



**CANADA** MAN  
WOMAN

*Lac-Mégantic*  *Xtreme Triathlon*

**RACE MANUAL 2019**



PRIME MINISTER • PREMIER MINISTRE

July 6-7, 2019

Dear Friends:

I am pleased to offer my warmest greetings to everyone taking part in the Canada Man / Canada Woman Xtreme Triathlon in Lac-Mégantic. I would also like to welcome participants from abroad.



Lac-Mégantic is fortunate to host this prestigious competition and to enjoy the excitement of the triathlon's three stages from dawn to dusk. I am certain that this event will be a wonderful opportunity for some of the world's greatest athletes to push their limits in the breathtaking landscape of the Eastern Townships.

On behalf of the Government of Canada, I applaud the organizers for their drive and commitment, which make these extraordinary competitions possible, and I wish the participants every success.

Sincerely,

Rt. Hon. Justin Trudeau, P.C., M.P.  
Prime Minister of Canada



July 7, 2019

Dear Canada Woman, dear Canada Man,

I am very proud to welcome you to Lac-Mégantic, a truly innovative and inspiring city. Thank you for being here today and for discovering or rediscovering our beautiful region. You will enjoy a wonderful experience that goes far beyond sport. You will discover a mobilized and resilient population who does not shy away from a challenge. And you will certainly appreciate the beauty of our landscapes as well as awe-inspiring wilderness.



You must know that for us, you are already heroes! We all recognize the great work achieved just to get ready for today's challenge. We will be there in the early morning to cheer you on at the start line in the waters of Lake Mégantic. We will also be there at every stage, until you reach the summit of Mont Mégantic. All the citizens of the Granit region will be with you on this day where by this feat, new limits will be set.

On behalf of my colleagues in the City Council and the elected officials of the region, I wish to thank the organizing committee for this event, all the volunteers involved and all your families who support and encourage you. Thank you for choosing our region, the Mégantic region, to live this unique experience.

Yours truly,

Julie Morin, Mayor of Lac-Mégantic

# THANK YOU TO THE SPONSORS OF THE CANADA MAN - WOMAN 2018

## MAIN SPONSORS



## SPONSORS



## THANK YOU TO:

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

## THANK YOU ALSO TO ALL THE MUNICIPALITIES CROSSED BY THE COURSE:

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

Canada Man/Canada 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/Canada 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.

### In a nutshell:

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

- A 3.8 km swim on Lac 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... an elevation gain of 1 200 m by the time you reach the Mont-Mégantic Observatory!

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

## Race Manual

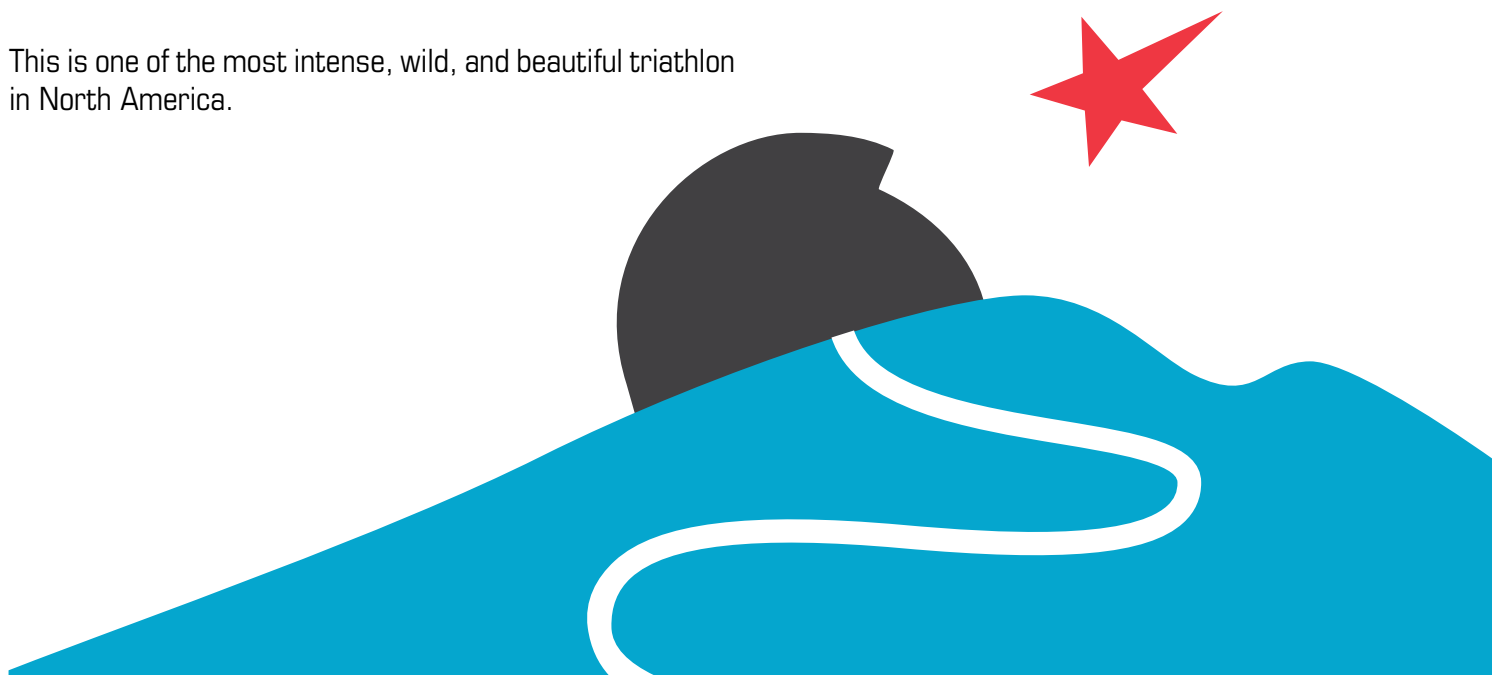
This manual contains important information for a smooth ongoing of the race and for your safety. **It is very important to read and understand this manual.** The race manual can be modified. Make sure to have read the last version before the race.

