



# CANADA MAN WOMAN

Lac-Mégantic  Xtreme Triathlon

2020 RACE MANUAL



Dear Canadawomen, Dear Canadamen,

I am very proud to welcome you to the Mégantic region, to a dynamic, innovative, and inspiring town. I hope that your passage here will be memorable and that, well beyond the sport, our region will inspire you. Here, you will discover a mobilized population, one that is motivated and doesn't shy away from challenges. You will also notice the beauty of our landscapes and impressive untamed wilderness.

Know that for us, you are all heroes! We are perfectly aware of all the hard work you have accomplished to prepare for this unique challenge. Rest assured that we will be present to encourage you throughout your feats, from your early morning start in Lac Mégantic waters to the summit of Mont Mégantic. MRC du Granit citizens will line the course and be at your side to experience this day that is sure to push you beyond your limits.

On behalf of my Lac-Mégantic municipal council colleagues, I thank the event's organizing committee, all participating volunteers, and your family members who support and encourage you. Thank you for choosing our region, the Mégantic region, for this unique experience.

Cordially,

Julie Morin  
Mayor  
Town of Lac-Mégantic

# THANK YOU TO ALL 2020 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 PARTICIPATING 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

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.

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

- A 3.8 km swim in Lac Mégantic waters, starting at dawn;
- 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 the most intense, wild, and beautiful triathlon presented in North America.

## Race manual

This manual contains highly 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 may be modified. Verify that you have read the final version prior to the race.

## 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  
BEFORE MIDNIGHT**





# REGISTRATION

DATE	TIME	WHAT	WHERE
Friday	5:00 p.m.-9:00 p.m.	Registration (mandatory)	Centre sportif Mégantic
Saturday	3:00 p.m.-4:00 p.m.	Presentation of athletes (mandatory)	Centre sportif Mégantic
	4:00 p.m.-4:30 p.m.	Pre-race meeting (mandatory)	Centre sportif Mégantic
	6:00 p.m.-8:00 p.m.	Mandatory bike deposit in transition zone 1	Parc de la Baie-des-Sables 2370, chemin du Lac, Lac-Mégantic
Sunday	3:30 a.m.	Gathering in sports complex gymnasium	Centre sportif Mégantic
	3:50 a.m.	Departure symbolic walk towards the start at Parc des Vétérans	Centre sportif Mégantic
	4:30 a.m.	Start at Parc des Vétérans	Parc des Vétérans
	4:30 A.M.	Opening of transition 1 for assistants	Parc de la Baie-des-Sables
Monday	11:00 a.m.	Banquet and awards ceremony	Centre sportif Mégantic



## XTREME TRIATHLON COURSE LEGEND

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




### Saturday


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


### Sunday

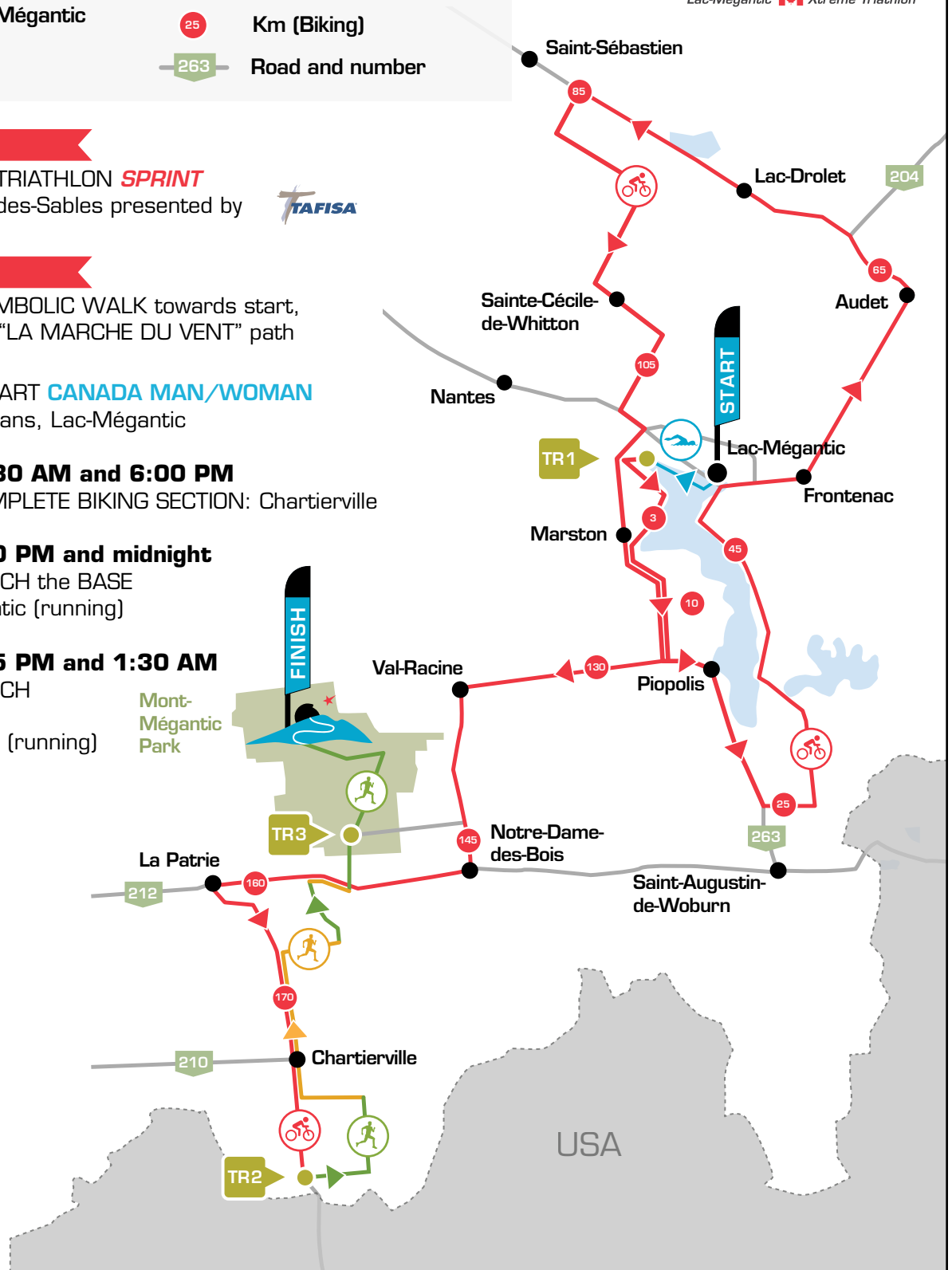
**4:00 AM:** SYMBOLIC WALK towards start,  
on "LA MARCHÉ DU VENT" path

