

 **XTEERRA**<sup>®</sup>  
**QUEBEC**

**Swimming  
Mountain biking  
Trail running**



**BE PART OF THE  
MULTISPORTS  
REVOLUTION**

**Sunday July 14<sup>th</sup> 2019**  
[www.xterraquebec.com](http://www.xterraquebec.com)

**ATHLETE'S  
GUIDE**



PAN AM  
TOUR



**SERIE QUEBEC**

QUEBEC · BROMONT · TREMBLANT

## Message from the organizing committee

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Thank you for being part of the sixth edition of XTERRA Québec, a second year on the XTERRA Pan Am Tour.

New this year, join us on Saturday July 13th at 6:30 pm (immediately after the pre-race meeting) for a dinner at the restaurant of the Manoir with the elite racers, our ambassadors and the organizing committee. This will be a unique opportunity to chat with cross-triathlon enthusiasts. All the details are in this guide, it is important to book early as places are limited.

The start of the sprint triathlon is at 7:45 am. We also invite you to come and cheer for the elite racers who will start at 8:45 am. Participants in the sprint triathlon will be in the front row to welcome the elite upon their arrival. They should complete their triathlon just after you and a little before your medal ceremony. For participants in the standard format, your start is at 10:30 am. We encourage you to come to the dock for 8:45 am for the departure of the elites, either just before or after you have recovered your chip.

We bring to your attention the fact that Empire 47 is currently undergoing major transformations. The trails are developing at a high rate. Investments of over \$1.25 million will go towards the development of summer and winter trails for the upcoming year.

This year, we chose to offer all participants in the standard format (not just the elite), a climb of the "Reconstituée" that had work done just for you, as well as a descent of our famous "Kamasutrail". The dry weather of the last week allows us to evaluate at 95% the chances of being able to make this the final course for every standard racer. If ever there was heavy rain (which is not expected at the moment), only the elites will go up as in 2018. The rest of the course offers mature and well-maintained trails, with some new features. You will find all the details in this guide.

XTERRA Québec Pan Am Tour will have spots to qualify for the 2020 ITU World Triathlon Grand Final in Edmonton (Canada). As reminder, Triathlon Canada qualification process has been modified for 2019. All athletes looking to compete for a spot must submit an Expression of Interest (EOI) prior to each qualification event. There will be a \$20 fee to complete the EOI to encourage only athletes serious about claiming a spot to apply. The \$20 will be treated as a deposit for those who are successful in obtaining a spot and will come off their Race Entry Fee. The \$20 fee will be non-refundable for athletes who are unsuccessful in obtaining a spot. Declaration of interest can be submitted here:



<https://ccnbikes.com/#!/events/triathlon-canada-2020-age-group-world-championship-team-expression-interest>

For more information on qualifying criteria, visit Triathlon Canada's website:

[https://www.triathloncanada.com/wp-content/uploads/2019-Age-Group-World-Championship-Qualification\\_FAQ\\_V2.pdf](https://www.triathloncanada.com/wp-content/uploads/2019-Age-Group-World-Championship-Qualification_FAQ_V2.pdf)

XTERRA Quebec is part of XTERRA Quebec Series, including XTERRA Bromont, XTERRA Quebec and XTERRA Tremblant. Athletes participating in these races are automatically entered into the Series. The Series winners qualify for the World Championships in Maui in 2019 or 2020, at their choice. In order to qualify, athletes must participate in at least two of the three races.

Special thanks to our host partners: Empire 47, the Manoir du Lac Delage, the Town of Lac-Delage and its citizens. Thanks also to our major partners: the Caisse Desjardins de Charlesbourg, the Quebec Tourism Office (new partner) and Tourisme Jacques-Cartier. Finally, thank you to all our other partners and our valued and dedicated volunteers and collaborators.

We are all very excited to welcome you to XTERRA Quebec 2019!

### **The organizing committee**

XTERRA Québec

## Schedule and important information

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### *Start times and medal ceremonies:*

**7:45 am:** Start sprint triathlon

**8:55 am:** Launch of XTERRA Québec Pan Am Tour (favorites' presentation)

**9:05 am:** Start standard elite triathlon

**10:40 am:** Start standard elite triathlon & duathlon

**Noon:** Medal ceremony (all categories | sprint format)

**3:05 pm:** Medal ceremony (Elite + all men under 49 | standard triathlon and duathlon)

**4:25 pm:** Medal ceremony (all categories | standard triathlon and duathlon except men under 49)

### *Important information*

#### **ALL PARTICIPANTS**

**\*\*\* Pre-race meeting on Saturday July 13 at 5:30 pm is mandatory \*\*\***

Participants registration must be done between noon and 9:00 pm the day before the race. Go to the Salle des Huards at Manoir du Lac Delage.