## Headquarters

Canada Man / Woman – Lac-Mégantic headquarters are located at:

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

**REACH THE STARS  
BEFORE MIDNIGHT**



DATE	TIME	WHAT	WHERE
Friday July 5	5:00-9:00 pm	Registration (mandatory)	Centre sportif Mégantic
Saturday July 6	3:00-4:00 pm	Athletes' Presentation (mandatory)	Centre sportif Mégantic
	4:00-4:30 pm	Pre-race meeting (mandatory)	Centre sportif Mégantic
	6:00-8:00 pm	Mandatory deposit of bikes in Transition zone 1	Parc de la Baie-des-Sables (2370, chemin du Lac, Lac-Mégantic)
Sunday July 7	3:30 am	Meetup at the gymnasium	Centre sportif Mégantic
	3:50 am	Start of the symbolic Wind Walk heading to the start at the Parc des Vétérans	Centre sportif Mégantic
	4:30 am	Start, Parc des Vétérans	Parc des Vétérans
	4:30 AM	Opening of Transition 1 to the assistants	Parc de la Baie-des-Sables (2370, chemin du Lac, Lac-Mégantic)
Monday July 8	11:00 am	Banquet and awards ceremony	Centre sportif Mégantic

## REGISTRATION

### REGISTRATION FEES AND PERIODS \*

REGISTRATION PERIOD	FEE*
Until December 31, 2018	495 \$ CAN
Until March 31, 2019	595 \$ CAN
Until May 31, 2019	695 \$ CAN
May 31, 2019	Closure of registrations
* Triathlon Québec membership fees included	

#### Payment methods:

Register online on the following website:

[www.caxtri.com](http://www.caxtri.com)

Registration includes:

- All race logistics
- Two (2) sets of technical apparel (one for the racer and one for his/her assistant)
- Two (2) tickets for the post-race banquet (one for the racer and one for his/her assistant)
- Medals for the winners
- An extraordinary experience you will never forget!

## CANCELTION

Registration is partially refundable until April 30, 2019

Until December 31: 50% refund on the total value less TriReg fees.

Until April: 30% refund on the total value less TriReg fees.

From May 1: Non refundable

# THE RACE COURSE

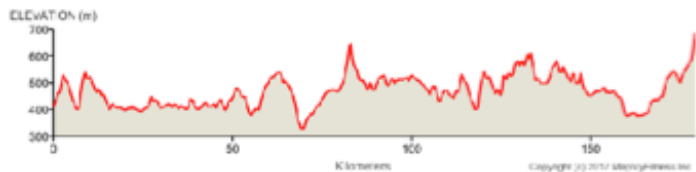
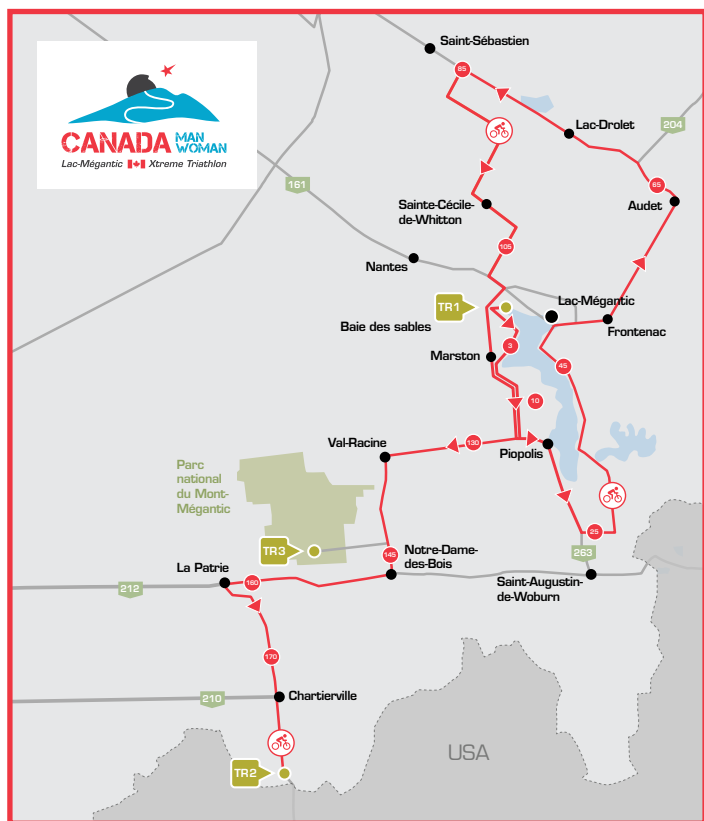
The Canada Man - Lac-Mégantic course is completed one way. The start is given in the town of Lac-Mégantic and the finish line is located at the summit of Mount Mégantic.