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

 **between 10:30 AM and 6:00 PM**  
ATHLETES COMPLETE BIKING SECTION: Chartierville

 **between 2:00 PM and midnight**  
ATHLETES REACH the BASE  
of Mont Mégantic (running)

 **between 2:45 PM and 1:30 AM**  
ATHLETES REACH  
the SUMMIT of  
Mont Mégantic (running)





# 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 Parc des Vétérans.

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

## SYMBOLIC “MARCHE DU VENT”

The departure area is within Lac-Mégantic’s Parc des Vétérans. Participants and their assistants must report to the Centre Sportif Mégantic at 3:30 a.m. for an approach march. This symbolic walk represents a time of recollection in memory of the tragedy that unfolded in Lac-Mégantic, when a train derailed at this same location on July 6th, 2013. The approach march will leave the Centre Sportif (5400, Papineau Street) at 3:50 a.m. on Sunday and lead participants to the start of the event, at Parc des Vétérans.





## SWIMMING SECTION

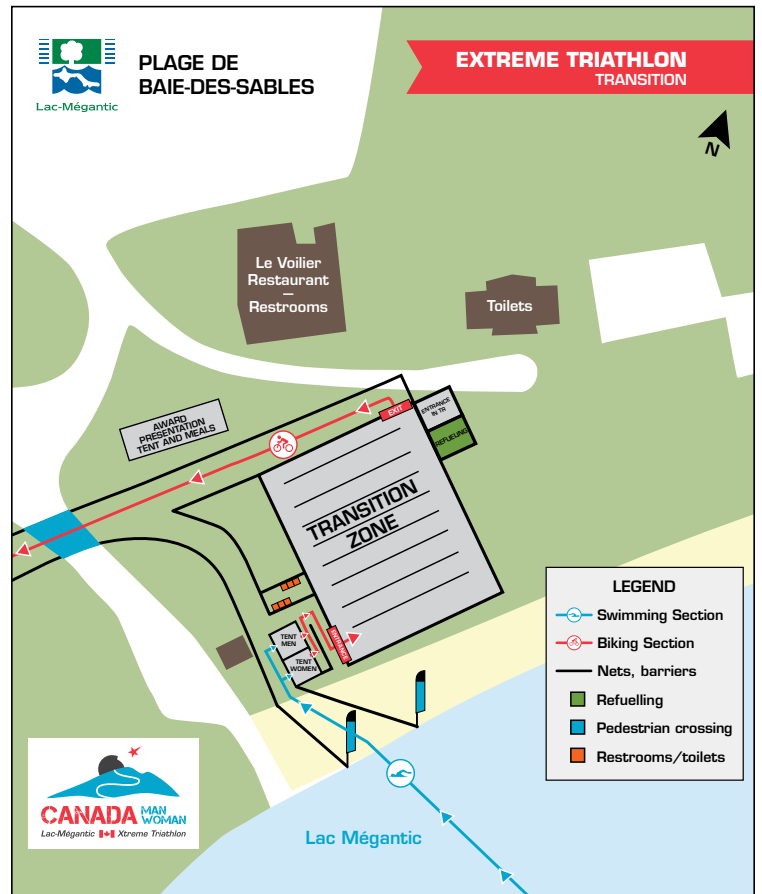
Distance : 3,8 km

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



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

The transition will unfold at Parc de la Baie-des-Sables. The transition zone will be open from 5:00 p.m. to 8:00 p.m. on Saturday for bike deposits. Athletes must change in the tent as they exit the swim zone. Nudity prohibited in the transition zone outside of the tent.

