           |  <b>Biking section</b>           |
|  <b>R1</b>  | Feed station 1                                 |  <b>Swimming section</b>         |
|  <b>R2</b>  | Feed station 2                                 |  <b>Km (Biking)</b>              |
|  <b>R3</b>  | Feed station 3                                 |  <b>Road and number</b>          |
|  <b>R4</b>  | Feed station 4                                 |  <b>Border</b>                   |


### Saturday

**7:00 a.m.:** START *SPRINT* TRIATHLON  
at Baie-des-Sables presented by **TAFISA**

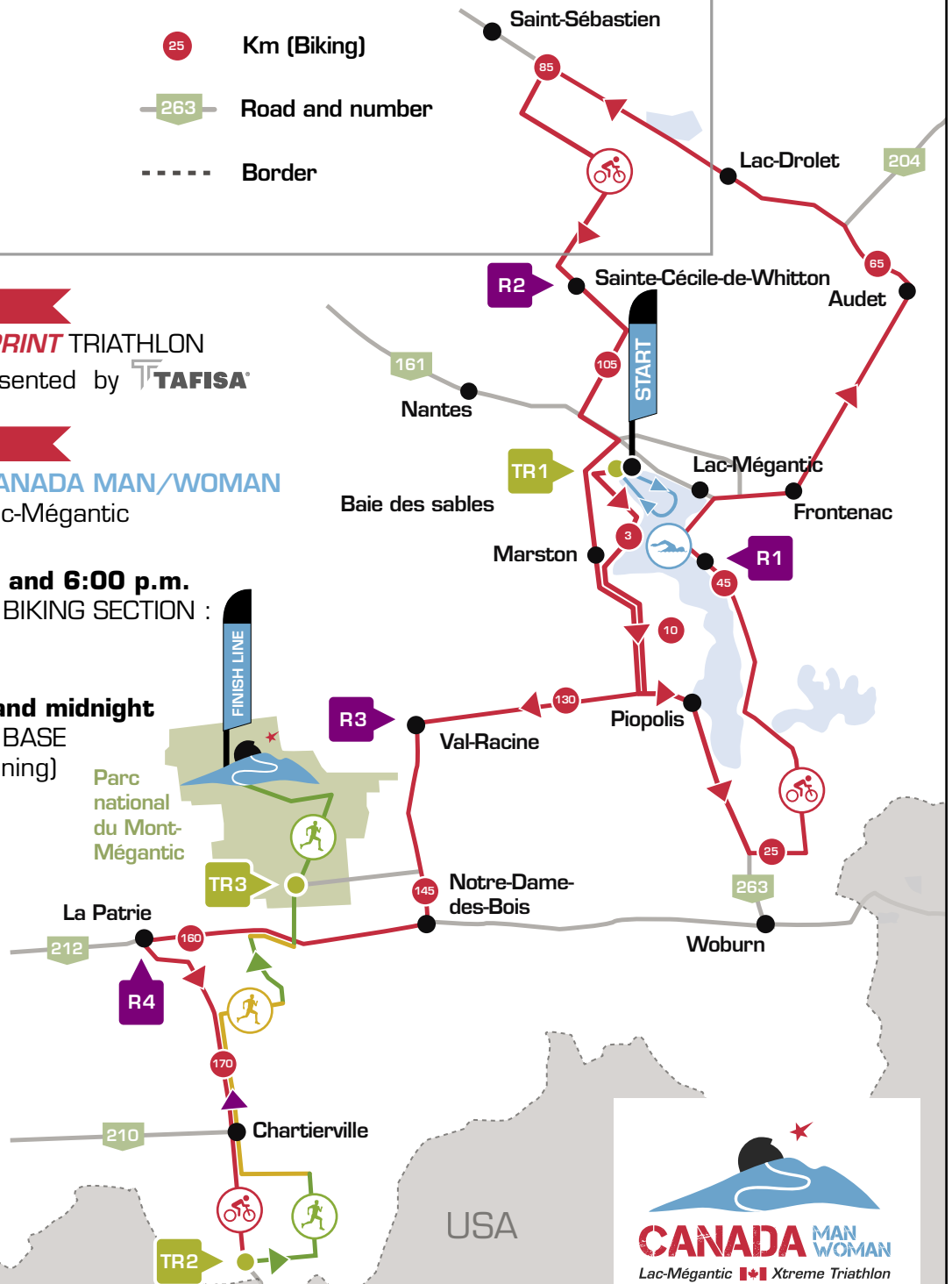
### Sunday

 **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)



Distance : 3,8 km

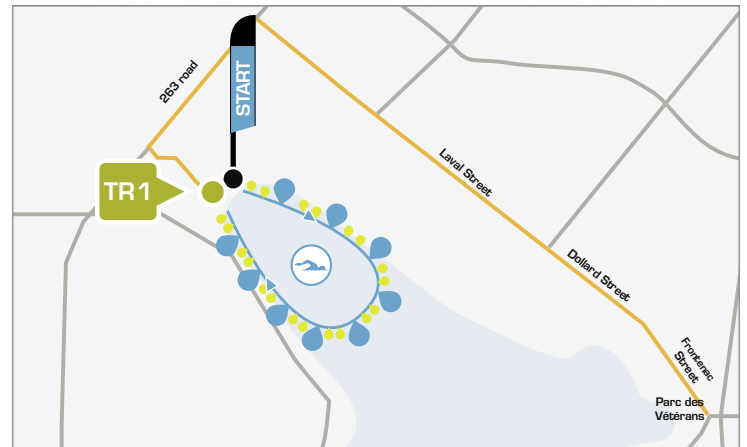
The swimming portion of the event will launch at 4:30 a.m. The 3.8-km course will play out in Lac Mégantic waters at the Parc de la Baie-des-Sables. **Swimming with an inflatable torpedo buoy and a wetsuit is mandatory.**

**TR1: Transition 1 (Swim-Bike)**

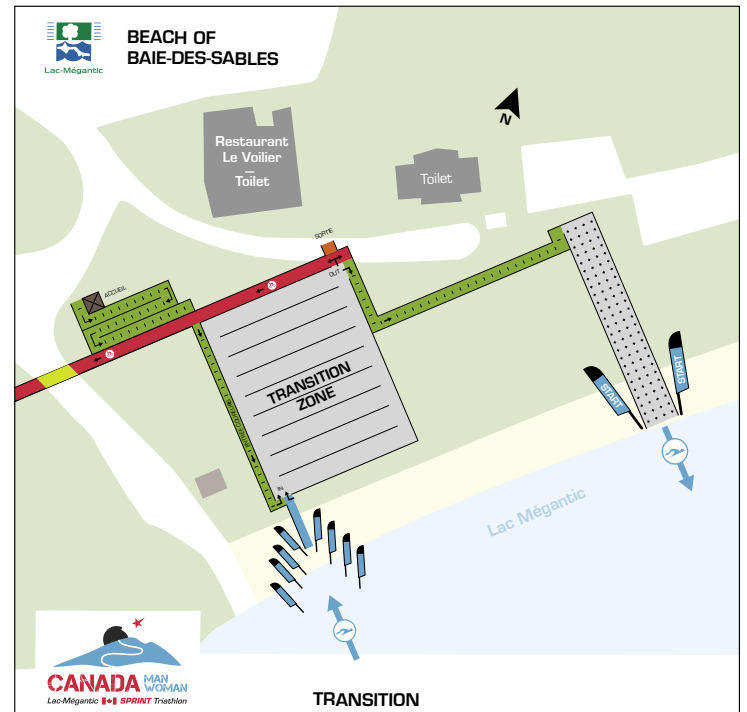
The transition will unfold at Parc de la Baie-des-Sables. The transition zone will open on Sunday morning at 3 H 15.