**The total length of the race course is 226 km.**

More details of the race course in the road book at the end of this document. You can look at the interactive maps on the internet site of the event.



Distance: 180 km  
Elevation gain: 2565 m



## Potential changes of the race course due to climatic conditions

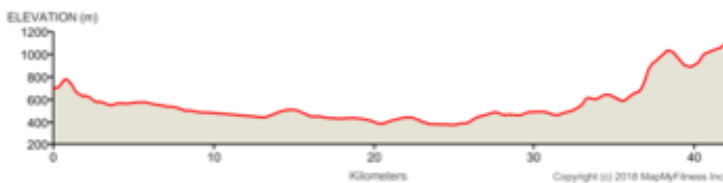
For the participants' safety, we have set alternate courses for the swimming section and for the arrival at the top of Mount Mégantic.

If we have to cancel the swimming section, the start will be given at the Baie des Sables Beach, starting with a section of 5 km trail running.

If the climatic conditions do not allow to finish the race on the top of Mount Mégantic, the racers will be redirected on an alternate course on a trail, starting from Transition 3 at km 36 of the racing course, and the arrival will be at this same transition 3.



Distance: 42 km  
Elevation gain: 1300 m





## **SWIMMING (3,8 km)**

The start zone is located at *Parc des Vétérans* in Lac-Mégantic. Participants and their assistants must first arrive at the Centre sportif Mégantic at 3:30 a.m. To reach the start, they will take part in a symbolic walk across Lac-Mégantic, in memory of the rail tragedy on this site on July 6, 2013. The walk starts at 4:00 a.m.

### **Transition 1 (Swim-Bike)**

The transition will unfold in the *Parc de la Baie-des-Sables*. The transition will be open from 6:00 pm to 8:00 pm on Saturday to give participants the opportunity to set up their bikes. It is mandatory to change into the tent (no nudity into the transition).

## **BIKE (180 km)**

The biking section will lead participants along the magnificent *Route des Sommets*. The undulating course serves up a 2 500-m elevation gain. *Du Morne*, a steep ascent, awaits participants at kilometre 80. They will also have to look out for the final climb at kilometre 179!

### **Transition 2 (Bike-Running)**

The transition will be at the Chartierville rest area. The assistants park at the designated area to wait for their runner.

## **RUNNING (42 km)**

The running section will unfold on paved roads, dirt roads, and trails. 75% of the marathon course is hilly. The other 25% will essentially consist of trail running and involve an elevation gain of more than 1 200 metres. Participants must 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 located at TR3, at the *Parc du Mont-Mégantic's* ASTROLab.



## XTREME TRIATHLON RACE COURSE LEGEND

TR1	Transition 1 : Baie des sables		Road Running
TR2	Transition 2 : Halte routière Chartierville		Trail Running
TR3	Transition 3 : Parc Mont-Mégantic		Bike
			Swim
			Bike Km
----	Border line		Road number

### Saturday July 7<sup>th</sup>

8:00 : **SPRINT** TRIATHLON START  
at Baie-des-Sables presented by

### Sunday July 8<sup>th</sup>

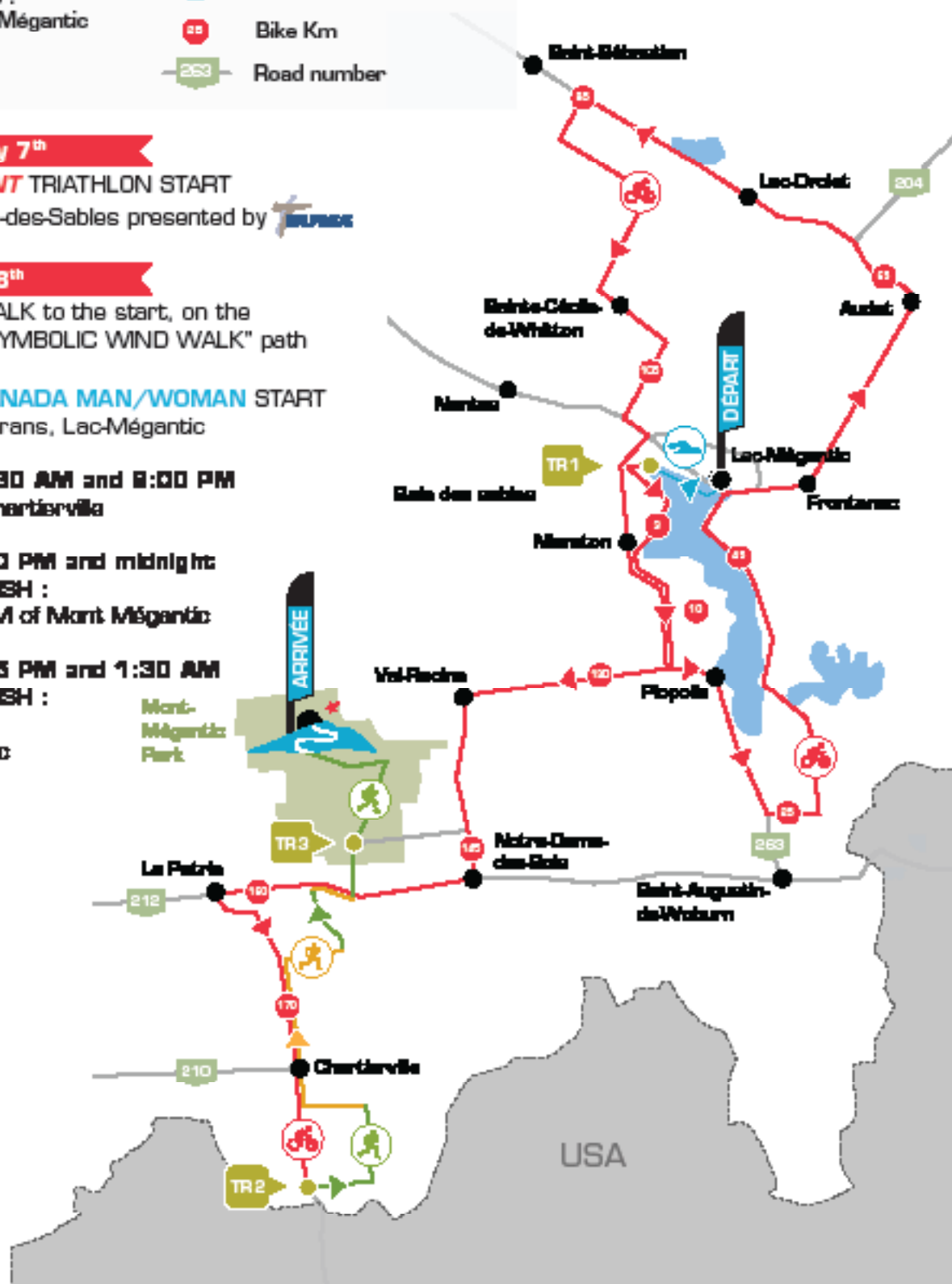
4:00 AM: WALK to the start, on the  
"SYMBOLIC WIND WALK" path

