



CANADA MAN
WOMAN

Lac-Mégantic  Xtreme Triathlon

XTRI
WORLD
TOUR



2024 RACE MANUAL

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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 Canadian settlers 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:

- 3,8 km of swimming in Lake Mégantic starting at dawn
- 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.**

Headquarters

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

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

**REACH
THE STARS!**

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 kick-off	
Sunday, October 6 2024	4:45 a.m.	Transition opens	Parc de la Baie-des-Sables Tourist Station 2370 chemin du Lac, Lac-Mégantic
	6:00 a.m.	Start of Xtri Canada Man/Woman	
Monday, October 7 2024	Noon	Banquet	Centre sportif Mégantic 5400, Papineau Street Lac-Mégantic, Québec G6B 0B9

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. 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 KM 36. The finish line would then be at this same point, Transition 3


LEGEND FOR XTREME TRIATHLON COURSE

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

Sunday

 **6:00 a.m. : START CANADA MAN/WOMAN**
Parc de la Baie-des-Sables

 **Between noon and 7 p.m.**
ATHLETES COMPLETE BIKING SECTION :
Chartierville

 **Between 4 p.m. and 1:30 a.m. Monday**
ATHLETES REACH
the SUMMIT of
Mont Mégantic
(running)



Distance : 3.8 km

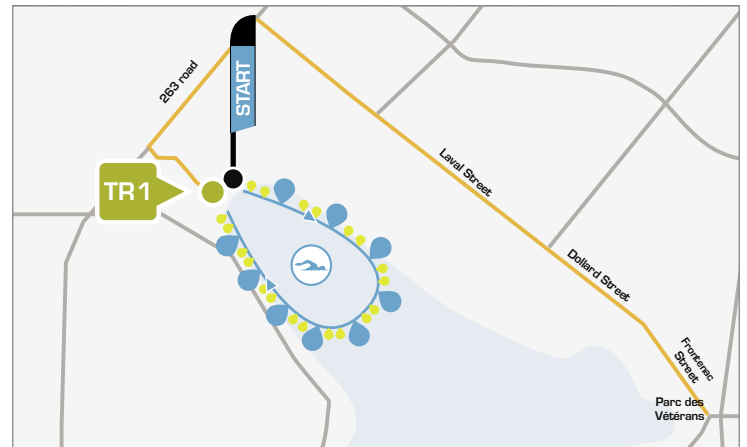
The swimming portion of the event will launch at 6 a.m. The 3.8-km course will play out in Lac Mégantic waters at Parc de la Baie-des-Sables. **Swimming with an inflatable torpedo buoy, white strobe light and wetsuit is mandatory.**

TR1: Transition 1 (Swim-Bike)

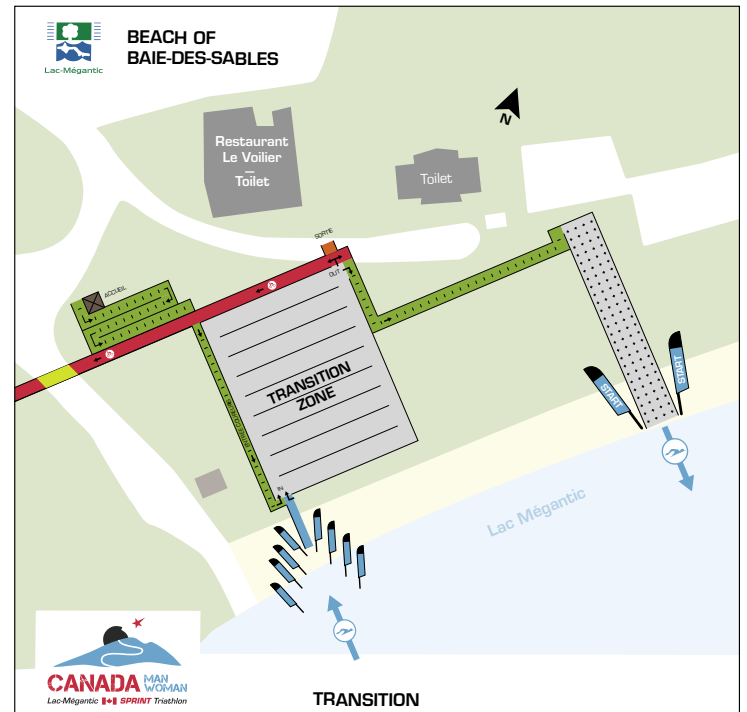
The transition will unfold at Parc de la Baie-des-Sables. The transition zone will open on Sunday morning at 4:45 a.m.

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)