Help from assistants in the transition is authorized after the race. Assistants wait for their athlete directly at his or her designated spot. 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.



Swimming section : loops (2X)

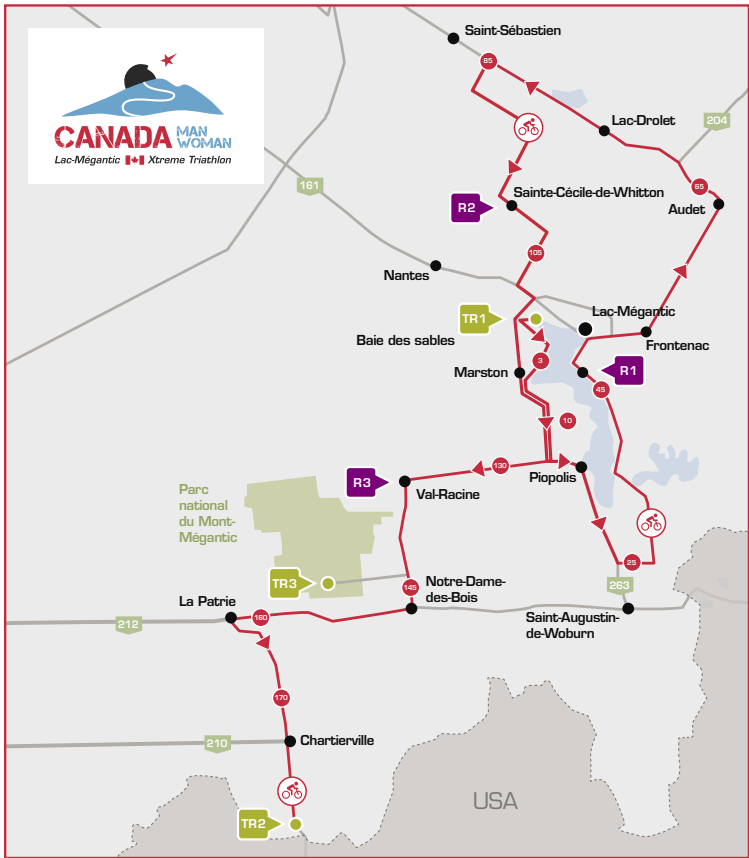


# BIKING SECTION

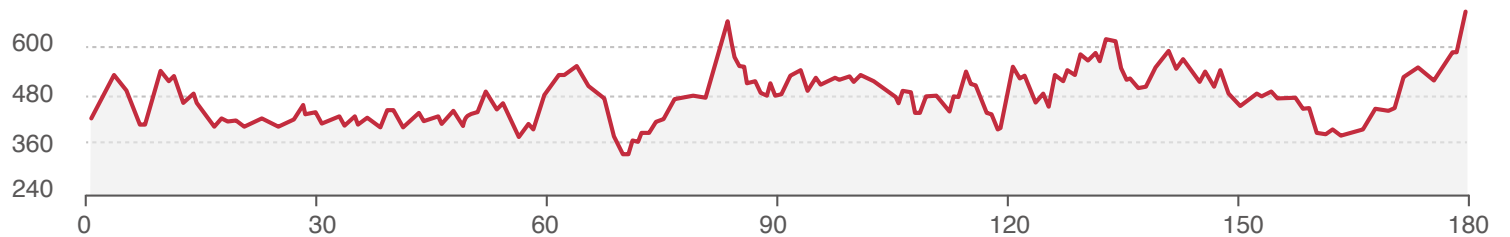
**Distance : 180 km**

**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.

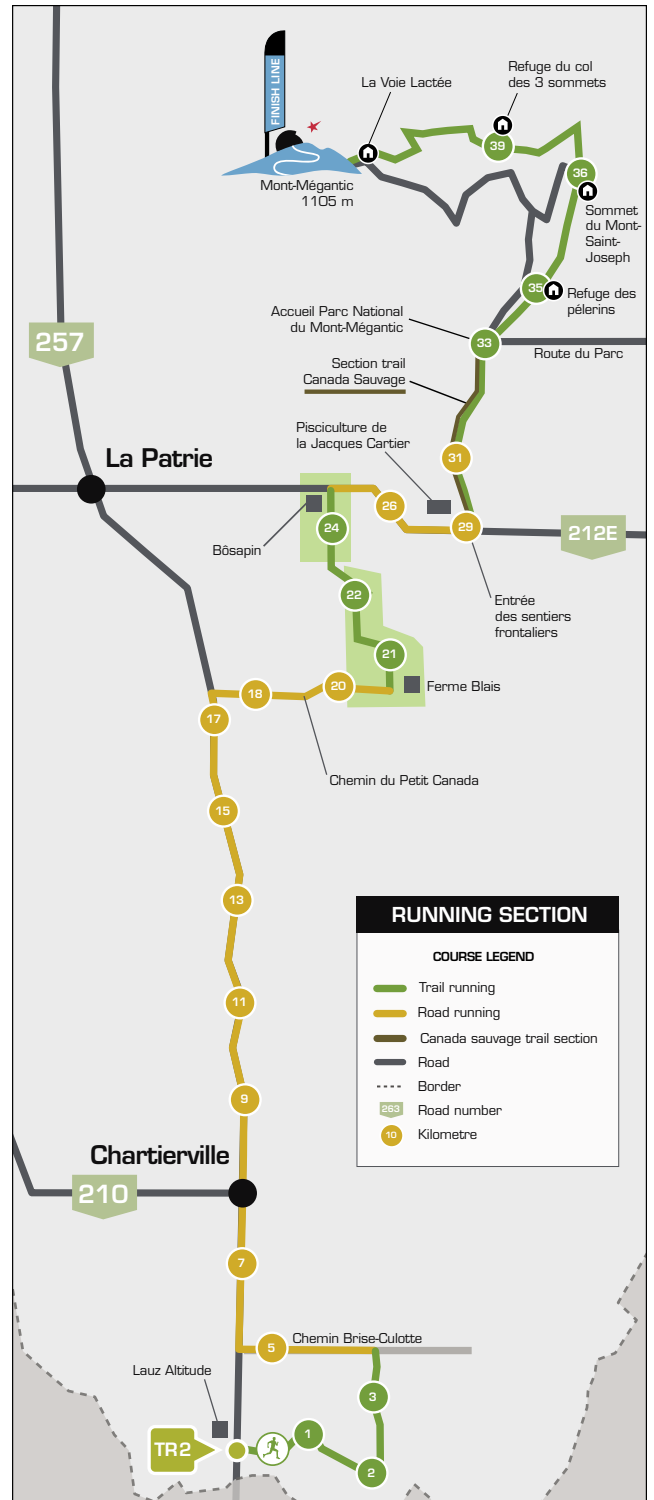


# RUNNING SECTION

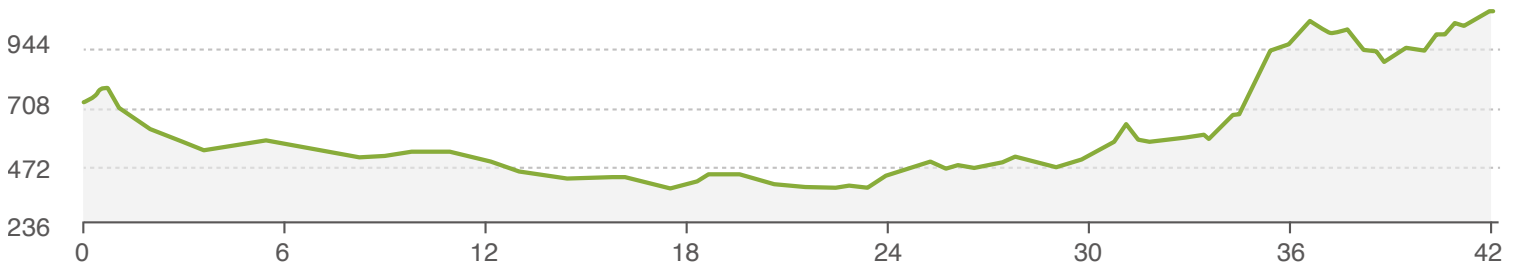
Distance : 42 km

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

- 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 are responsible for always keeping right and respecting Canadian Road Safety Regulations.
- Assistants may not precede or follow their athlete by car.
- For the biking section, one may refuel his/her athlete only at official feed zones
- 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.
- Assistance vehicles must never hinder the progress of other athletes. 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 athletes.
- 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.
- Earphones are forbidden at all times during the triathlon.
- Tossing litter on the ground is strictly forbidden.
- It is forbidden to ride on your bike 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. 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 for Assistance Vehicle on the cycling course - 30 minutes

Penalty zones are located at TR2 and TR3.

The racer must stop at the penalty zone.

## TIME LIMITS

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

<b>Swimming:</b>	<b>7:00 a.m.</b> (2.5 hours after start)
<b>Biking:</b>	<b>4:00 p.m.</b> (11.5 hours after start)
<b>Running:</b>	<b>9:00 p.m.</b> (16.5 hours after start) at TR3. Alternative course on paved roads.
	<b>10:30 pm</b> (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.

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.

## FEED STATION

3 feed stations will be present along the course. Assistants and athletes must foresee all refuelling sources at designed area. 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.

There will be 4 meeting Points on the bike section at km 48, 100, 137 and at 161.



## 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.**



## RESTROOMS/TOILETS-LOCALIZATION

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](mailto: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](mailto:pdesgagne@enduranceaventure.com)

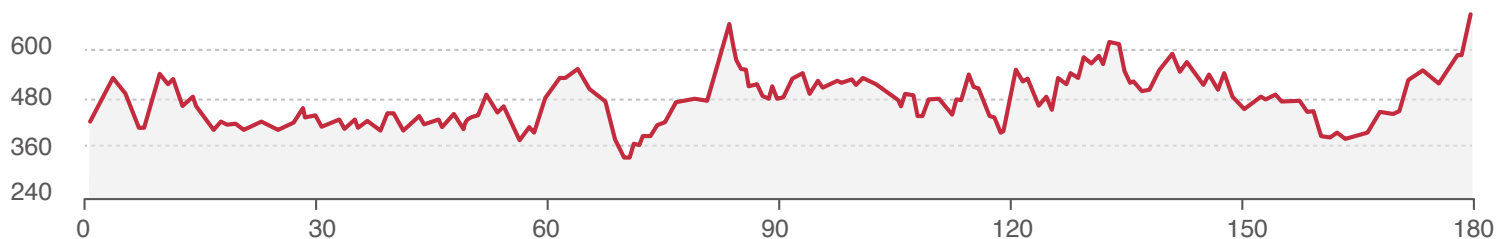


	DIRECTIONS	DISTANCE	KM
1	Aller en direction nord sur Rue de la Baie des Sables vers QC-263 N / <i>Go north on Baie-des-Sables Street, towards QC-263 N</i>	800 m	1
2	Tourner à gauche sur QC-263 S / <i>Turn left on QC-263 S</i>	23,8 km	24
3	Tourner à gauche vers Rang Clinton/QC-161 N / <i>Turn left, towards 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 <sup>e</sup> 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 <sup>e</sup> 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 <sup>e</sup> 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 <sup>ère</sup> 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