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

between 10:30 AM and 8:00 PM  
Bike finish : Chartierville

between 2:00 PM and midnight  
**RUNNING FINISH :**  
at the **BOTTOM** of Mont Mégantic

between 2:45 PM and 1:30 AM  
**RUNNING FINISH :**  
at the **TOP** of Mont Mégantic



# RULES

The Canada Man Triathlon is recognized by Fédération québécoise de triathlon and complies with ITU rules. Click on the following link for a complete list of rules applicable to Canada Man:

[http://triathlonquebec.objectif226.ca/wpcontent/uploads/2016/03/itusport\\_competition-rules\\_2016\\_FRE.pdf](http://triathlonquebec.objectif226.ca/wpcontent/uploads/2016/03/itusport_competition-rules_2016_FRE.pdf)  
Les règlements ci-dessous sont des spécifications de règlements existants ou des règlements propres au Canada Man / Woman.

## GENERAL

- **Bike and Running sections are not closed to road circulation.**
- It is under the responsibility of the participant and the assistant to always remain on the right-hand side of the de road and **to respect the Canadian road safety regulations.**
- The racers must have at least one assistant (see assistant's section below) and only one vehicle.
- **It is forbidden for the assistants to preceded or follow their racer with the car.**
- It is forbidden to assist the athlete on the biking section before the 48<sup>th</sup> kilometer of bike. You must go through Lac-Mégantic City to reach your athlete.
- Providing a participant with refueling resources from a moving vehicle is strictly forbidden. The assistant must be outside the vehicle to provide help, under penalty of disqualification.
- All the participants must be member of their National Triathlon Federation.
- It is forbidden to wear earphones at any time during the triathlon.
- Assistance vehicles must never hinder the progress of other racers.
- When stopping on the side of the road for refuelling, assistant vehicle **must be completely on the right side of the street lane.** If there is not enough space to be on the shoulder of the road without stepping on the road lane, stopping is forbidden. **Not to follow this rule may lead to disqualification.**
- Tossing litter on the ground is strictly forbidden.
- Racers and assistants who need to urinate/defecate must use the toilets set up along the course (see the list of available toilets on page 15).
- The assistance vehicle must be clearly identified with the stickers provided by the organization. One sticker

up-right of the front window, and one sticker up-right of the back window (passenger side).

- The participant must never enter into the assistance car unless he/she abandons.
- If you drop out of the race, YOU MUST call the race direction to inform them by dialing +1 819 823-2607.
- If judged necessary, the organization has the right to withdraw a participant from the race



## SWIMMING

- Wetsuits are compulsory for the swimming section.
- A white strobe light is compulsory for the swimming section in order to be visible. It is mandatory to change into the tent at the swim-bike transition: no nudity allowed into the transition outside the tent.
- Torpedo buoys are allowed for the swim.



## BIKE and



## RUNNING

- Drafting is forbidden in the biking section.
- Pacing is prohibited 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 really hope not to have to use these penalties. The Canada Man / Woman, as all other XTRI series events, aim to be a sport event where values of surpassing oneself, of cooperation and sportive spirit must stand at the first place of the aspirations.

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

The penalty zones are at TR 2 and TR 3.

## TIME LIMITS

For safety reasons, the Canada Man organization will enforce the following time limits:

<b>SWIMMING:</b>	<b>7:00 a.m.</b> (2:30 after the start)
<b>BIKING:</b>	<b>4:00 p.m.</b> (11:30 after the start)
<b>RUNNING:</b>	<b>9:00 p.m.</b> (16 30 after the start) at TR3. Alternate course.
	<b>10:30 p.m.</b> (18:00 after the start) at TR3. End of race.

The race doctor can decide to prevent a participant from ascending Mont-Mégantic for medical reasons, even if he/she respects the time limits.