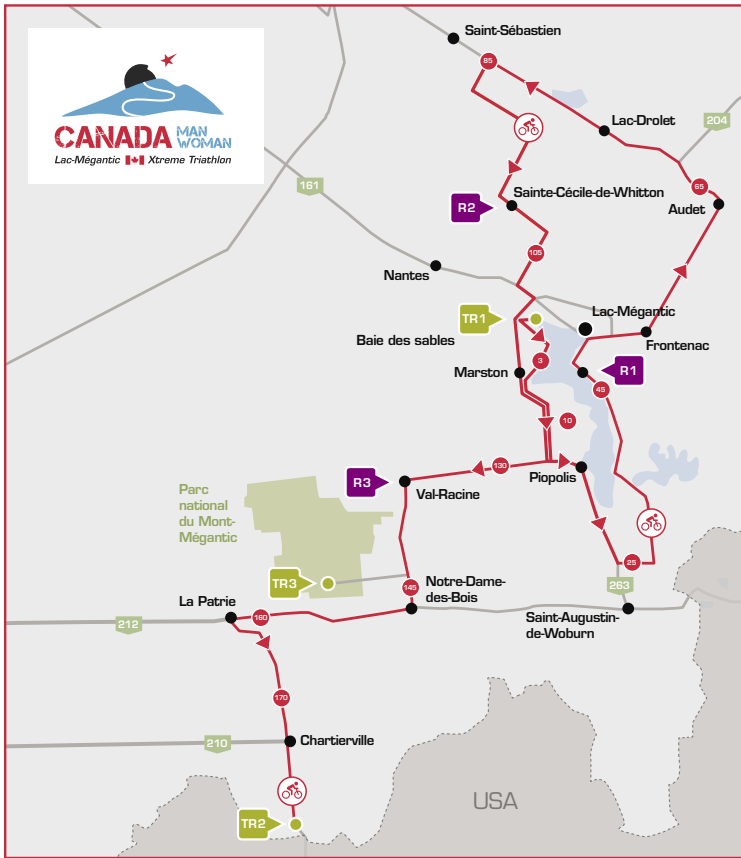


 **BIKING SECTION**

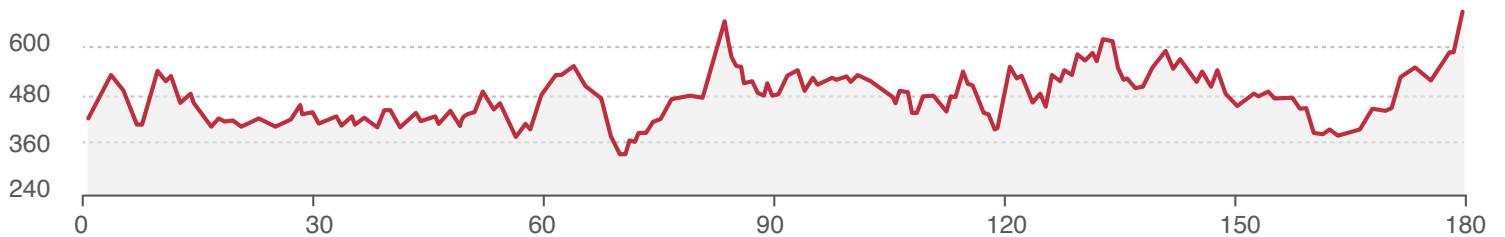
Distance : 180 km

Elevation gain : 2565 m

The biking section will lead participants along the magnificent Route des Sommets. The winding course serves up an elevation gain of more than 2500 m. Du Morne, a steep ascent, awaits participants at KM 81. They will also have to look out for the final climb at KM 179!



ELEVATION (M) - BIKING SECTION



TR2: Transition 2 (Bike-Running)

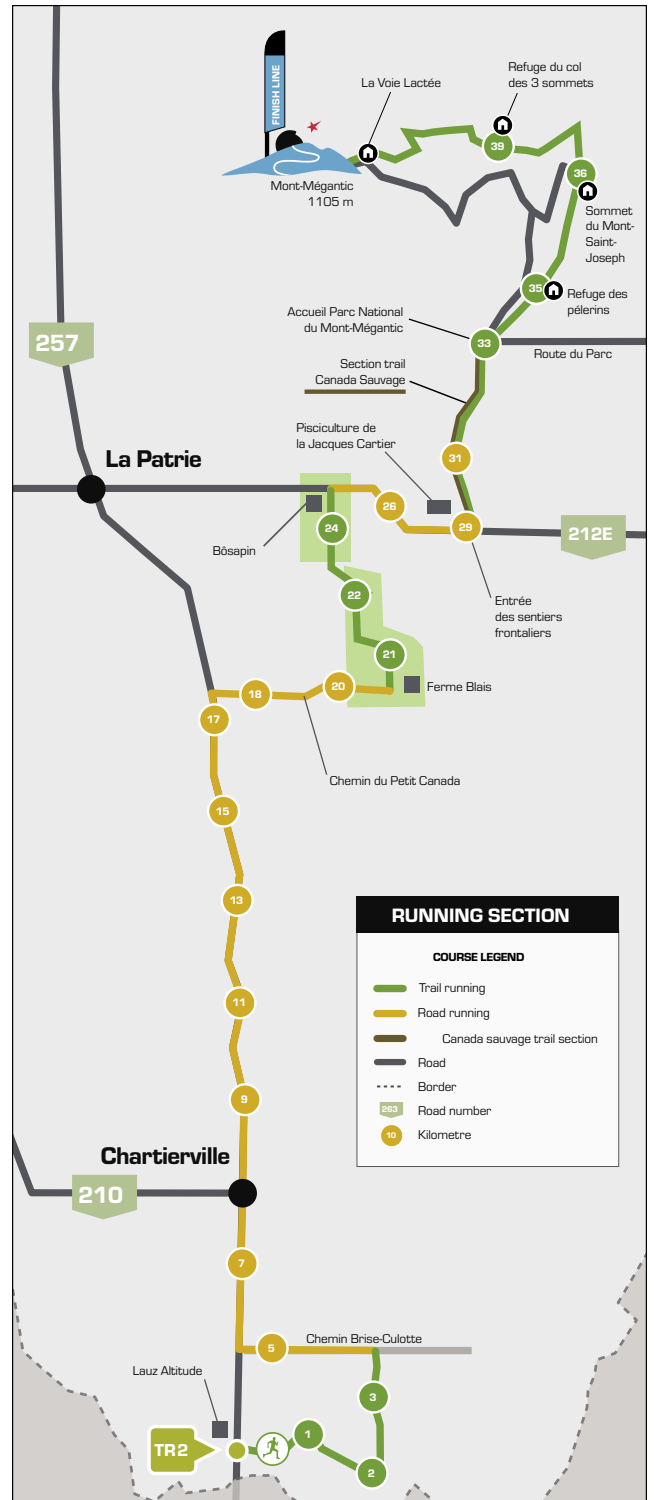
The transition will be completed at the Chartierville rest area. Assistants must park in the designated location to wait for their athlete.

RUNNING SECTION

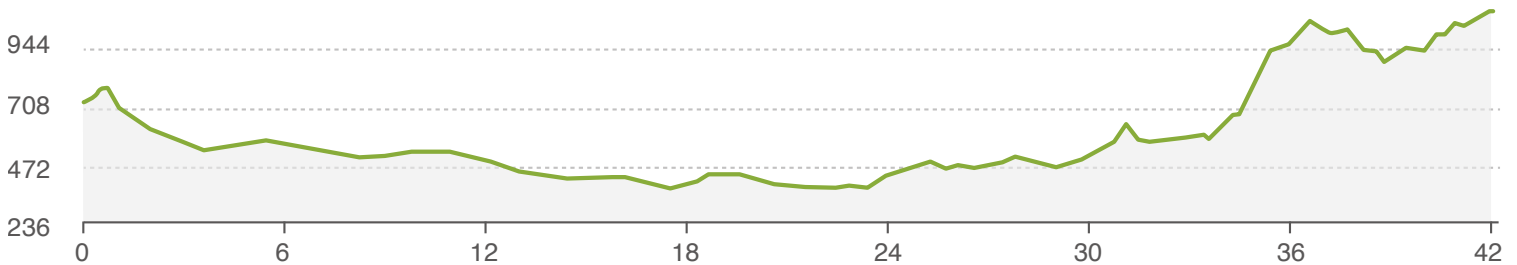
Distance : 42 km

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 1200 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

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.
- Assistants may not precede or follow their athlete by car.
- For the biking section, one may only refuel their athlete at official feed zones.
- Assistance vehicles must never hinder the progress of other athletes. Failure to comply will 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 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). The assistant must wear their "CREW" tshirt.
- 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 14).
- 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

TIME LIMITS

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

Swimming:	8:15 a.m. (2 h 15 after start)
Biking:	5:30 p.m. at TR2 (11.5 hours after start)
Running:	9:00 p.m. (15 hours after start) at TR3. Alternative course on paved roads.
	Midnight (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

The assistant's 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.