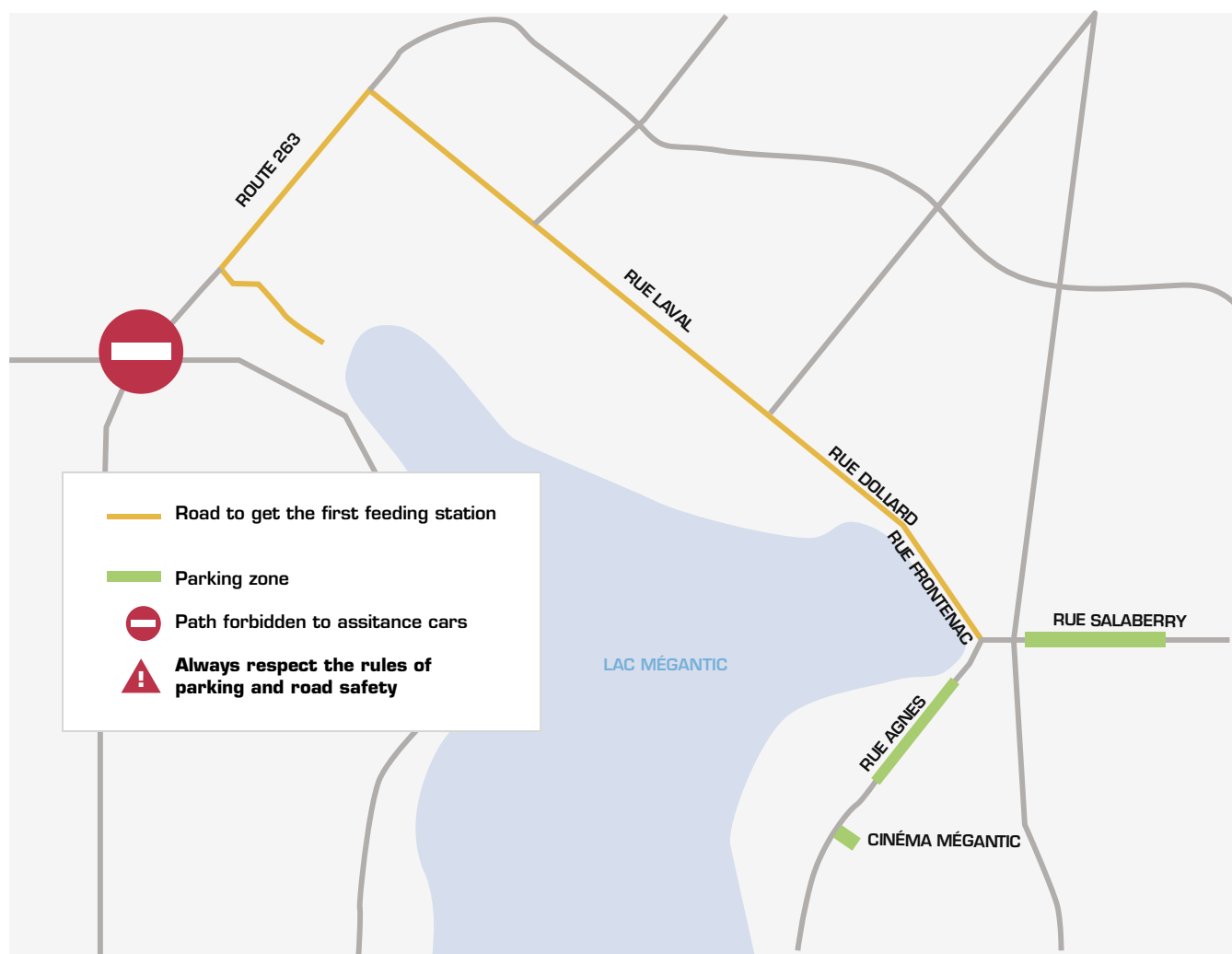


You must refuel your athlete at the official meeting points only.

## DIRECTIONS (ASSISTANT)

### Meeting point 1

- Go towards North on the Baie des Sables Street towards QC-263 N and turn right on QC-263 during 1 km
- Turn right on Laval Street during 1,3 km
- Ride in the direction of Lac-Mégantic for 4.9 km, turn right towards QC-161 then towards the cinema to wait for your runner OR turn left towards Salaberry street to park along the street and wait for your runner