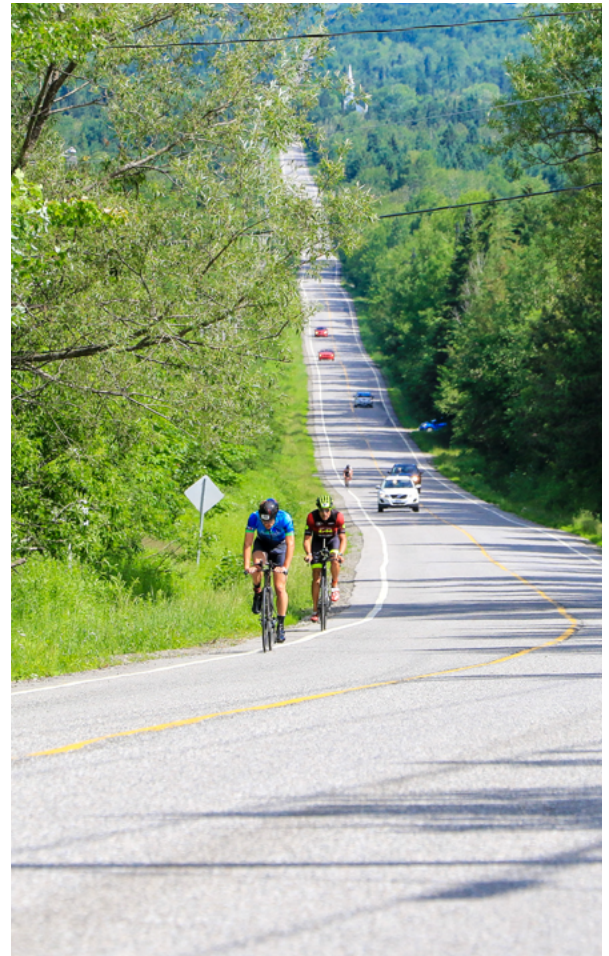
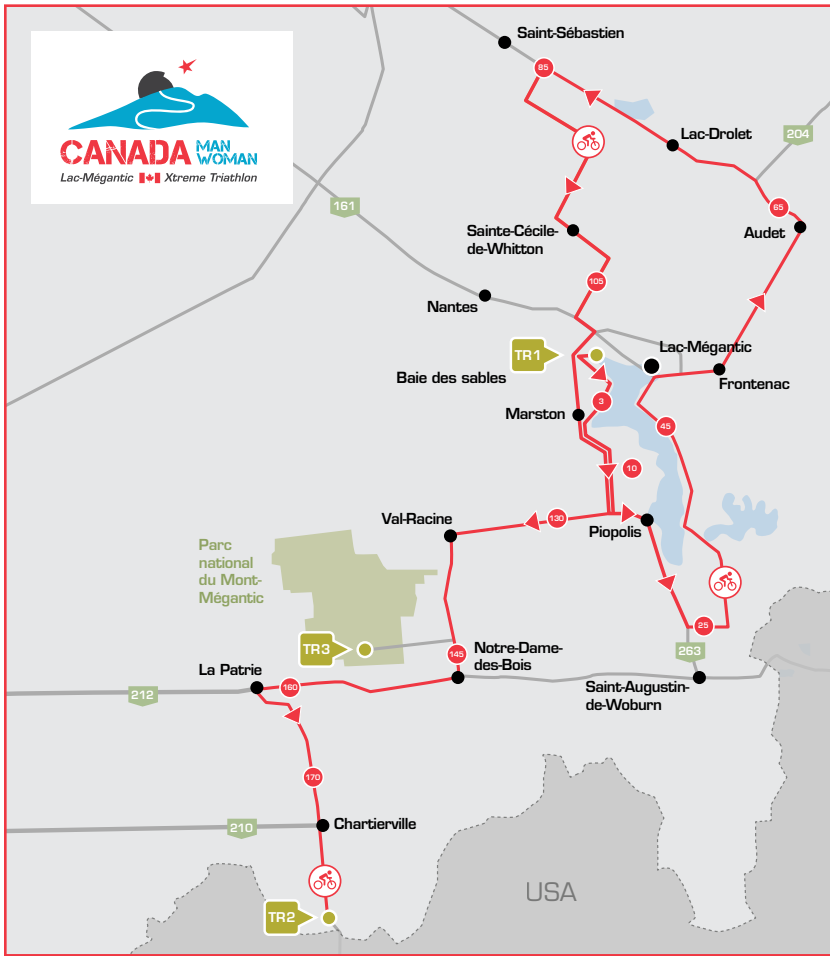