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 any of the four meeting points and wait for their athlete without interfering with traffic.**

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 KM 29 ("Canada Sauvage" section). They must always respect road safety regulations, remain alert, and watch for other vehicles.

Between KM 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).

Assistant vehicles are not permitted at the summit. Shuttle service will transport teams back to TR3 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).



List of mandatory equipment for assistants:

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

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

FEED STATION

Four meeting points will be on the Bike course: KM48, KM100, KM137 and KM161. There will be three feed stations on the Run course: KM21, KM35 Refuge des Pèlerins and KM39 Refuge Col des Trois-Sommets.

There are sections on the Run course where the athlete will be alone without assistance for many kilometers. The athlete must transport adequate supplies (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. In October, you may encounter winter conditions on Mont-Mégantic (snow, below freezing temperatures).



RESTROOMS/TOILETS-LOCALIZATION

LOCATION	DESCRIPTION	NB	KM
Transition 1: Baie-des-Sables	Chemical toilets close to TR1	2	-
	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	1	24,5
Frontenac Rest Area	Public chemical toilets	1	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 Sentiers frontaliers trails	Chemical toilets	1	152
La Patrie, Bonichoix	Restrooms inside the Bonichoix service station	1	162
Chartierville	Public restrooms behind the town hall	1	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	1	8,5
Entrance of Chemin du Petit Canada trail	Chemical toilets	1	20,5
Entrance of Sentiers 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 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:

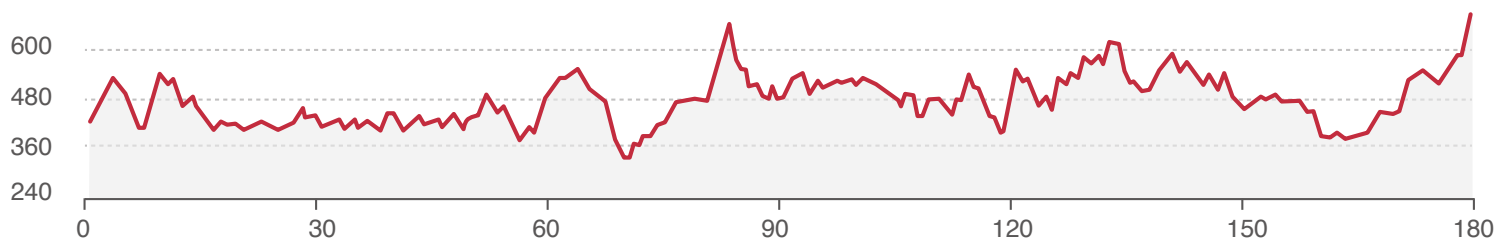
communications@enduranceaventure.com



 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 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 Clinton Road QC-161N</i>	22,9 km	
5 Tourner à droite sur Rue Salaberry QC-161 / <i>Turn right on Rue Salaberry QC-161</i>	2,5 km	47
6 La rue Salaberry QC-161 devient QC-204 E / <i>Rue Salaberry 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 the Lac-Drolet Road</i> <i>Be very careful in this left turn down a hill.</i>	1,1 km	69
8 Continuer sur le Chemin Principal / <i>Continue on Chemin Principal</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 the Route du Morne when you get to the intersection with Route de la Station / 7th Rang</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 the 10th Rang/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 Rue Principale</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 9^e Rang 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 1st exit towards Chemin de Marsboro/QC-263 S</i>	14,2 km	111
VOUS PASSEZ DEVANT LA RUE DE LA BAIE DES SABLES / <i>YOU PASS IN FRONT RUE BAIE DES SABLES</i>			
16	Tourner à droite sur Chemin de Bury / <i>Turn right on the Chemin de Bury</i>	7,1 km	125
17	Le Chemin de Bury devient chemin de Piopolis / <i>Chemin de Bury becomes Chemin de Piopolis</i>	4,6 km	
18	Tourner à gauche sur route Chesham / <i>Turn left on the Route Chesham</i>	5,6 km	136
19	Tourner à droite pour continuer sur route Chesham / <i>Turn right in order to continue on the Route Chesham</i>	1,6 km	142
20	La Route Chesham devient la route du Parc / <i>Route Chesham becomes Route du Parc</i>	3,3 km	
21	Tourner à droite sur rue Principale Ouest QC-212 / <i>Turn right on Rue Principale Ouest QC-2120</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 is at the Rest Area Chartierville. The assistants have to take back the bikes there.</i>		180

ELEVATION (m) - BIKING SECTION



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

DIRECTIONS (ASSISTANT)