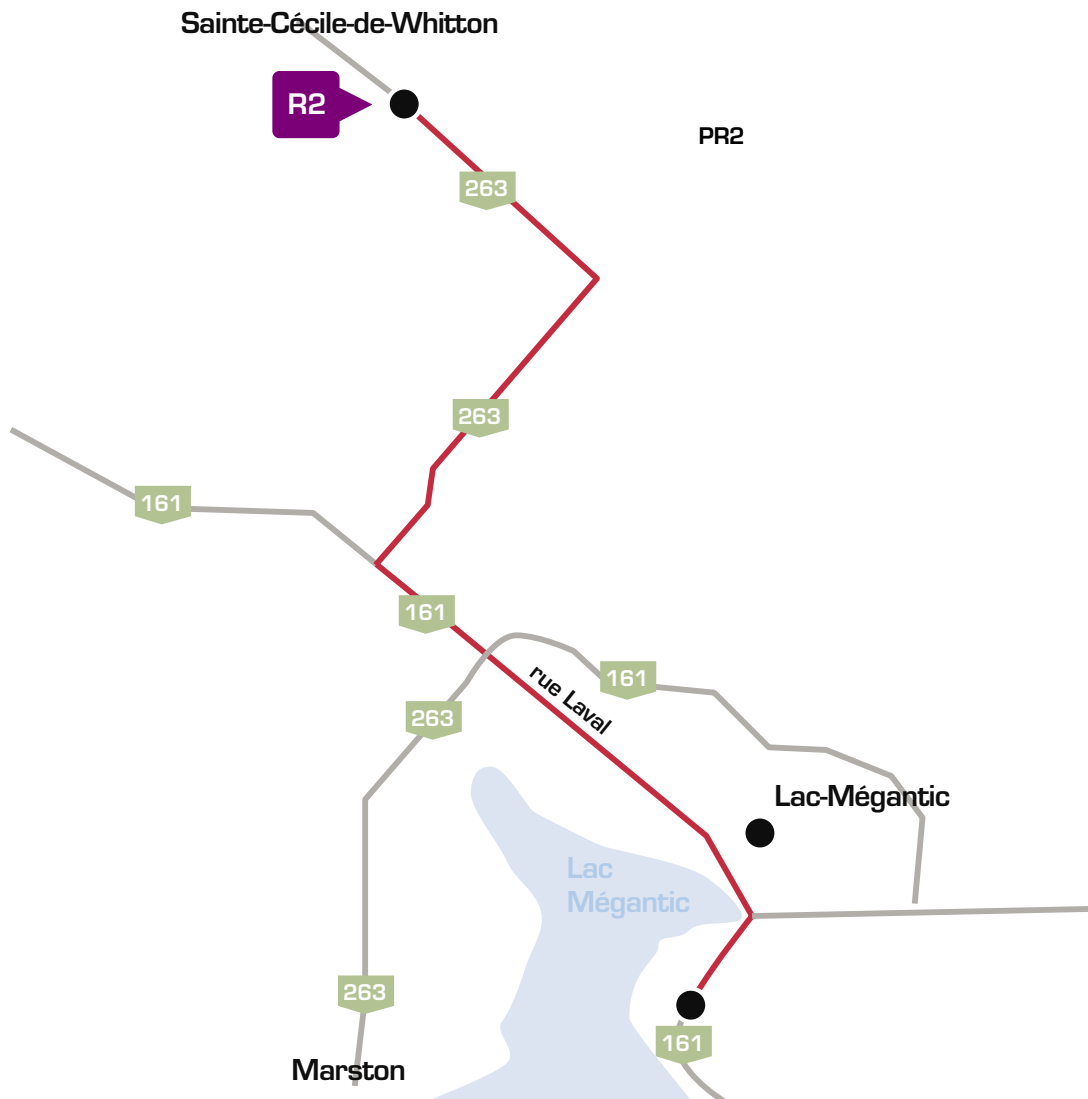




**Meeting point 2** (Estimated Time 30 minutes )

**From Megantic Cinema to Ste-Cecile de Whitton (Daniel-Morin's Park).**

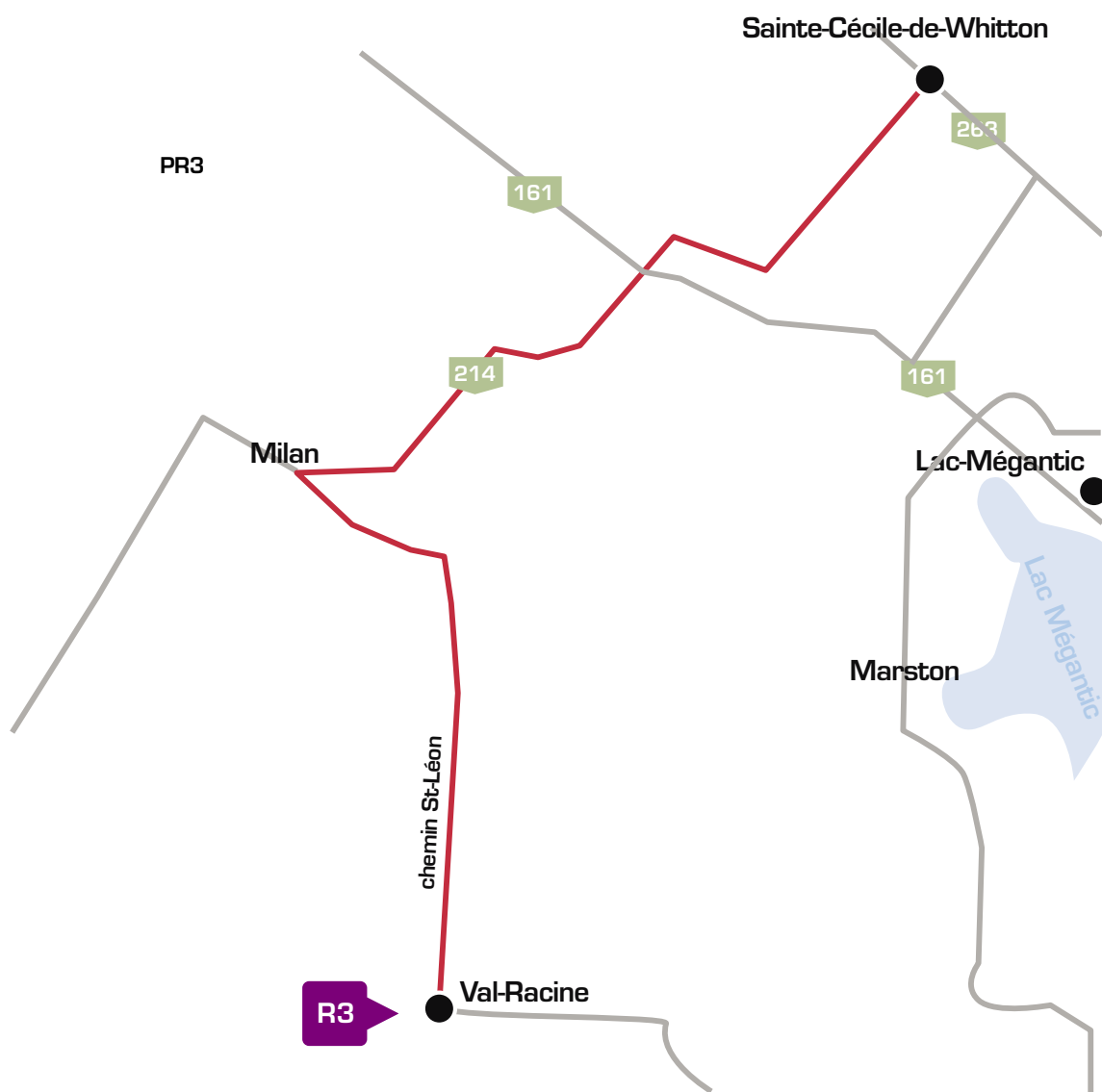
- Take the QC-161 N towards downtown Lac-Mégantic for 1.4 km.
- Continue straight on Rue Frontenac for 750 m.
- Turn left on Rue Laval and continue for 4.1 km.
- At the roundabout, take the 2nd exit towards QC-161 N/QC-263 N and continue for 2 km.
- Turn right on 9e Rang/QC-263 N and continue for 4.7 km.
- Turn left on QC-263 N and continue for 3.5 km.
- Turn right on Main Street. The feeding station is located 180 m. on your right.
- Follow the organisation's instructions for parking.



## Meeting pont 3 (Estimated Time 50 minutes)

### From Ste-Cécile de Whitton to Val-Racine

- Head SouthWest on Rue Principale that will become route Ste-Cecile.
- Continue on Route de Ste Cécile for 3.3 km. It will become rue Notre Dame Street. Continue for 2.6 km. (gravel road)
- Turn left on Rue Principale/QC-161 and continue for 100 m.
- Turn right on QC-214 O and continue for 10 km.
- When you arrive in the village of Milan, after the factory “La Maison Usinex”, you pass the metal silos, turn left on the St-Ambroise road (just before the concrete Cross).
- Continue on the St-Ambroise road for 350 m.
- Turn left on Macdonald Street for 900 m. which becomes Chemin St-Léon for 13.6 km (gravel roads)
- Go up to Val Racine and follow the organisation’s instructions for parking