## AVERAGE TEMPERATURE IN JULY

In July, the Mégantic region enjoys weather conditions that are favourable for a triathlon. Average temperatures are the following:

23°C - July – Average daytime temperature

12°C - July – Average nighttime temperature

18°C - July – Average water temperature – Lac Mégantic

It is very cold at the top on Mont-Mégantic. It can go down to 3 degrees Celsius at night at the top in July.



## ASSISTANCE

The assistant's role is to support his/her athlete throughout the course. The assistant can help his/her athlete with refueling (biking and running sections) as well as provide mechanical assistance during the biking section.

Each participant must have at least one (1) assistant in 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 be able to communicate with the organization if required. **It is forbidden for the assistants to precede or follow their racer with the car.**

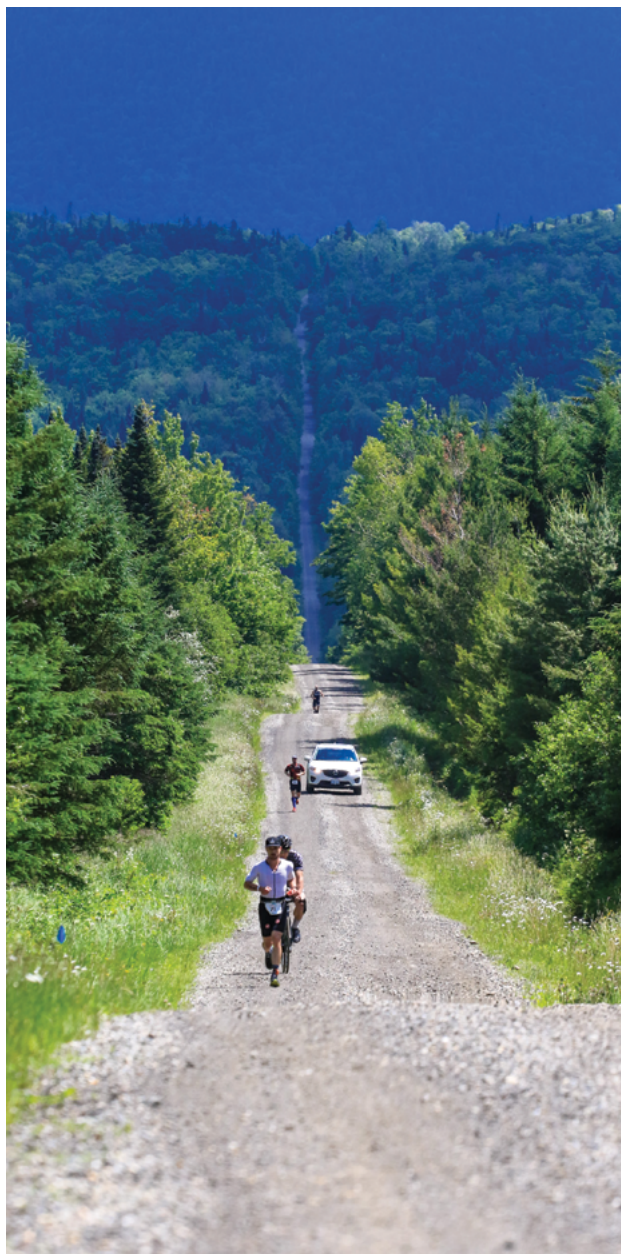
The vehicle must not hinder the progress of other participants. This rule will be rigorously enforced. Failure to respect it will result in the disqualification of the athlete whose assistant is at fault.

A stopped vehicle must clear the road. It must be completely to the right of the white roadside line. If there is not enough room for the vehicle to clear the white line, stopping is prohibited. Once again, failure to comply may result in disqualification.

The assistant must take back the bike at the TR2 when his athlete starts the running section.

Since the course is not entirely accessible for vehicles, there are zones where assistants will not be able to refuel their racer.

Assistant may accompany the racers by bike on some running sections until km 29 (« Wild Canada » section). In doing so, he must always respect the road safety code and check for other vehicles.



From km 29 up to TR3, it is highly recommended to be accompanied by an assistant on foot.

An assistant must accompany the athlete on foot for the last section of the marathon (last 8.5 km), for the ascension of Mount Mégantic from transition 3 (TR3) to the finish line.

Reaching the summit with an assistance vehicle will be impossible. A shuttle service will take teams back to TR3 so they can pick up their vehicle after the race. The access fees to the park and for the shuttle service is included for the racer and for one (1) assistant. It is possible to buy tickets for the access to the park and for the shuttle service at the Welcome center of Mount-Mégantic Park (Transition 3).

The assistant vehicle must be identified with the stickers provided by the organization, posted on the front and back windows of the car, and the assistant identified with his t-shirt and bracelet.

#### **Mandatory equipment for the assistant:**

- Headlamp (trail essentials)
- Spare batteries (trail essentials)
- Life saving blanket (trail essentials)
- Liquid and solid feeding gear (trail essentials)
- First Aid kit (trail essentials)

- Cell phone (on) with charge (trail essentials)
- Spare and warm clothes (windproof, polar, toque, raincoat)
- Tools and basic extra pieces for bikes

## **AID STATIONS**

No aid stations will be present along the course. Participants and their assistant(s) must therefore plan adequate refueling strategies. During the running portion, there are sections where racers will be without their assistant(s) for several kilometres. Racers must have sufficient resources (water, food) on them throughout these sections.

## **MEDICAL ASSISTANCE**

A medical 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 pre-race meeting. The organization reserves the right to withdraw a participant from the event based on the race doctor's clinical judgement.