# BIKING SECTION

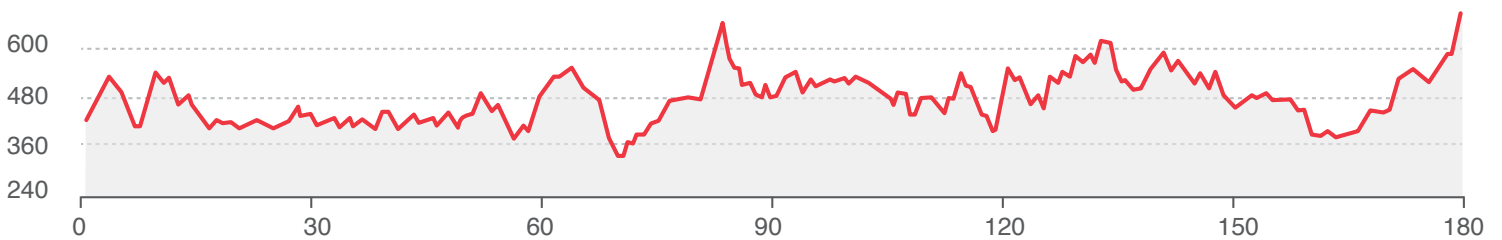
**Distance : 180 km**

**Elevation gain: 2 565 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)

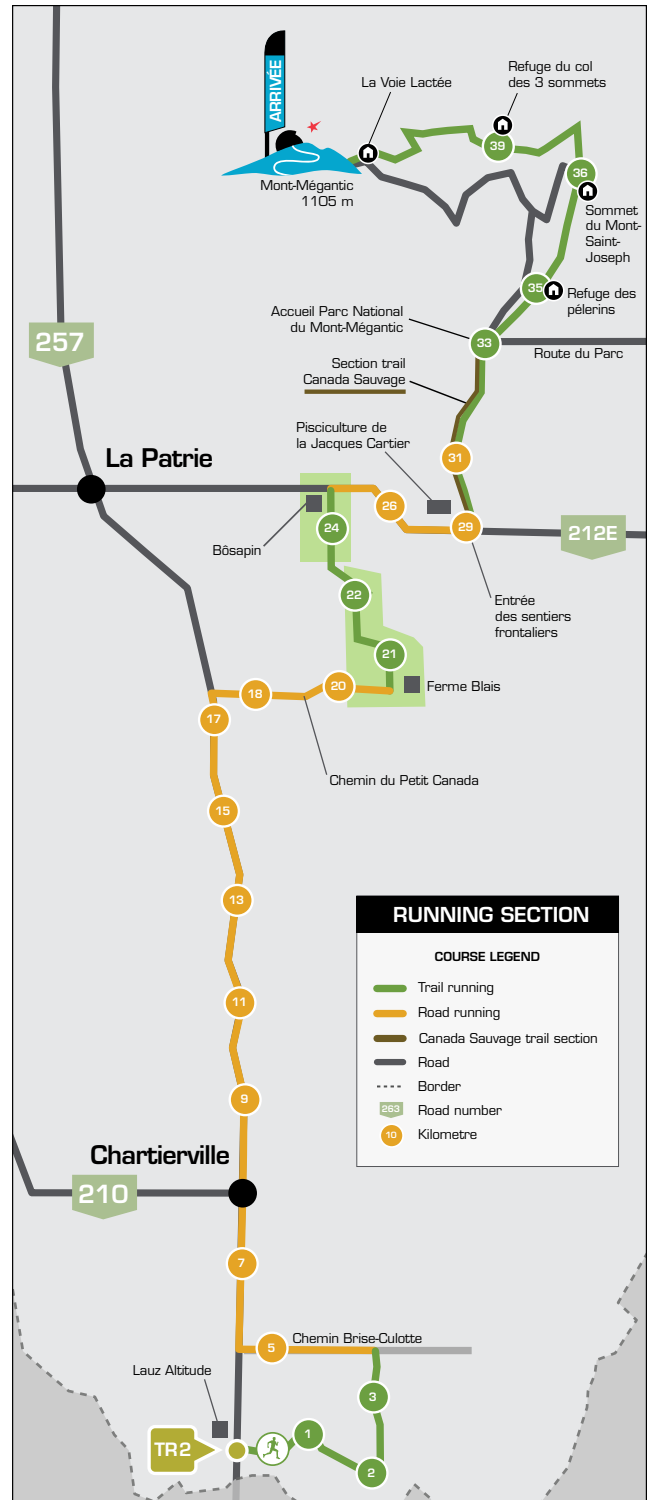
The transition will be completed at the Chartierville rest area. Assistants must park in the designated location to wait for their athlete.