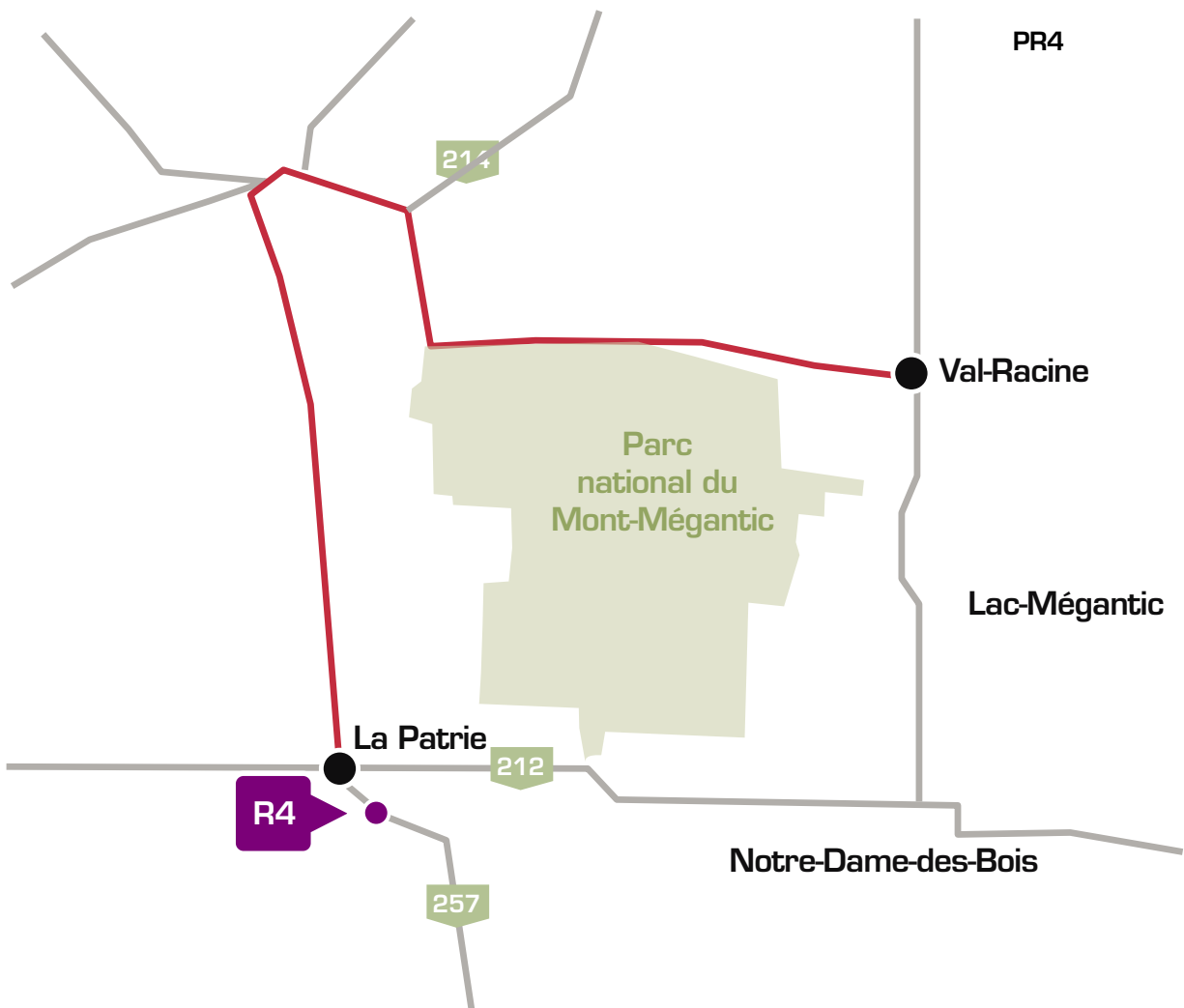




## Meeting point 4 (Estimated Time 45 minutes)

### From Val-Racine to La Patrie

- Take Chemin de Franceville towards Scotstown for 15.2 km.
- Turn left on Chemin Victoria/QC-214 O and continue for 4.2 km.
- Turn left on Rue de Ditton/QC-257 S and continue for 14 km.
- At the intersection of Route 257 and Route 212, in La Patrie, continue straight for 150 m. The meeting point is located on your right.
- Follow the organisation's instructions for parking.