**Caution! Given the nature of the event, you must be as autonomous as possible. It may take the medical team a long time to reach you due to the challenging course.**





# TOILETS - LOCATION

SITE	DESCRIPTION	NB	KM
Centre Sportif Mégantic	In the Sport Center	++	-
Start at the Parc des Vétérans	Chemical Toilets	3	-
Transition 1 : Baie des Sables	Chemical Toilets close to TR1	6	-
	Public Toilets in the Baie des Sables Beach building	++	-
 BIKING COURSE			
Centre des loisirs de Marston	Public Chemical Toilets in the Centre des loisirs	1	5,5
Halte des Zouaves, Piopolis	Public Toilets	1	15,8
Saint-Augustin-de-Woburn rest area	Public Toilets	2	24,5
Frontenac rest area	Chemical Public Toilets	2	39
Information Route des Sommets. Ville d'Audet	Chemical Toilets. Not directly on the race course (on the rue Principale)	1	63
Parc du Lac in Lac Drolet	Chemical public Toilets		79,5
OTJ of Ste-Cécile-de-Whitton	Public Toilets	2	100
Centre des loisirs de Marston	Public Chemical Toilets in the Centre des loisirs		118
Val-Racine Church Parking	Chemical Toilet	1	137
Entrance of the Sentiers Frontaliers	Chemical Toilet	1	152
La Patrie, Bonichoix	Toilet at the gaz station Bonichoix	1	162
Chartierville	Public Toilet behind the Municipality Building	2	174
Chartierville	Chemical Toilet in town, down the hill	1	178
TR2		2	
 RUNNING COURSE			
Chartierville	Public Toilet behind the Municipality Building	2	8,5
Entrance of the Sentiers Frontaliers on the 212 Road	Chemical Toilet	1	29
AstroLab	Public Toilets into the building	4	33
Arrival on the top 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 rue Laval  
Lac-Mégantic (Québec) G6B 1A5  
Inter. : 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 web-site:

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

Lodging in Chartierville:

<http://chartierville.ca/zone-tourisme/hebergement>

SÉPAQ Mont-Mégantic National Park:

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

### Driving directions :

Canada Man headquarters are located at the following address:

Centre Sportif de Lac-Mégantic  
5400 rue Papineau  
Lac-Mégantic (Québec)  
G6B 0B9

## MEDIA

Your Canada Man participation is sure to interest your local media. The Canada Man organization will be happy to provide pictures, videos, and comments. You can reference the following contact:

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



## FORMS

By registering for Canada Man / Woman, I acknowledge having read the present document. I certify that I understand and accept the risks associated with this type of event. I agree to follow the rules and safety rules (road and other).

Signed in

Participant name

Assistant name

Date

Participant signature

Assistant signature

## Captation Rights

With the signature of the document herein, I consent to grant to Endurance Aventure (here called Le Producteur), the right to film me, interview me and take pictures of me before, during and after the race Canada Man / Woman and Canada Man / Woman Sprint that will be held in the Mégantic area on July 6 and 7 2019. These videos, pictures and interviews can be used all or in part in the final mounting of the documentary and on the promotional medias of the Canada Man / Woman.

I cede, through the document herein, to Le Producteur, the right but not the obligation to use and exploit the said interviews, videos and pictures used in the documentary, and this on any territory, in any language, on any support and forever and this, without requesting any payment from Endurance Aventure or its succession.

Signed in

Participant name

Assistant name

Date

Participant signature

Assistant signature


GÉNÉRAL INFORMATION							
Last name/Nom de famille					First name/Prénom		
Adresse/Adresse					Pays/Country		
Ville/City					Code Postal code		
Tel1			Tel2			Cell phone	
Age			Date de naissance/Birthdate				
ASSURANCE MALADIE / HEALTH INSURANCE							
Compagnie/Company		#	Date Exp. Date			Tél./Phone	
Autre assurance/Supplemental insurance		#	Date Exp. Date			Tél./Phone	
ASSURANCE VOYAGE / TRAVEL INSURANCE							
Nom/Name			Police ass. /Ins. policy #			Date Exp. Date	
						Tél./Phone	
CONTACT EN CAS D'URGENCE / EMERGENCY CONTACT							
Nom/Name 1			Tel / cell			Email	
						Relation	
Nom/Name 2			Tel / cell			Email	
						Relation	
HISTORIQUE MÉDICAL / MEDICAL HISTORY							
Allergies connues/Known allergies		(Y/N)	Origine/Origin			Epipen	
Intolérances connues/Known intolerances		(Y/N)	Origine/Origin			Reaction	
Médicaments/Medication		(Y/N)	Nom Prescription name			Raison/ Reason:	
						Fréquence/ Fre- quency	
Médicaments/Medication		(Y/N)	Nom Prescription name			Raison/ Reason:	
						Fréquence/ Fre- quency	
Antidépresseurs/Antidepressants		(Y/N)	Nom Prescription name				
Interventions médicales/Medical interventions		(Y/N)	Description			Date(s)	
Accidents		(Y/N)	Description			Date(s)	
Problèmes cardiaques/Heart problems		(Y/N)	Details:				
Problèmes respiratoires/ Respiratory problems		(Y/N)	Details:				
Glycémie/Glycemic problems		(Y/N)	Details:				
Hypertension		(Y/N)	Details:				
Autre information médicale/Other medical information (que nous devrions connaître pour mieux vous soigner en cas d'urgence/which we should know to better respond in case of an emergency)							
Autorisation et signature/Authorization and signature (l'information ci-dessus est complète et peut être utilisée par Endurance Aventure/the information provided above is complete and may be used by Endurance Aventure)							
Date					Signature		