Meeting point 1

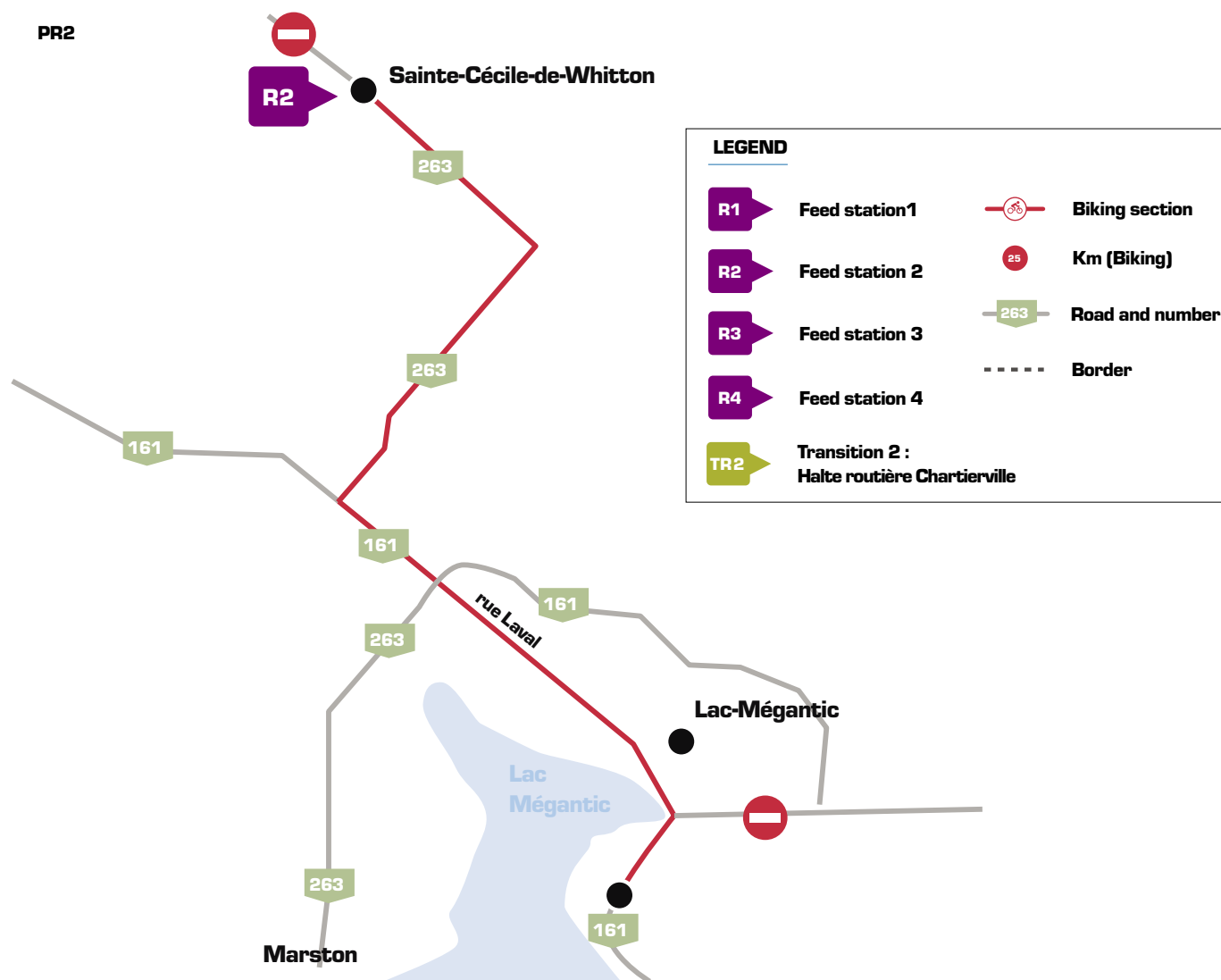
- Go north on Rue de la Baie-des-Sables towards QC-263 N and turn right on QC-263 for 1 km
- Turn right on Laval Street for 1.3 km
- Ride in the direction of Lac-Mégantic for 4.9 km, turn right towards QC-161 then towards the cinema to wait for your runner OR turn left towards Salaberry street to park along the street and wait for your runner



Meeting point 2 (Estimated time 30 minutes)

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

- Take 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 Rue Principale. The meeting point is located 180 m on your right.
- Follow the organisation's instructions for parking.

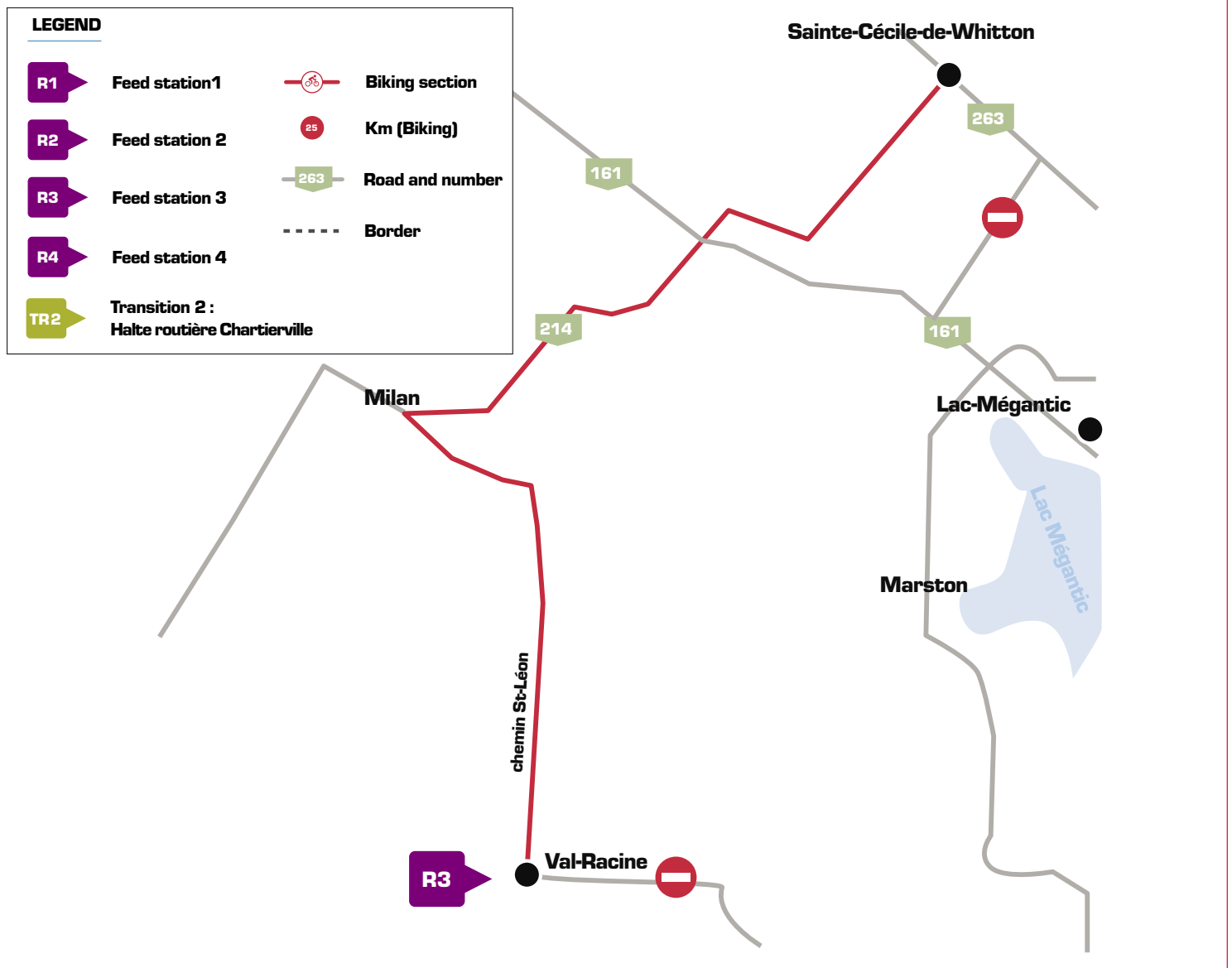




Meeting pont 3 (Estimated time 50 minutes)