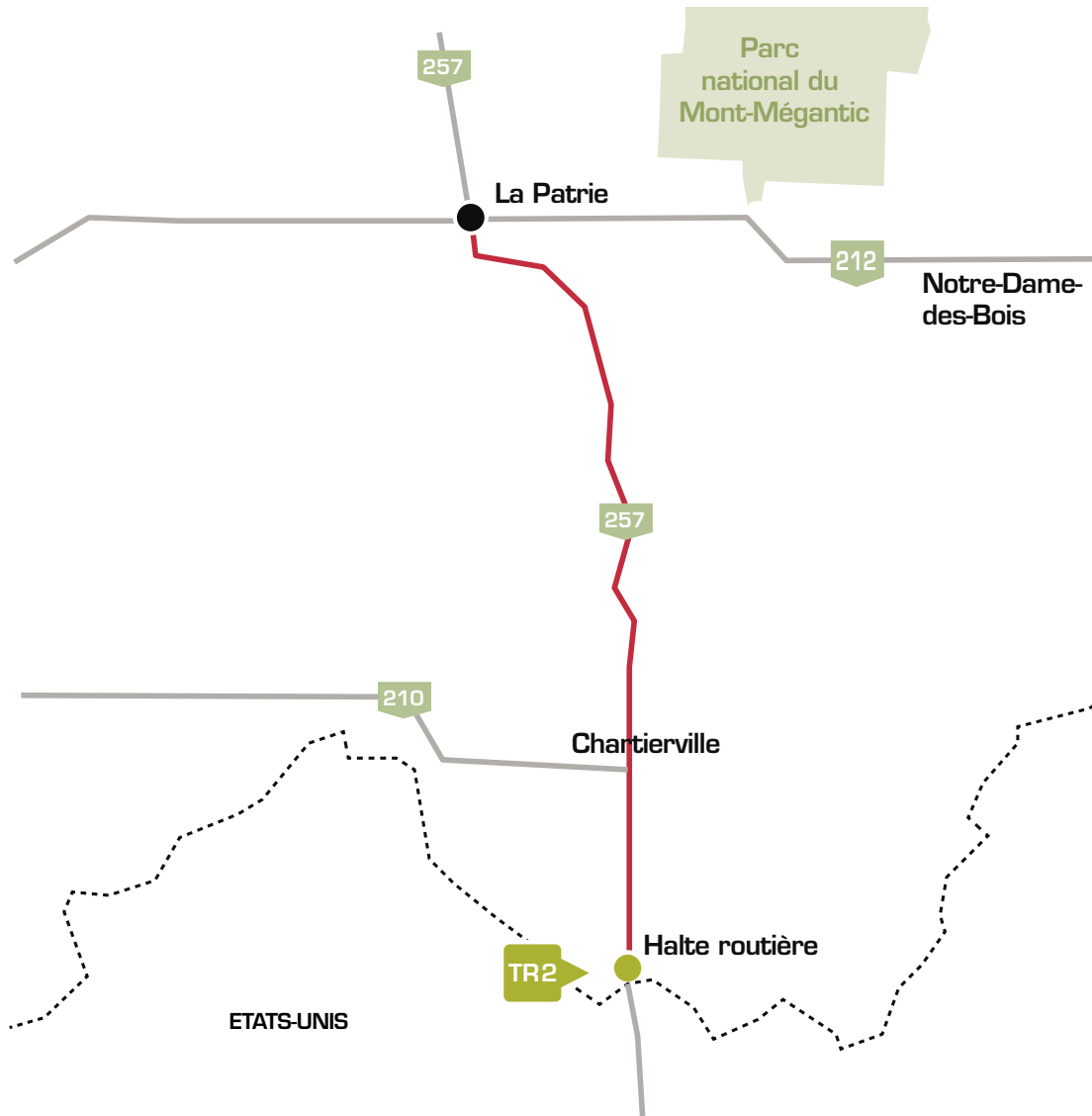


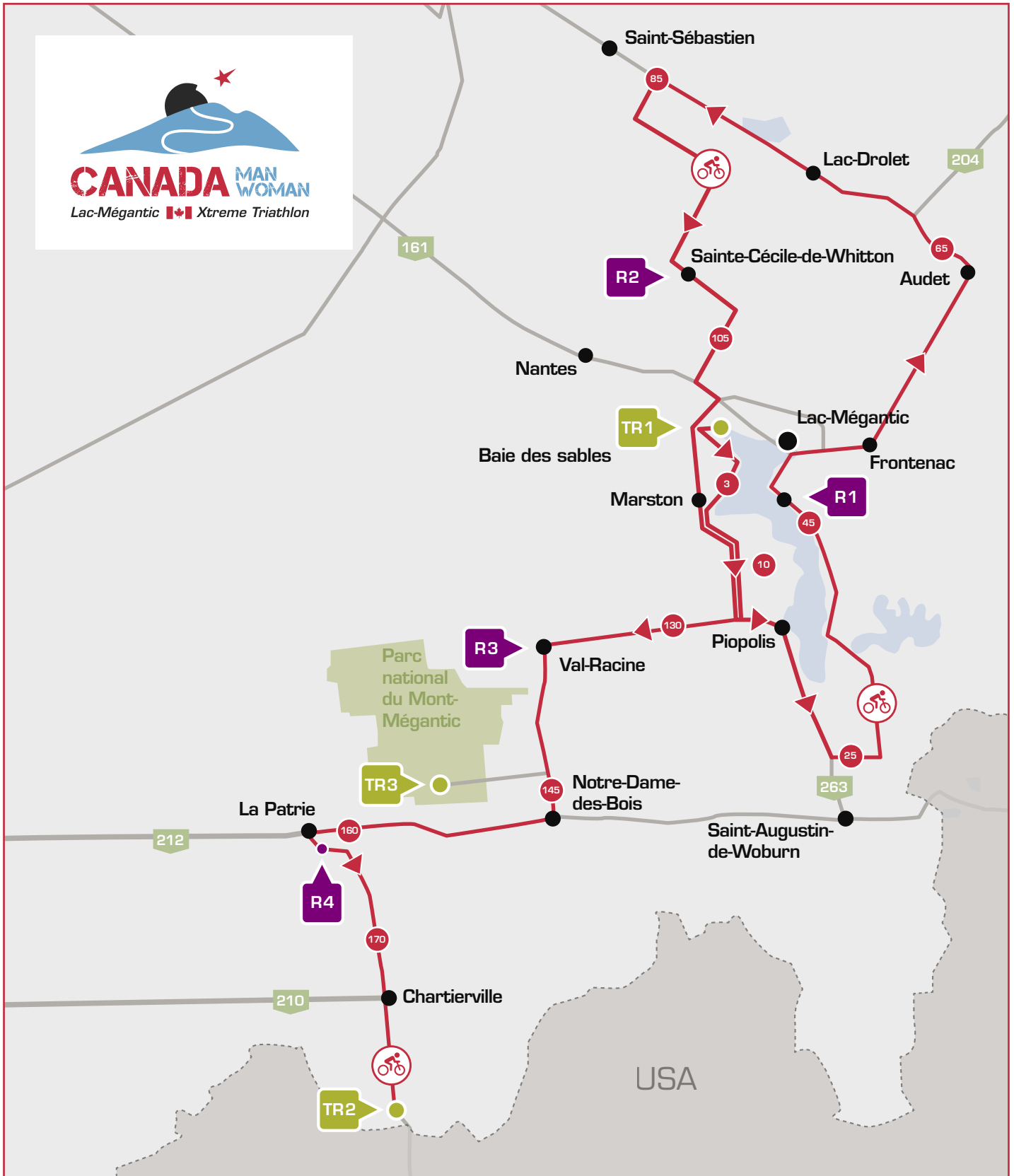


**Transition 2** (Estimated Time 15 minutes)

**From La Patrie to TR2, Chartierville**


- Take Route QC-257 N for 18 km.
- The TR2 is on your left.
- Follow the organisation's instructions for parking.





## 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 are allowed.

 DIRECTIONS	DISTANCE	KM
TR2 at the Chartierville Rest Area		
1 Quad and forest trail section. You will run down a long, abrupt hill during this section.	3.6 km	3.6
2 Turn left on Brise Culotte Road, which is a dirt road.	1.6 km	5.2
3 Turn right on Route 257, a paved road.	12 km	17.2
4 Turn right on Petit-Canada Road E (a hilly dirt road)	3.3 km	20.5