# ROAD BOOKS

## ROAD BOOK ASSISTANT - RUN


### General Indications:

You can reach your athlete by car in order to feed him/her on paved or gravel roads. **For the trail sections, it is possible to run with your athlete in order to feed him/her on the trail if the team is large enough to forward the car.**

	DIRECTIONS	DISTANCE	KM (end of section)
	TR2 at the Rest Area Chartierville		
1	Go down the hill on the 257 Road (1.1 km) and turn right on the Brise-Culotte Road for about 1.6 km. Wait for your athlete at the end of the trail, or go towards him/her on the trail.		3.6
2	Brise-Culotte Road towards West.	1.6 km	5.2
3	Turn right on the 257 Road.	12 km	17.2
4	Turn right on the Petit-Canada Est Road.	3.3 km	20.5
5	Go back on the Petit-Canada Est Road (3.3 km), turn right on the 257 Road (4.8 km) until La Patrie, then turn right on the 212 Road for 5.4 km. You can run towards your athlete in the Bô-Sapin Plantation at the following address: 115, Road 212 .		24.8
6	Road 212 towards East until the entrance of the Frontaliers Trails. Be sure to give enough food to your athlete and a good headlamp as this section is VERY wild!	4,1 km	28.9
7	Road 212 towards East (4.6 km) until Notre-dame-des-Bois, turn left and drive for 3.3 km and take a left again on the Du Parc Road for 4.1 km until the Welcome Center of the Mount Mégantic Park. You can run towards your athlete on the "Wild Canada" trail section from the TR3 (Park Welcome Center).		32.9
8 a	Trail running until the top of Mount Mégantic. Think about bringing food, water, clothes and headlamp for this demanding section. It may be cold and windy at the top (assistance by foot).	8,3 km	41.2
8 b	Trail running in the Mount Mégantic Park, at the bottom of the mountain (assistance by foot).	8,3 km	41.2





 DIRECTIONS	DISTANCE	KM
1 Aller en direction nord sur Rue de la Baie des Sables vers QC-263 N / <i>Go towards North on the Baie des Sables Street towards QC-263 N</i>	800 m	1
2 Tourner à gauche sur QC-263 S / <i>Turn left on the 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 the direction for Rang Clinton/QC-161 N</i>	22,9 km	
5 Tourner à droite sur Rue Salaberry/QC-161 / <i>Turn right on the Salaberry Street/QC-161</i>	2,5 km	47
6 La rue Salaberry/QC-161 devient QC-204 E / <i>The 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 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 the 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 ahead on the Route du Morne when you get to the intersection with Route de la Station / 7<sup>e</sup> Rang</i>	4,9 km	
10 Tourner à gauche sur 10 <sup>e</sup> Rang/QC-263 <b>Soyez très prudent, il s'agit d'un virage à gauche au bas d'une longue descente. /</b> <i>Turn left on the 10<sup>e</sup> Rang/QC-263</i> <b><i>Be very careful, it is a left turn after a long descent</i></b>	15,0 km	85
11 Tourner à droite sur Rue Principale / <i>Turn right on the Principale Street</i>	200 m	100
12 Tourner à gauche sur QC-263 S / <i>Turn left on the 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 the 9<sup>e</sup> Rang/QC-263 S</i>	4,7 km	104



14	Tourner à gauche sur QC-161 S/QC-263 S / <i>Turn left on the QC-161 S/QC-263 S</i>	1,9 km	109
15	Au rond-point, prendre la 1 <sup>re</sup> 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 THE BAIE DES SABLES STREET</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>The Chemin de Bury becomes Chemin de Piopolis</i>	4,6 km	
18	Tourner à gauche sur Route Chesham / <i>Turn left on the Chesham Road</i>	5,6 km	136
19	Tourner à droite pour continuer sur Route Chesham / <i>Turn right in order to continue on the Chesham Road</i>	1,6 km	142
20	La Route Chesham devient la Route du Parc / <i>The Chesham Road becomes the Route du Parc</i>	3,3 km	
21	Tourner à droite sur Rue Principale O/QC-212 O / <i>Turn right on the Principale Street</i>	14,1 km	147
22	Tourner à gauche sur QC-257 S / <i>Turn left on the QC-257 S</i>	18 km	161
	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