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

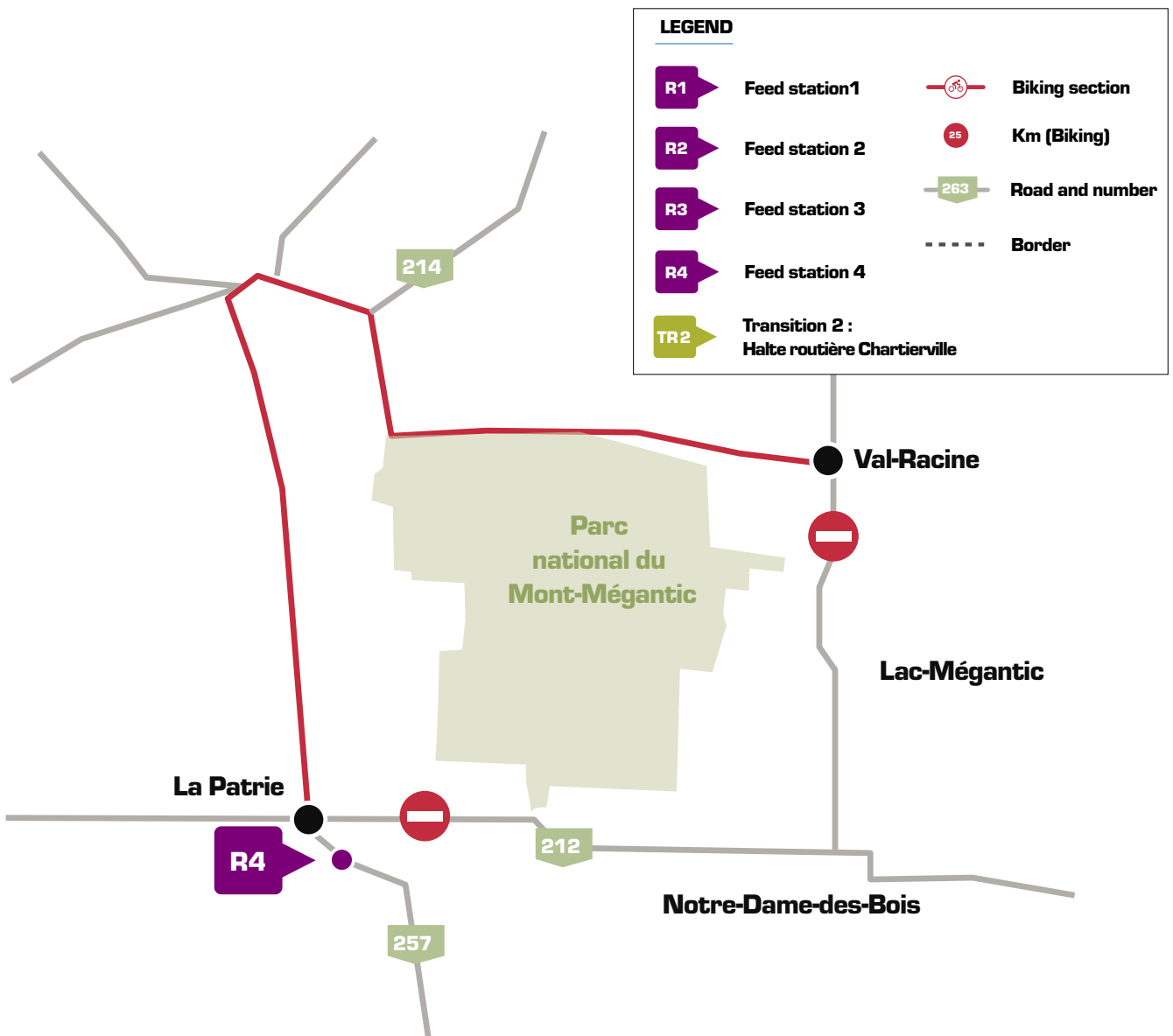
- Head SouthWest on Rue Principale that will become route Sainte-Cécile.
- Continue on Route Sainte-Cécile for 3.3 km. It will become rue Notre Dame Street. Continue for 2.6 km. (gravel road)
- Turn left on Rue Principale/QC-161 and continue for 100 m.
- Turn right on QC-214 O and continue for 10 km.
- In the village of Milan, after the “Maison Usinex” factory you will pass metal silos, turn left on Route St-Ambroise (just before the cement cross).
- Continue on the Route St-Ambroise for 350 m.
- Turn left on Rue Macdonald 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.