# RUNNING SECTION

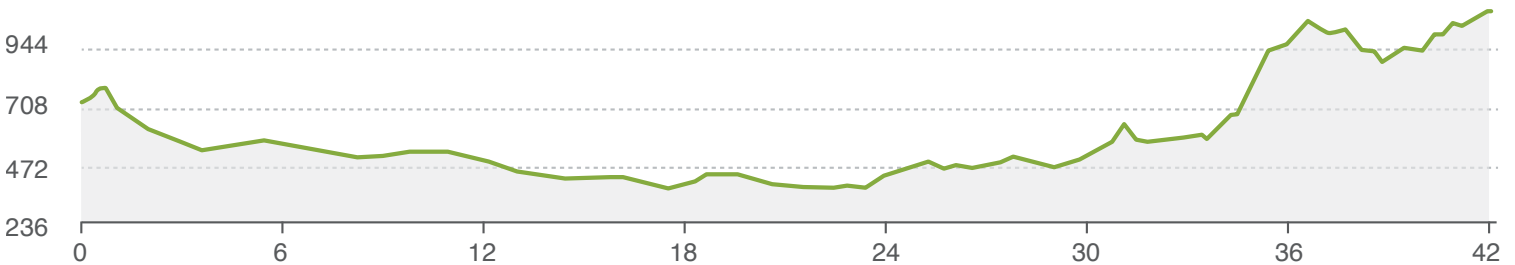
Distance : 42 km

Elevation gain: 1 300 m

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



ELEVATION (m) - RUNNING SECTION





# RULES

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

## GENERAL

- Biking and running sections are not closed to traffic.
- Athletes and assistants are responsible for always keeping right and respecting Canadian Road Safety Regulations.
- All athletes must obligatorily have at least one assistant (see ASSISTANTS section below) and one vehicle.
- Assistants may not precede or follow their athlete by car.
- For the biking section, one may not refuel his/her athlete before kilometre 48. You must go through the town of Lac-Mégantic to reach your athlete.
- Providing a participant with refuelling sources from a moving vehicle is strictly forbidden. Assistants must be outside of the vehicle to provide assistance to their athlete. Failure to comply will lead to disqualification.
- All participants must be members of their national triathlon federation.
- Earphones are forbidden at all times during the triathlon.
- Assistance vehicles must never hinder the progress of other athletes.
- Assistance vehicles must respect Road Safety Regulations. Failure to comply will result in disqualification of athletes.
- During refuelling efforts, assistance vehicles must obligatorily be completely to the right of the white line delimiting the shoulder. If there is insufficient room to completely clear the white line, stopping is prohibited. Disqualification may result from not respecting these rules.
- Tossing litter on the ground is strictly forbidden.
- Athletes and assistants must use the restrooms set up along the course (see list of restrooms along the course on page 15).
- Assistance vehicles must be clearly identified with the stickers provided by the organization. One sticker must be placed in the windshield's top right-hand corner. Another sticker must be placed in the top right-hand corner of the vehicle's back window (passenger side).
- Athletes must never enter their assistance vehicle unless they are withdrawing from the event.
- If you withdraw from the race, YOU MUST call race management to inform them at the following number: +1 819 823-2607.
- 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.
- Athletes must change in the tent during the swim-bike transition (no nudity will be tolerated in the transition area outside of the tent).
- Torpedo buoys are compulsory for the open water swimming section.



## BIKING and



## RUNNING SECTION

- 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 zones are located at TR2 and TR3.

## 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 p.m.</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.



## AVERAGE TEMPERATURES IN JULY

In July, the Lac-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

5°C - July – Average temperature at the summit of Mont Mégantic

The temperature at the summit of Mont Mégantic is **very cold**.

At night, during the month of July, the temperature can be as low as 3°C at the summit.



## ASSISTANTS

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.

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

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

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

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

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



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

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

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

It will be impossible to reach the summit with assistance vehicles. A shuttle service will take teams back to TR3 so 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. Tickets for park access and the shuttle service may be purchased for additional assistants at the Parc du Mont Mégantic entrance.

Vehicles and assistants must be clearly identified. Stickers provided by the organization must be placed on both the front and 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

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

## **REFUELLING**

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


## **MEDICAL ASSISTANCE**

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

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



## RESTROOMS/TOILETS-LOCALIZATION

LOCATION	DESCRIPTION	NB	KM
Centre Sportif Mégantic	Inside 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: [www.tourisme-megantic.com/dormir](http://www.tourisme-megantic.com/dormir)

SÉPAQ Mont-Mégantic National Park  
[www.sepaq.com/pg/mme](http://www.sepaq.com/pg/mme)