There will be a mandatory pre-race meeting for all age group participants at the Salle des Huards at Manoir du Lac Delage on Saturday, July 13th at 5:30 pm with a visual presentation of the courses. This information meeting will not take place on the morning of the event.

Note that we will not prevent a participant from taking the start if he has not attended the meeting but arrives in time for his departure despite a race-day registration.

It is important to understand that arriving the day before is not only to attend the meeting and get acquainted with the surroundings, but also to make your registration and avoid last-minute problems.

Regarding the meeting, it is your responsibility to follow the safety rules, to know the course maps, to be on time for each stage of preparation (closing of the transition zone). Also note that we can register a few participants on Sunday who would not have been able to be there on Saturday before but we can not register a lot of people. We will give priority to those who made their register the day before and will give the departures on time on Sunday morning. It's at your own risk if too many people decide to register on Sunday. If you are unable to attend on Saturday, arrive very early on Sunday.

## Cut-off Times

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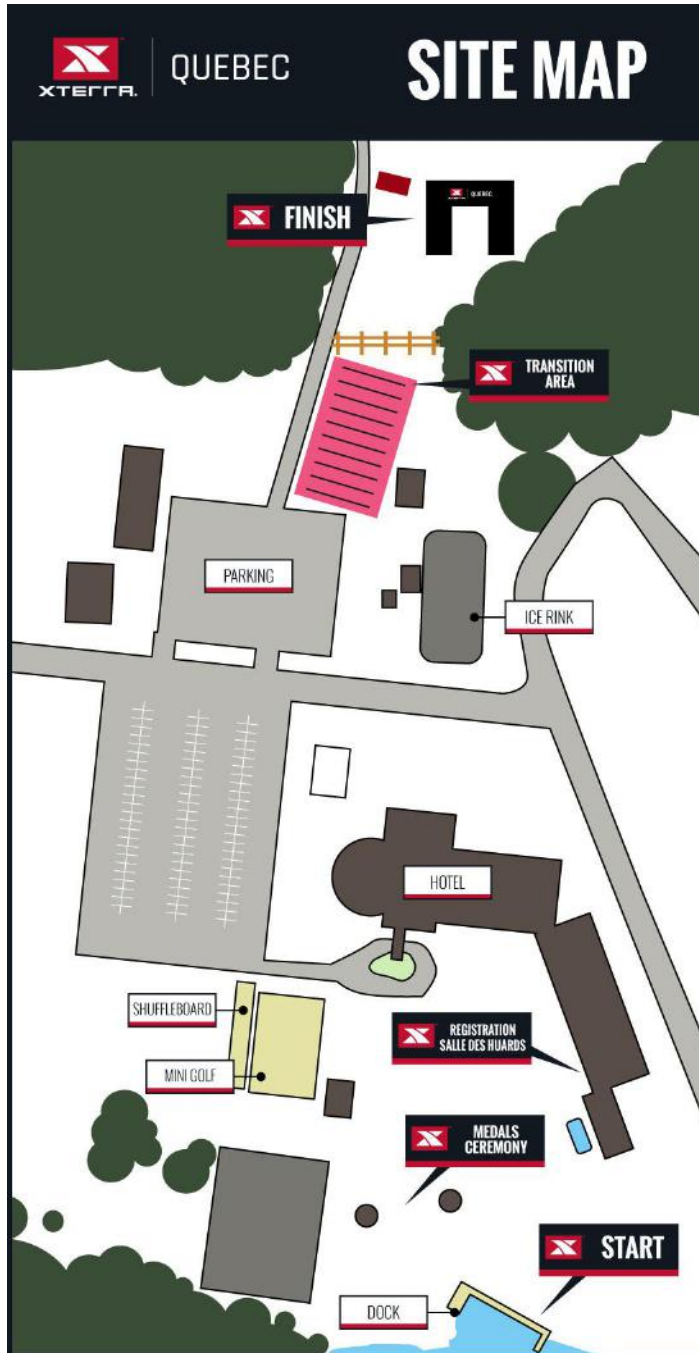
### Standard Triathlon and Duathlon

- 45 minutes limit for swimming (triathlon).
- Time limit for starting the last bike loop: 2:00 pm (triathlon / duathlon).
- Time limit for starting the last race loop: 4:00 pm (triathlon / duathlon).
- Time limit for finishing the race: 4:45 pm (triathlon / duathlon).
- Underage participants (younger than the recommended age) have shorter time limits, as agreed with the organizers.
- We may terminate a participant's competition at any time even if it is within the limit times if we deem that their safety is at stake.
- We ask you to let us know if you feel uncomfortable. Respect your own limitations.