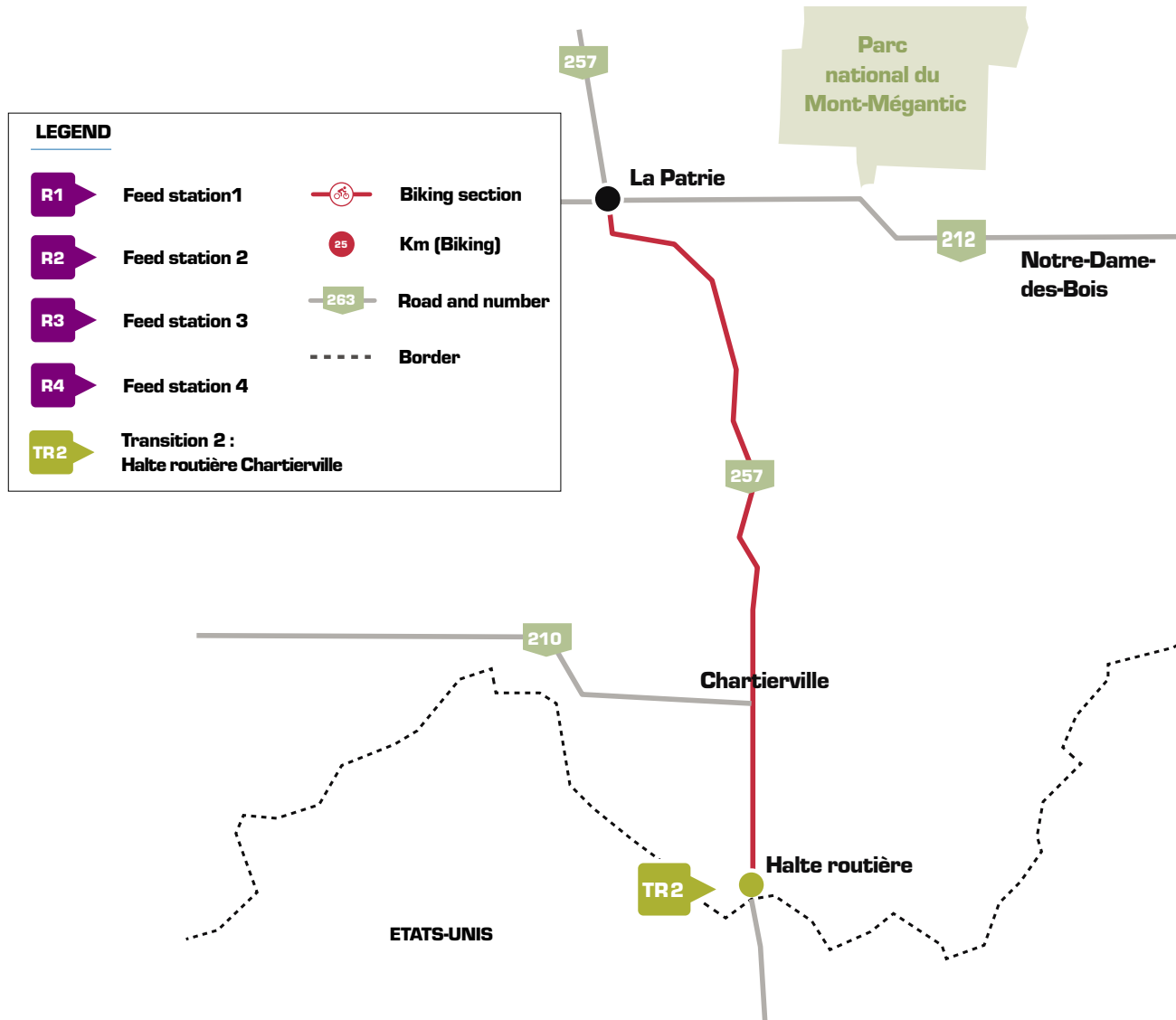


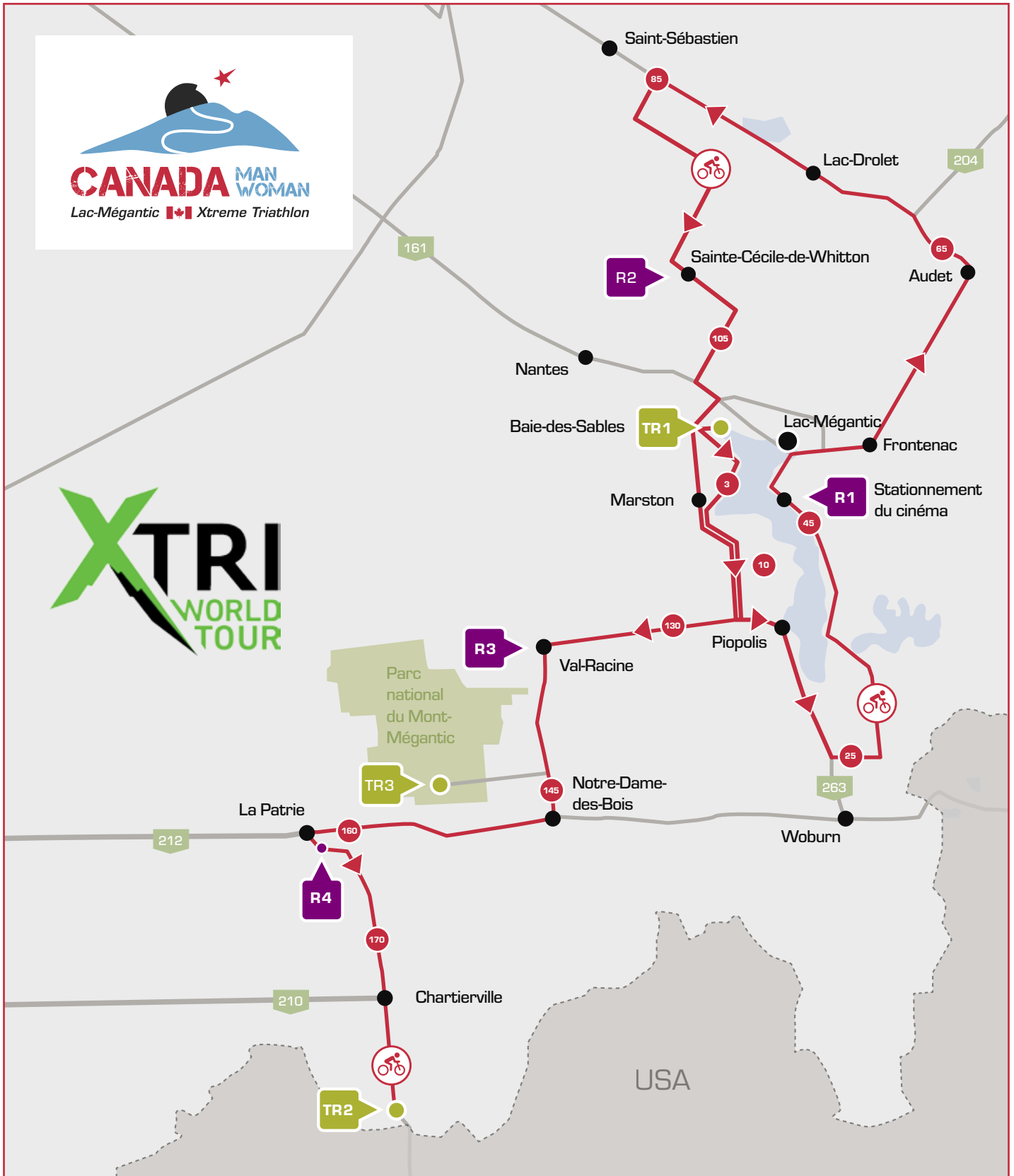


Transition 2 (Estimated time 15 minutes)

From La Patrie to TR2, Chartierville


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





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 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.	3.6 km	3.6
2	Turn left on Chemin Brise Culotte, 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 Chemin du Petit-Canada Est (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 Sentiers 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
TR3 "CUT OFF"			
8 a	BEFORE 9:00 p.m. Trail run to the summit of Mont Mégantic. Walking sticks recommended. Food, water, warm clothing, and headlamps are required for this challenging section. SUPPORT CREW MANDATORY.	8.3 km	41.2
8 b	AFTER 9:00 p.m. 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. SUPPORT CREW MANDATORY.	8.3 km	41.2
	AFTER midnight End of race. Stop at TR3		