### Driving directions:

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


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

## 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)

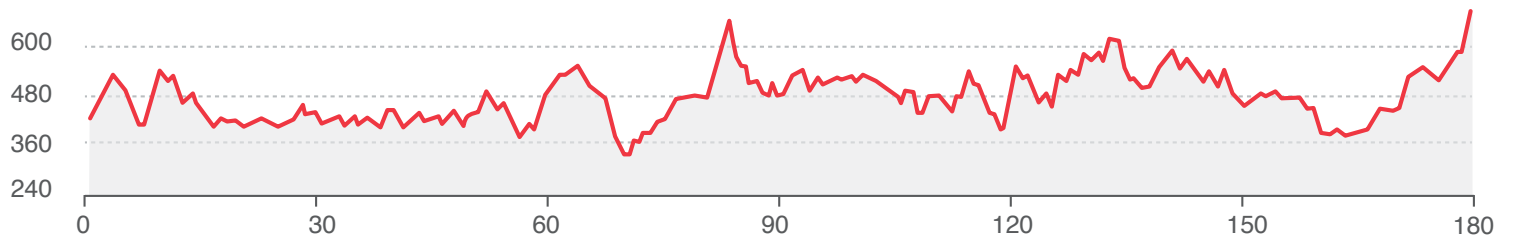


 DIRECTIONS	DISTANCE	KM
1 Go north on Baie-des-Sables Street, towards QC-263 N	800 m	1
2 Turn left on the QC-263 S	23,8 km	24
3 Turn left, towards Clinton Road/QC-161 N	250 m	24
4 Follow Clinton Road/QC-161 N	22,9 km	
5 Turn right on Salaberry Street/QC-161	2,5 km	47
6 Salaberry Street/QC-161 becomes QC-204 E	18,6 km	
7 Turn left on Lac-Drolet Road	1,1 km	69
8 Be cautious, this left turn is located at the bottom of a hill.	10,5 km	
9 Continue on Principale Road	4,9 km	
10 Turn left on Rural Route 10/QC-263 Be cautious, this left turn is located at the bottom of a long hill.	15,0 km	85
11 Turn right on Principale Street	200 m	100
12 Turn left on QC-263 S	3,4 km	100
13 Turn right on Rural Route 9/QC-263 S	4,7 km	104
14 Turn left on QC-161 S/QC-263 S	1,9 km	109
15 At the roundabout, take the first exit towards De Marsboro Road/QC-263 S	14,2 km	111
YOU PASS IN FRONT OF BAIE DES SABLES STREET		
16 Turn right on Bury Road	7,1 km	125
17 Bury Road becomes Piopolis Road	4,6 km	
18 Turn left on Chesham Road	5,6 km	136
19 Turn right to continue on Chesham Road	1,6 km	142
20 Chesham Road becomes Du Parc Road	3,3 km	



21	Turn right on Principale Street W/QC-212 W	14,1 km	147
22	Turn left on QC-257 S	18 km	161
23	TR2 at the Chartierville Rest Area. Assistants must retrieve bikes at this location.		180