### Sprint Triathlon

- 30 minutes limit for swimming.
- Time limit for starting the last bike loop: 9:00 am.
- Note that participants in the sprint still on the bike course between 9:05 am and 10:00 am may be taken over by elite runners. When you see an elite runner coming up behind you or asking to pass you, you must either move to the side to let them pass if you are on a wide trail or wait for a safe place to move over if you are in a "singletrack". Take the time to make sure you perform your maneuver safely.
- Time limit for starting the race loop: 10h00 am.
- Time limit for finishing his race: 11:30 am.
- Underage participants (younger than the recommended age) have shorter time limits, as agreed with the organizers.
- We may terminate a participant's competition at any time even if it is within the limit times if we deem that their safety is at stake.
- We ask you to let us know if you feel uncomfortable. Respect your own limitations.

## Site Map



### Manoir du Lac Delage

40, avenue du Lac, Lac-Delage, QC G3C 5C4 ([Google maps link](#))

## Schedule

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### ***Important Notes***

The course is now 100% marked. It is possible to train on the courses during the opening hours of Empire 47, except for a few sections (ask the reception desk). Note that it is forbidden to use the Flowrentide in reverse (you must ride this section in the allowed direction for security reasons).

The only exceptions where it will be possible to roll the course in its entirety are:

- Monday, July 8th from 5pm
- Wednesday July 10th from 5pm
- Friday July 12th from 5pm
- Saturday, July 13th from noon

You must pay the access fee for the trails. It will be possible to ride the course on Saturday, July 13th at no charge from noon to 9 pm after making your registration and installing your plate on your bike).

**For participants in the sprint format only**, here is an important note to help you in your recognition of the bike course: around the first km of the course, you will get to the crossing of the "Familiale" and a left turn for "La Râpe à Fromage". Do not take this turn. Follow the pale blue arrow with a D. Continue on the "Familiale" for a few meters and take the left turn on the "Montée de Lait". Then continue to following the course markings.

**For participants in the standard format only**, here is an important note to help you in your recognition of the bike course: when you get to the crossing of the "Reconstituée" and the "Queue de Castor", there are 2 options : to continue straight on the "Reconstituée" or turn right into Queue de Castor". Your first loop is straight on the "Reconstituée". Your second and third loop is right on "Queue de Castor".

### ***Friday July 12th 2019***

6:00 pm: **Limit online registrations**

## ***Saturday July 13th 2019***

### **General Programming**

Noon to 9:00pm: Registration on site (salle des Huards)

Noon to 8:00pm: Practice on marked course

**5:30pm: Pre-race meeting (salle des Huards)**

**6:30pm: Dinner with elite racers**

### ***Dinner with Elite racers***

The Manoir du Lac Delage offers a menu adapted to athletes and their companions on Saturday evening before the race. A relaxed atmosphere will allow you to chat with each other and with elite racers. The meal will be served as a buffet.

Fresh from the market soup

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Spaghetti with Bolognese sauce  
Cheese tortellini with rosée pesto sauce  
Chicken General Tao with vegetables  
Roasted salmon cutlet with lemon sauce

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Coffee, tea, infusion  
Milk, juice

**\$17.25 / PERSON PLUS SERVICE AND TAXES**  
**\$13.25 / CHILD (5-12 YEARS) PLUS SERVICE AND TAXES**  
**FREE / CHILD (0-4 YEARS) PLUS SERVICE AND TAXES**

Price per person or item  
Plus service (15%) and applicable taxes  
Subject to change without notice

**Please book your place by confirming your presence (and the number of people) to [athlete@xterraquebec.com](mailto:athlete@xterraquebec.com)**



## ***Sunday July 14th 2019***

### **Sprint Triathlon**

6:30am to 7:20am: Transition area open

7:35am: All participants in Start Area

**7:45am: Start Sprint Triathlon**

9:20am: Expected arrival of first racer

Noon: Medals Ceremony

### **Standard Elite Triathlon**

6:30am to 8:20am: Transition area open

8:55am: All participants in Start Area

**9:05am: Start Standard Elite Triathlon**

11:40am: Expected arrival of first racer

3:05pm: Medals Ceremony

### **Triathlon et duathlon standard**

6:30am to 10:05am: Transition area open

10:30am: All participants in Start Area

**10:40am: Start Standard Triathlon**

1:25am: Expected arrival of first racer

3:05pm: Medals Ceremony for elite standard triathlon and standard triathlon and duathlon (Men under 49)