ASSISTANT'S ROAD BOOK - RUNNING SECTION

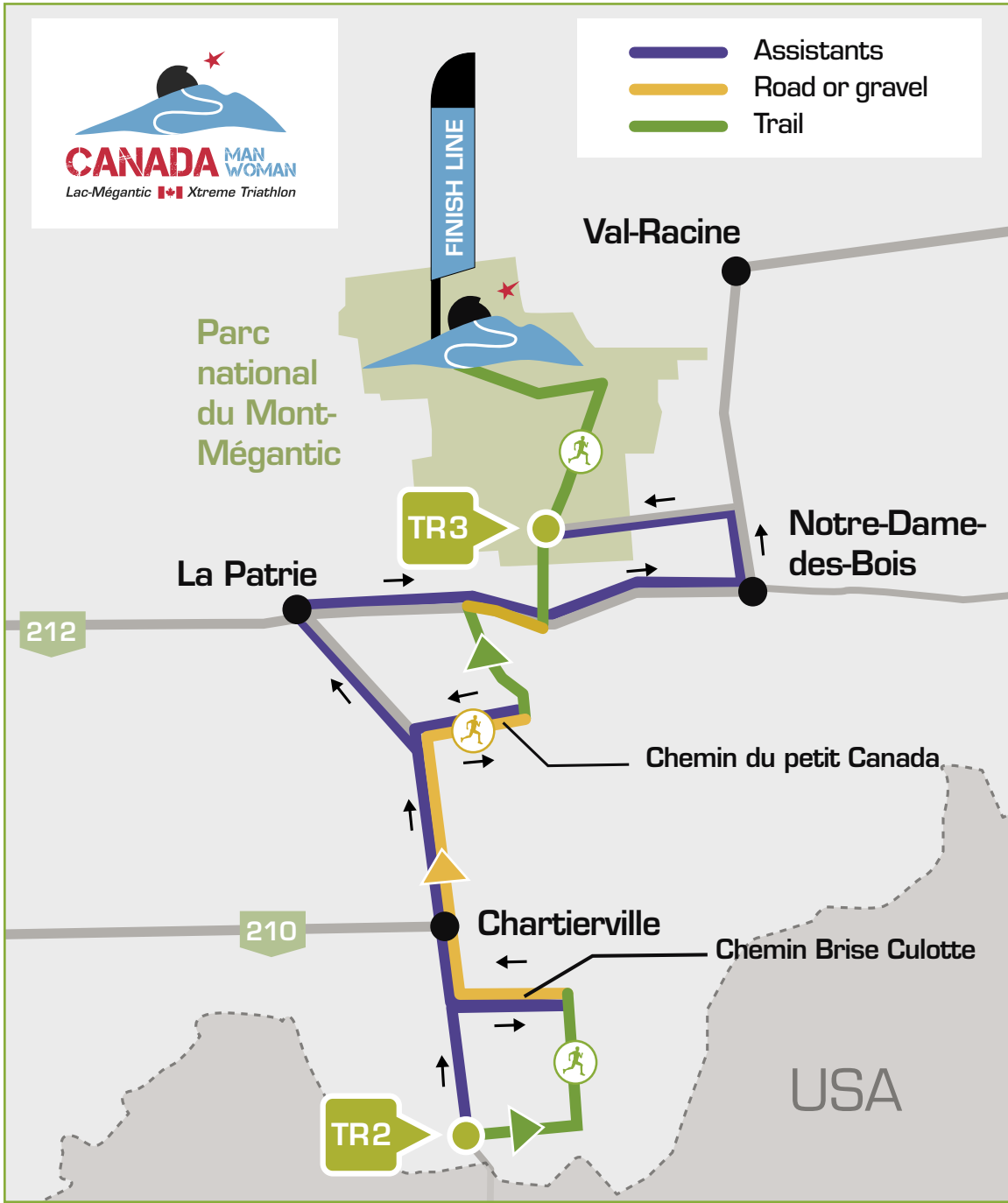
General instructions :

Athletes must arrive before 5:30 p.m. if they want to do the marathon.

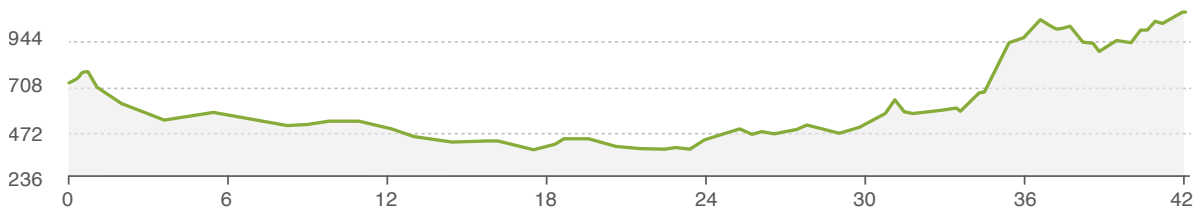
You can reach your athlete by car for refuelling purposes, in the road sections. **In the trail sections, assistance is permitted on foot or on bike, if the team has enough members for the vehicle to follow.**

 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 Chemin Brise-Culotte 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 Chemin Brise-Culotte.	1.6 km	5.2
3 Turn right on Route 257.	12 km	17.2
4 Turn right on Chemin du Petit-Canada Est.	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 Bô-sapin Plantation at the following address: 115, Route 212.		24.8
6 Follow Route 212 towards the East to the entrance of the Sentiers 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 Rue du Parc 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
TR3 "CUT OFF"		
8 a BEFORE 9:00 p.m. Trail running to the summit of Mont Mégantic. Food, water, clothing, and headlamps required for this challenging section. Plan for cold (0°C) and windy weather at the summit. SUPPORT CREW MANDATORY.	8.3 km	41.2
8 b AFTER 9:00 p.m. 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. SUPPORT CREW MANDATORY.	8.3 km	41.2
AFTER Midnight End of race. Stop at TR3		