## ÉLÉVATION (m) - VÉLO

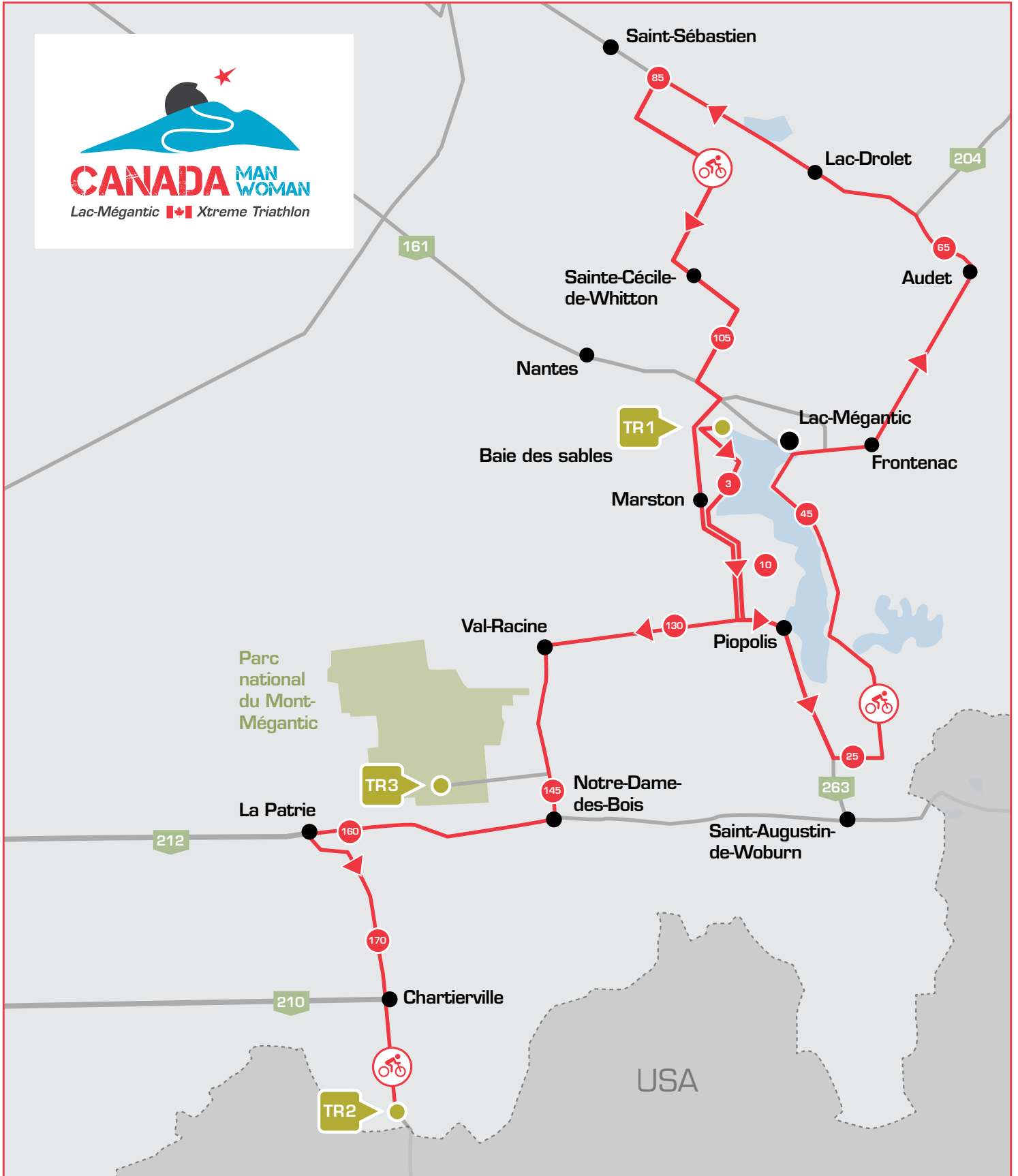


	DIRECTIONS	DISTANCE	KM
1	Go north on Baie des Sables Street, towards QC-263 N, and turn right on QC-263	1 km	1
2	At the roundabout, turn right on Laval Street	1,3 km	
3	Go towards Lac-Mégantic for 4.9 km, turn right on QC-161 and the cinema to reach your athlete OR turn left towards Salaberry Street to park along the street and wait for your athlete.	14,9 m	
4	Drive along Salaberry Street/QC-161 which becomes QC-204 E	18,6 km	
5	Turn right on Salaberry Street/QC-161	2,5 km	47
6	Salaberry Street/QC-161 becomes QC-204 E	18,6 km	
7	Turn left on Lac-Drolet Road. Be cautious in this turn located at the bottom of a hill.	1,1 km	69
8	Continue on Principal Road	10,5 km	
9	Continue straight ahead on Du Morne Road when you reach the intersection of De la Station Road/Rural Route 7	4,9 km	
10	Turn left on Rural Route 10/QC-263. Be cautious, this turn is located at the bottom of a long hill.	15,0 km	85
11	Turn right on Principale Street	200 m	100
12	Turn left on QC-263 S	3,4 km	100
13	Turn right on Rural Route 9/QC-263 S	4,7 km	104
14	Turn left on QC-161 S/QC-263 S	1,9 km	109
15	At the roundabout, take the first exit towards De Marsboro Road/QC-263 S	14,2 km	111



YOU PASS IN FRONT OF BAIE DES SABLES STREET			
16	Turn right on Bury Road	7,1 km	125
17	Bury Road becomes Piopolis Road	4,6 km	
18	Turn left on Chesham Road	5,6 km	136
19	Turn right to continue on Chesham Road	1,6 km	142
20	Chesham Road becomes Du Parc Road	3,3 km	
21	Turn right on Principale Street W/QC-212 W	14,1 km	147
22	Turn left on QC-257 S	18 km	161
23	TR2 at Chartierville Rest Area. Assistants must retrieve bikes at this location.		180





## General directions:

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


 DIRECTIONS	DISTANCE	KM
	TR2 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. <b>Proceed with care, highly technical section with rocks, creek beds, etc. EXERCISE CAUTION.</b>	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. Food, water, warm clothing, and headlamps are required for this challenging section. Plan for cold (5°C) and windy weather at the summit. <b>ACCOMPANIMENT 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>ACCOMPANIMENT 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 directions:

**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.**

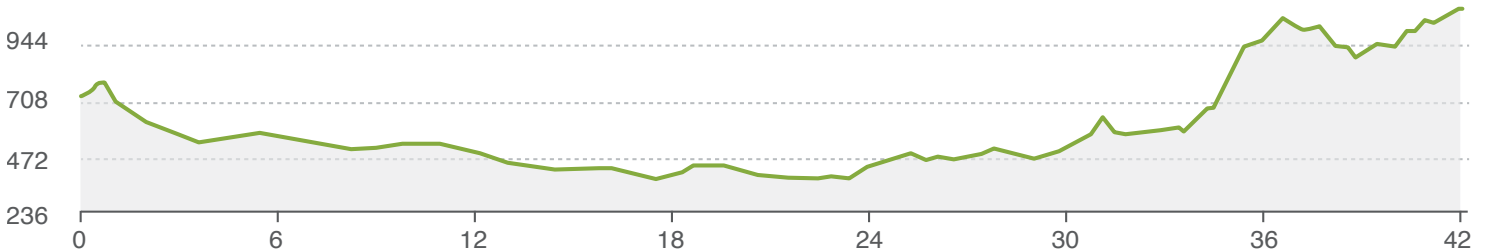
 DIRECTIONS	DISTANCE	KM (END OF SECTION)
TR2 at the Chartierville Rest Area		
1 Go down the hill on Route 257 (1.1 km) and go right on Brise-Culotte Road for 1.6 km. Wait for your athlete at the trail section exit or meet him/her on foot.		3.6
2 Retrace your steps, go west on Brise-Culotte Road.	1.6 km	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 Bô-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>		
8 a <b>BEFORE 9:00 p.m.</b> Trail running to the summit of Mont Mégantic. Food, water, clothing, and headlamps required for this challenging section. <b>ACCOMPANIMENT 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>ACCOMPANIMENT 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