4:25pm: Medals Ceremony for standard triathlon and duathlon (All categories except men under 49)

### **Informations importantes pour toutes les épreuves**

6:30am: Transition area open

9:30am: Arrival first sprint triathlon racer

11:00am: Bar and BBQ open

11:40am: Arrival first elite triathlon racer

Noon: Medals Ceremony sprint triathlon

1:25pm: Arrival first standard triathlon and duathlon racers

3:05pm: Medals Ceremony for elite standard triathlon and standard triathlon and duathlon (Men under 49)

4:25pm: Medals Ceremony for standard triathlon and duathlon (All categories except men under 49)

## Parking

Parking will be available directly on the site for both participants and spectators.

Additional parking will be available and volunteers will show you how to get there. Please respect the No Parking areas.



## Registration Office

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Saturday from noon to 9:00pm

Sunday from 6:00am to 8:00am

Registration office is at the Salle des Huards of Manoir du Lac-Delage.

## On-site Registration

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**Fees on-site (taxes included):**

Standard Solo & Elite Triathlon: \$250

Standard Team Triathlon: \$290

Sprint Solo Triathlon: \$200

Sprint Team Triathlon: \$250

Solo Duathlon: \$185

Team Duathlon: \$215

**Triathlon Québec Licence not included if applicable.**

## Courses

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The final course maps are available online ([click on the links below](#)).

### ***Standard Triathlon***

**Standard triathlon distances (elite \*, age group and team):**

- 1,5km of swimming (2 loops of 750m)
- 27km of cycling (1 loop of 11km + 2 loops of 8km)
- 10km de running (2 loops of 5km)

[Bike course map | Standard & Elite Triathlon](#)

[Run course map | Standard & Elite Triathlon](#)

### ***Sprint Triathlon***

**Short triathlon distances (age group and team):**

- 750m of swimming (2 loops of 375m)
- 15km (2 loops of 7.5km)
- 5km of running (1 loop of 5km)

[Bike course map | Sprint Triathlon](#)

[Run course map | Sprint Triathlon](#)

### ***Duathlon***

**Duathlon distances (age group and team):**

- 2,5km of running (1 loop)
- 27km of cycling (1 loop of 11km + 2 loops of 8km)
- 5km of running (1 loop of 5km)

[Bike course map | Duathlon](#)

[Run course map | Duathlon](#)

## Security

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### ***First Aid***

The organization of XTERRA Quebec takes the health of its participants to heart. You can count on the expertise of our team of volunteers trained as rescue workers to ensure your safety during the event. You will be able to find them in different strategic places on the course and will be well identified (fluorescent red bib).

During the day of the competition, we offer free access to first aid and massage therapy (voluntary contribution is highly recommended). You can find them under the CBI tent at the finish line.

#### **To avoid injury during the event, here are some tips to follow:**

- Unlike a road triathlon, the technical level of the bike course of a cross-triathlon does not allow the release of the handlebars at any time. It is best to plan to feed while making transitions or waiting for a rolling portion to eat or drink.
- Be patient when overtaking on the bike course. Avoid rushing in areas that are not suitable for overtaking. This can cause a fall and ruin your triathlon and that of another competitor.
- Be aware that the level of technical skill varies from person to person. Politely ask for passage, focusing as much as possible on the left side of the track. If someone asks to overtake you, slow down or stop by exiting the track on the requested side without putting yourself in danger.
- In the days preceding your event, take the time to go for a reconnaissance of the course. You will be able to recognize more technical places and know how to approach them safely!

#### **If any discomfort or injury occurs to you or another participant:**

- Quickly alert the first volunteer / first aid personnel you will see or an athlete near you so that they can notify the medical staff. If someone has to stay with you, send another athlete to inform the organization so that first aid will come to you.
- Move to a safe area as much as possible to avoid a collision.
- Depending on your condition, the medical staff will take care of you and escort you to the medical tent.

**IMPORTANT:** Each participant has a duty to help another participant whose health or safety is threatened. Stay with the victim or make sure someone can stay by their side. Ask for help and notify a member of the organization as soon as possible, such as a patroller, a member of the medical team, a flagman or a volunteer at the feed station.

Have fun!