ASSISTANT AND ATHLETE PLAN - RUNNING SECTION



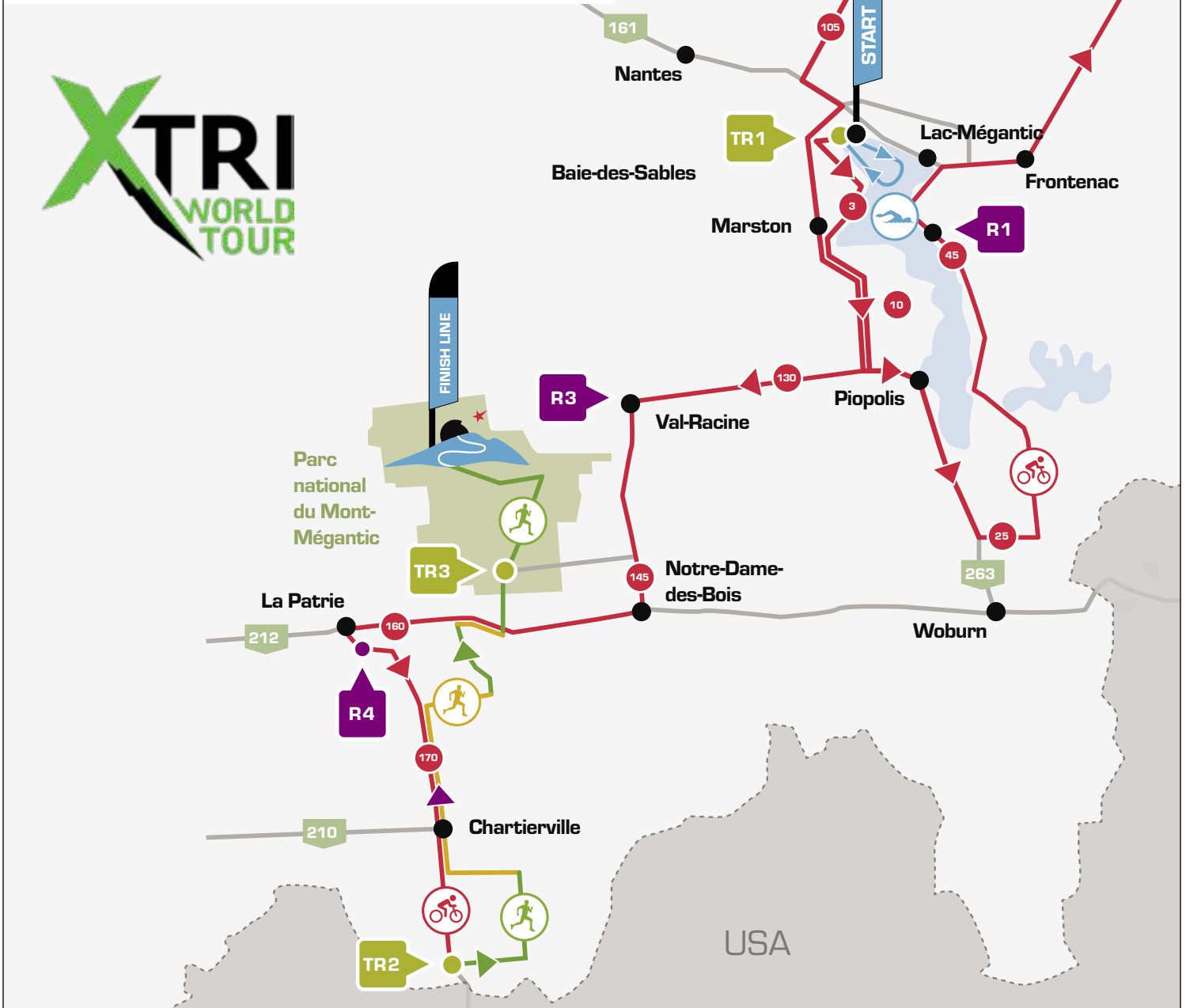
ELEVATION (m) - RUNNING SECTION



GENERAL RACE PLAN

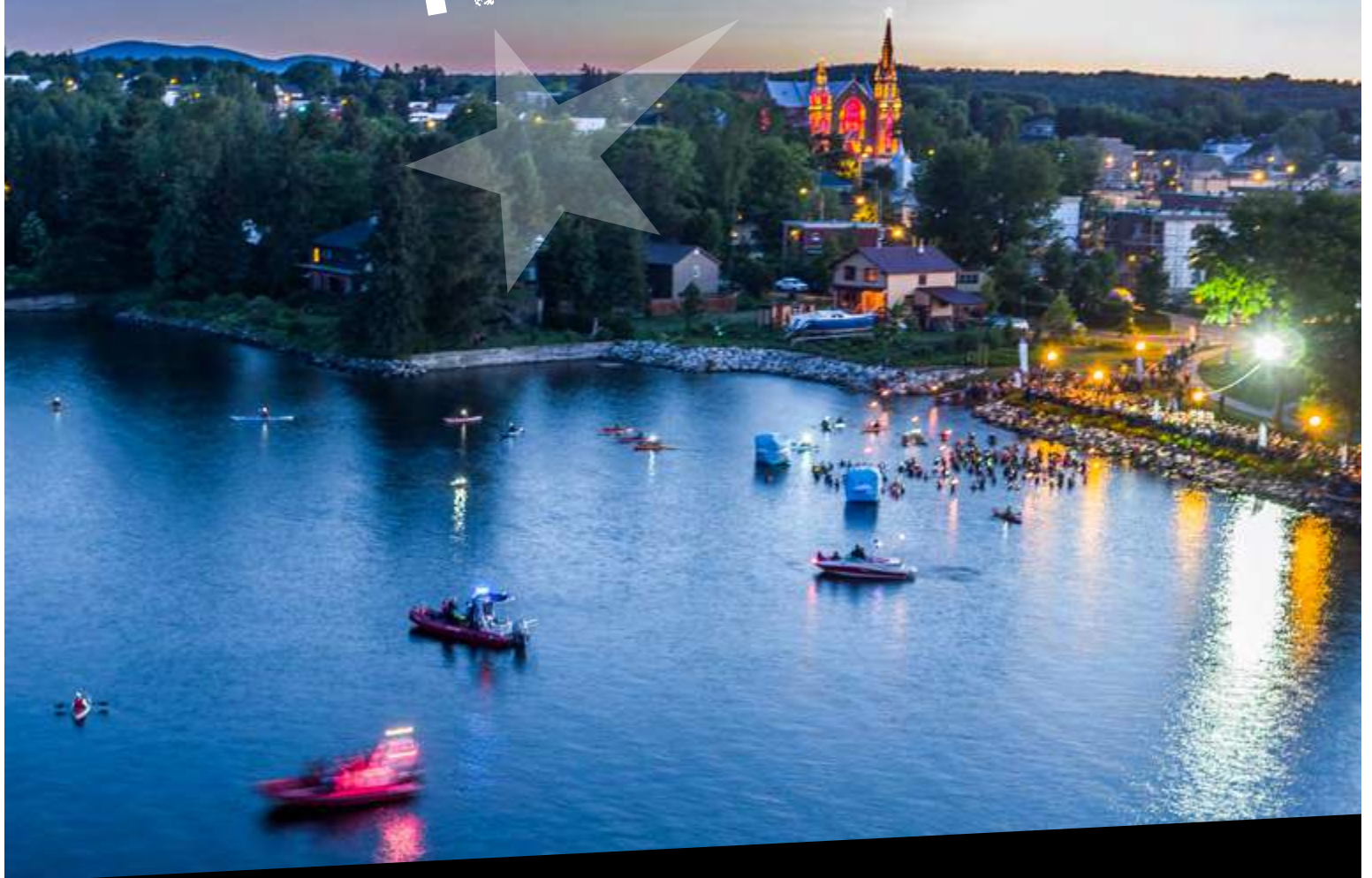
LEGEND FOR XTREME TRIATHLON COURSE

- | | | | |
|------------|--|--|--------------------------|
| TR1 | Transition 1 :
Baie des sables | | Running section (roads) |
| TR2 | Transition 2 :
Halte routière Chartierville | | Running section (trails) |
| TR3 | Transition 3 :
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 |





REACH
THE STARS!



ENDURANCE AVENTURE

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