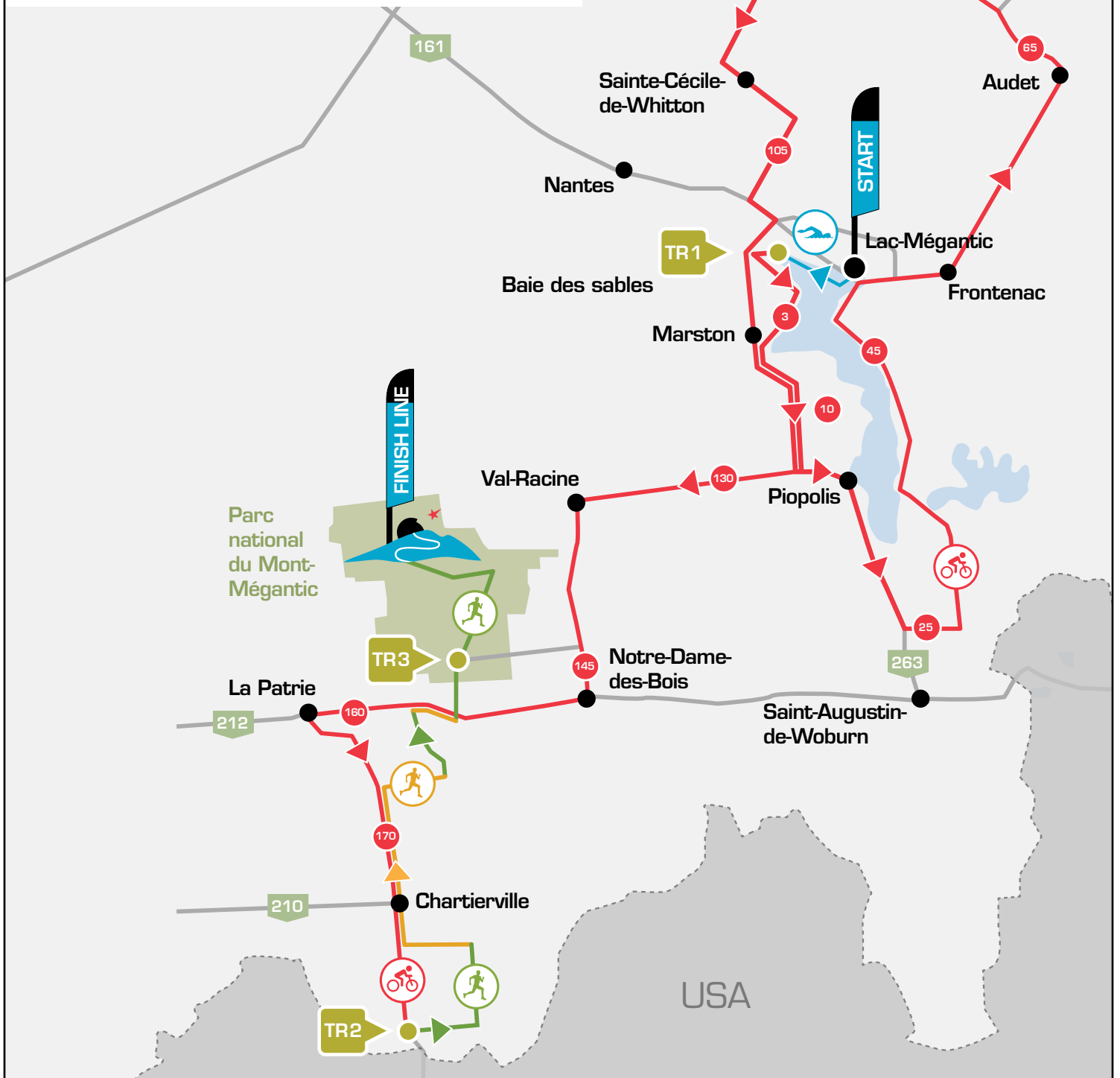
ÉLÉVATION (m) - RUNNING SECTION



# GENERAL RACE PLAN

## LEGEND FOR XTREME TRIATHLON COURSE

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





**REACH THE STARS  
BEFORE MIDNIGHT**



**ENDURANCE AVENTURE**

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