5 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.	4.3 km	24.8
6 At the trail's exit, turn right on Route 212. This is a paved road with heavy traffic.	4,1 km	28.9
7 "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.	4 km	32.9
<b>TR 3 "CUT OFF"</b>		
8 a <b>BEFORE 9:00 p.m.</b> Trail run to the summit of Mont Mégantic. Walking sticks recommended. Food, water, warm clothing, and headlamps are required for this challenging section. <b>SUPPORT CREW MANDATORY.</b>	8,3 km	41.2
8 b <b>AFTER 9:00 p.m.</b> 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. <b>SUPPORT CREW MANDATORY.</b>	8,3 km	41.2
<b>AFTER 10:30 p.m.</b> End of race. Stop at TR3		




## ASSISTANT'S ROAD BOOK-RUNNING SECTION

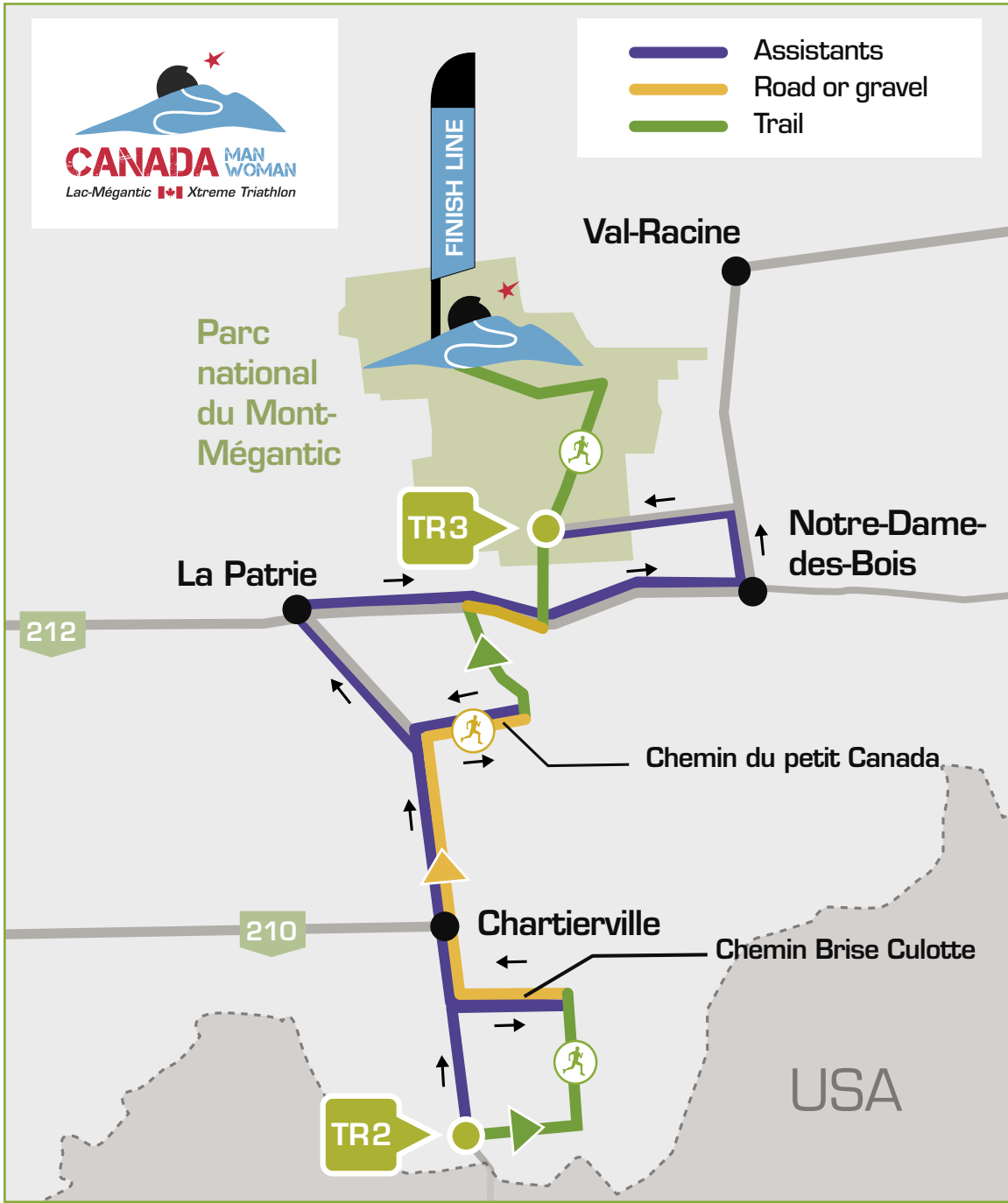
### General instructions :