**The medical team**

XTERRA Québec

## ***Rules***

- We do not tolerate any waste thrown on the ground under penalty of disqualification.
- The athlete is responsible for attending the pre-race meeting.
- Isothermal wetsuit not permitted above 22 degrees Celsius and mandatory below 15.9 degrees Celsius for standard triathlon. The decision is taken in the morning by the officials of Triathlon Québec. For the sprint triathlon, the wetsuit is allowed at any time.
- A swimmer has the right to stand on an official boat in the event of a problem, as long as this help does not provide forward movement.
- The swimming style is at the swimmer's choice.
- No boarding of the bicycle in transitional areas (boarding and descent must be done outside the transition zone at the loading and unloading lines).
- Helmets are mandatory at all times during the bike portion. The helmet must be buckled before riding on the bike and must remain locked until the rider is on the bike when returning to the transition zone.
- Drafting is allowed during XTERRA events.
- Only mountain bikes are accepted, no cyclocross bike and no electric bike (even without battery).
- Bike overtaking must be done in a civilized way: generally slower riders keep the right (when possible) and overtaking is done on the left in safe sections only. Indicate yourself clearly and be civilized.
- The wearing of the bib is mandatory for the race portion.
- Participants must follow the markings of the organization. You are responsible for following the right course. A participant who deviates from the marked course and who benefits from it will be automatically disqualified.
- Each participant must have signed the release of responsibility / risk acceptance before starting the race.
- A participant is compelled to assist a person in difficulty.
- A participant can not receive outside help.
- Plan a good hydration and nutrition.
- We reserve the right to add, remove or modify any rules.
- It is your responsibility to validate your email. It is the means of communication that is used to communicate with you for any information. Make sure to add "XTERRA Québec" in the authorized email list.
- Complete rules at: <http://xterraquebec.com/index.php/rules/>

## ***Abandonment during the race***

You must report any abandonment to the organization before leaving the site. Make sure you inform someone in charge and not just a volunteer who may not have contact with us.

## Timing

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### ***Sportstats***

Timing will be done by [Sportstats](#). You will have a reusable chip on velcro tape. Be sure to wear your chip at the ankle (right or left). The chip is to be picked up the morning of the race. It must be returned upon your finish.

The results will be live on [www.sportstats.ca](http://www.sportstats.ca).

### ***Follow and cheer your friends on Facebook and Twitter!***

Participants and spectators will be able to follow their race by activating Facebook and / or Twitter notifications. Go to the event results page to enable notifications. It takes barely 1 minute.

### ***What are Facebook / Twitter Sportstats notifications?***

From the Sportstats website ([www.sportstats.ca](http://www.sportstats.ca)) you can follow a participant and have updates on your personal Facebook wall and / or Twitter feed. Depending on the detection points on the course, a message may be posted at the arrival of the participant or when completing a tour or section. Here is an example of a message: "Mark Thompson (bib: 145) has just crossed the finish line with a time of 1:04:19".

### ***Sportstats APP***

Android (Google play)

<http://bit.ly/SportstatsTracker> [GooglePlay](#)

iOS (Apple Store)

<http://bit.ly/SportstatsTracket> [AppStore](#)



## Other important information

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### ***Cloakroom***

A cloakroom service will be available on the site to deposit your belongings safely and allow you to change after your competition.

### ***Food service***

Bring cash for your lunch, we will have a bar and BBQ on the site after your competition, in a festive atmosphere.

### ***Training on the site:***

The site will be marked and accessible free of charge for free training (bike and race) Saturday for all XTERRA Quebec participants between noon and 9 pm. You must go to the Empire 47 registration and have your plate on your bike or show your bib at the front desk as proof of registration. It is always possible to train on the course before Saturday by paying your access fee at the reception desk of Empire 47.

### ***Bike rental:***

The site also offers the possibility to rent your mountain bike. Full details at: <https://e47.ca/>. Please contact them directly to reserve at 418 848-8661.

### ***Wetsuit rental:***

It is possible to rent a wetsuit before the event if you wish.  
Details are here: [WETSUIT RENTAL](#).

## Photographers

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Photographers will be on hand to capture you in action. The photos will be posted on our [Facebook](#) page after the event.

## Thanks

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We would like to thank you for your participation and hope you will have a great weekend with us.

Thank you to all our volunteers and spectators who came to cheer; friends, athletes and our youth during the event.

We must not forget our partners who contribute to the success of this event! Thank them when you meet them!

We are always listening to your comments and suggestions. Do not hesitate to write us if needed.

We wish you a safe journey home and be careful! We hope to see you again next year!