PATH TO THE 48<sup>th</sup> KILOMETER FOR THE ASSISTANCES ON THE BIKE









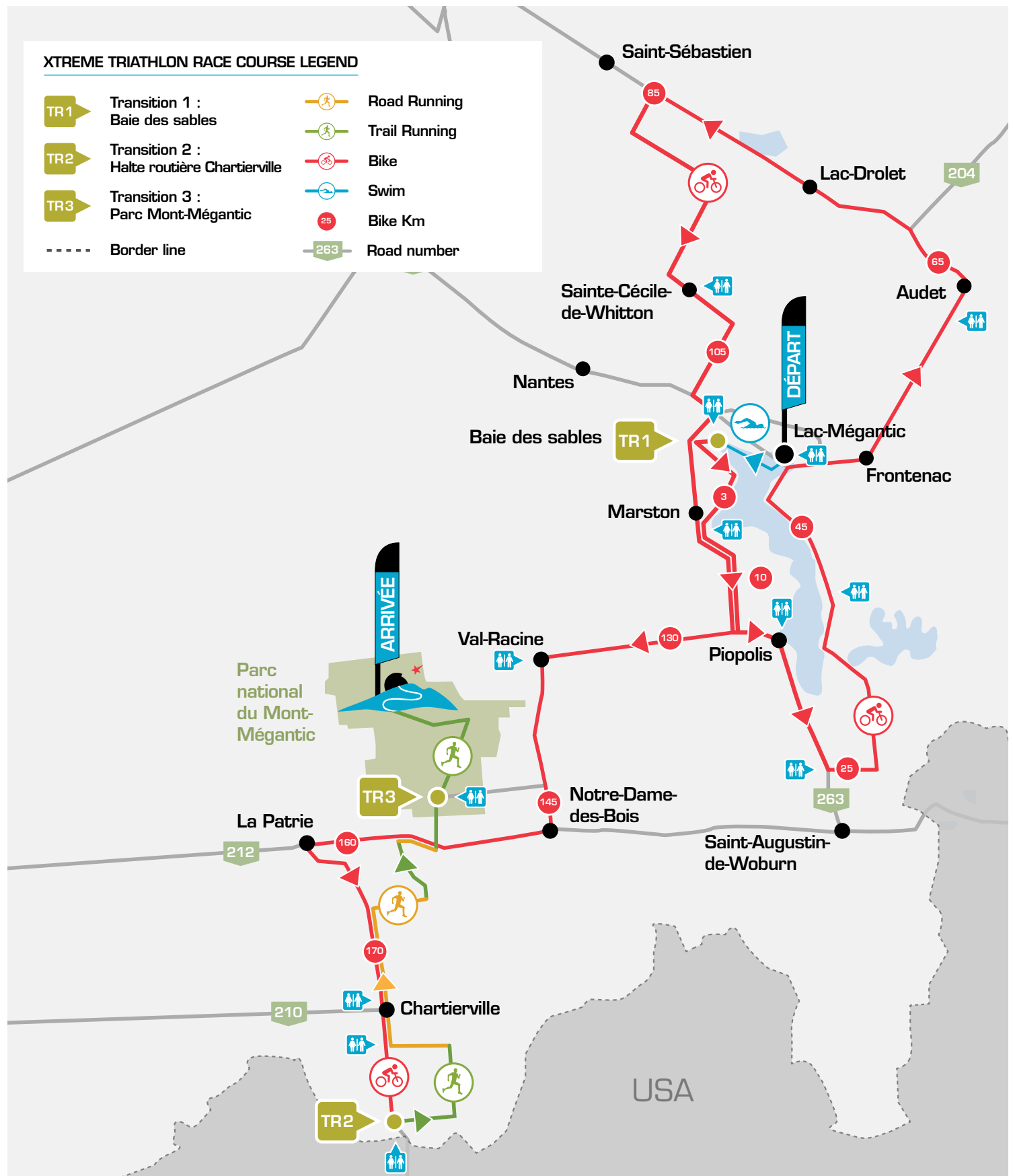
## General Indications :

1. Follow the blue flags.
2. The trail sections may be technical (rocks, holes, roots, mud). You will have to walk in certain sections (slippery wood bridges, creeks beds, steep sections, etc.)
3. Have 1 or 2 quality headlamps for the night, with new batteries.
4. Bring extra pair of shoes: you will have the feet wet.
5. Walking poles are good to have for the 2 last trail sections.

	DIRECTIONS	DISTANCE	KM
	TR2 at the Chartierville Rest Area		
1	VTT Trail and Forest Section. You will have to run down a long and steep hill.	3.6 km	3.6
2	Turn left on the Chemin Brise Culotte that is a dirt road.	1.6 km	5.2
3	Turn right on the 257 Road, asphalt road.	12 km	17.2
4	Turn right on the Chemin du Petit-Canada Est (hilly dirt road)	3.3 km	20.5
5	Turn left on a path close to a farm. You run in M. Blais large field, along the river for the first half of this section. Then, a good ascension awaits you to reach the BôSapin plantation.	4.3 km	24.8
6	Coming out of the trail, turn right on the 212 Road. Asphalt Road with a lot of traffic.	4,1 km	28.9
7	Section "Wild Canada". Turn left in the Frontalier Path and continue until the Welcome Center of the Parc du mont Mégantic. <b>Be careful, very technical trail with rocks, creeks crossing, etc.</b>	4 km	32.9
8 a	Trail running until the top of Mount Mégantic. Walking poles are recommended. Bring enough food, water, clothes and headlamp for this demanding section. <b>Assistance mandatory.</b>	8,3 km	41.2
8 b	Trail running in the Parc du Mont-Mégantic. <b>Assistance mandatory.</b>	8,3 km	41.2

## XTREME TRIATHLON RACE COURSE LEGEND

TR1	Transition 1 : Baie des sables		Road Running
TR2	Transition 2 : Halte routière Chartierville		Trail Running
TR3	Transition 3 : Parc Mont-Mégantic		Bike
			Swim
			Bike Km
	-----		Road number





## SYMBOLIC WIND WALK

Start of the walk from the Mégantic Sport Center (5400 rue Papineau Lac-Mégantic) at 3h50 heading to the start at the Parc des Vétérans







# REACH THE STARS BEFORE MIDNIGHT



## **ENDURANCE AVENTURE**

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