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

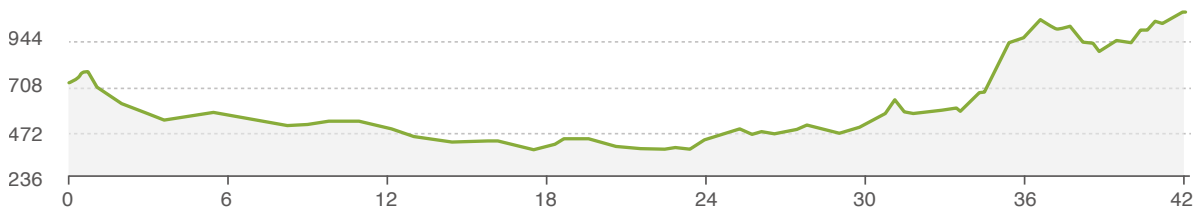
You can reach your athlete by car for refuelling purposes, in the road sections. **In the trail sections, assistance is permitted on foot or on bike, if the team has enough members for the vehicle to follow.**

 DIRECTIONS	DISTANCE	KM (END OF THE SECTION)
TR2 at the Chartierville Rest Area		
1 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.		3.6
2 Retrace your steps, go west on Brise-Culotte Road.	1.6 km	5.2
3 Turn right on Route 257.	12 km	17.2
4 Turn right on Petit-Canada Road East.	3.3 km	20.5
5 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 Bête-sapin Plantation at the following address: 115, Route 212.		24.8
6 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!	4,1 km	28.9
7 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).		32.9
<b>TR 3 "CUT OFF"</b>		
<b>BEFORE 9:00 p.m.</b> 8 a 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. <b>SUPPORT CREW MANDATORY.</b>	8,3 km	41.2
<b>AFTER 9:00 p.m.</b> 8 b 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. <b>SUPPORT CREW MANDATORY.</b>	8,3 km	41.2
<b>AFTER 10:30 p.m.</b> End of race. Stop at TR3		

# ASSISTANT AND ATHLETE PLAN-RUNNING SECTION

















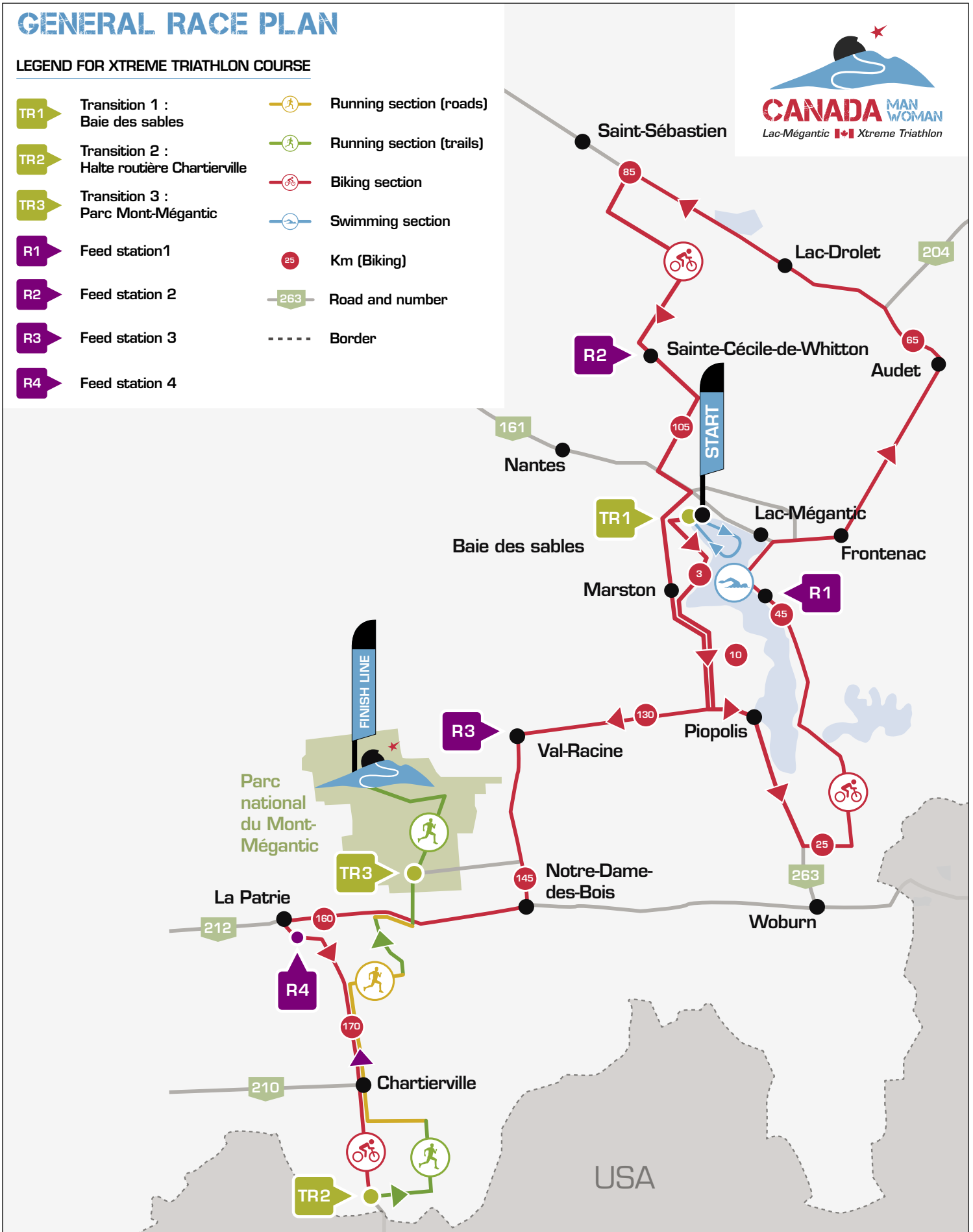
ELEVATION (m) - RUNNING SECTION



# GENERAL RACE PLAN

## LEGEND FOR XTREME TRIATHLON COURSE

- |  |  |   |                          |
|--|--|---|--------------------------|
|  TR1 | Transition 1 :<br>Baie des sables              |  | Running section (roads)  |
|  TR2 | Transition 2 :<br>Halte routière Chartierville |  | Running section (trails) |
|  TR3 | Transition 3 :<br>Parc Mont-Mégantic           |  | Biking section           |
|  R1  | Feed station 1                                 |  | Swimming section         |
|  R2  | Feed station 2                                 |  | Km (Biking)              |
|  R3  | Feed station 3                                 |  | Road and number          |
|  R4  | Feed station 4                                 |  | Border                   |





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1686, Rivière-aux-Cerises Road,  
Magog, Québec, J1X 3W3 CANADA

T : +1.819.847.2197