



TREMBLANT

MESSAGE FROM THE ORGANIZATION

Thank you for taking part in the fourth edition of XTERRA Tremblant. The bike and run courses for the standard and sprint triathlon and duathlon are now marked and accessible. For those wishing to train on the courses, head towards the lake and you'll easily find the signs.

Thank you to all our partners and to our invaluable and dedicated volunteers and collaborators.

Welcome and enjoy the event!

The organizing committee

XTERRA Tremblant

PRE-RACE MEETINGS | SUNDAY EVENTS

There will be a pre-race meeting on Saturday June 10 at 12:45pm directly on the Domaine Saint-Bernard site for all participants in Sunday's triathlon events.

We strongly recommend that you attend this meeting, as the pre-start briefing will be very brief and to the point.

On the morning of the start for Sunday's events, we'll only be giving a few brief safety instructions. There will be no course explanations or question periods just before the start.

We'll be giving details and answering your questions in French and English only on Saturday June 10 at the on-site meeting.

DIRECTIONS

Domaine Saint-Bernard

539, Chemin St-Bernard, Mont-Tremblant, QC J8E 1T4 (lien [Google maps](#))

PARKING INFORMATION

A large parking lot will be available directly on site for both participants and spectators. Domaine St-Bernard does not charge for parking, but asks that each accompanying person pay their park entrance fee.

Thank you for your understanding, every dollar brought in by this event guarantees its survival and the improvement of the services offered.

SCHEDULE

Saturday, June 10th

8:00 am: Site opening

8:00 am: Opening free practice bike and standard / sprint race (controlled access La Mennais 10 am to 12:30 pm)

Pre-race meeting 20 minutes before each start at Lac Raynaud beach for all events

10:00 am: Start of youth triathlon 14-15 years and discovery triathlon

10:05 am: Start of discovery duathlon

11:00 am : Supervised reconnaissance of the standard and sprint race course and mini race clinic

11:30am: Start youth triathlon 12-13 years and 10-11 years

11:45am: Start youth triathlon 8-9 years

12:00pm : Start youth triathlon 6-7 years

12:45: Mandatory pre-race meeting for standard and sprint triathlon and duathlon events

13:30: Introductory clinic on the basics of trail running and mountain biking

16:00: Site closes

Sunday, June 11

6:45am: Site opening and registration desk

Pre-race meeting 15 minutes before each start at Lac Raynaud beach for all events

8:00am: Start of 20km trail

8:15am: Opening of transition zone

8:30am : Start of trail 10km, trail 5 km, trail 3 km

9h00: Start of trail 1 km

10h00: Start of standard triathlon

10h05 : Standard duathlon start

12:00: Sprint triathlon start

12:05: Sprint duathlon start

16:00: Site closes

COLLECTING PARTICIPANT RACE KITS

Race kits will include swimming helmet, bike plate, race bib and timing chip to attach to an ankle. Tie-wraps and pins will also be provided. The coupon for the participant's meal, included with registration, will also be in the kit directly on your race number. Do not lose this coupon to qualify for the free meal. You can pick up your participant kit up to 1 hour before your start on the day of your event. They will be placed under the racks in the transition area at the location of your bib #. We'll give you your bib number on the spot.

FEED ZONES

Feed zones will be offered on the bike and run courses.

It will be possible for participants using their own refreshments to throw their packaging into the garbage cans at the feed zones.

It will be **STRICTLY FORBIDDEN** to throw packaging or any garbage on the courses outside these zones. A participant who fails to comply with these rules will be automatically disqualified.

Highlighted feed zones include water, electrolytes, oranges, bananas, energy bars, chips, nut mixes, Skittles and jujubes.

The others are water and electrolyte refreshments with Skittles, nuts and energy bars only.

A finish line feed zone will also be offered to participants with everything found on the courses and a few treats to boot!

WITHDRAWAL DURING THE RACE

You must report any withdrawal to the organization before leaving the site. Make sure you inform a responsible person and not just a volunteer who may not have communication with us.

SAFETY

First aid

The XTERRA Tremblant organization takes the health of its participants to heart. You can count on the expertise of our team of first-aid-trained volunteers to ensure your safety during the event.

In order to avoid injury during the event, here are a few tips to follow:

- Contrary to a road triathlon, the technical level of the bike course in a cross triathlon doesn't allow you to let go of the handlebars at any time. It's best to plan to feed when making your transitions or wait for a rolling portion to eat or drink.
- Be patient for overtaking on the bike course. Avoid rushing them into areas not conducive to them. This can result in 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, giving preference to the left side of the track whenever possible. If someone asks you to pass, slow down or stop, clearing the track on the requested side without endangering yourself.
- In the days leading up to your event, take the time to reconnoitre the course. This will enable you to recognize the more technical areas and know how to approach them safely!

If you or another participant should become unwell or injured:

- Ask the first volunteer/first-aid personnel you see or an athlete near you quickly so that they can notify medical personnel of your condition. If he or she must stay with you, send another athlete to inform the organization so that first aid can come and take care of you.
- Place yourself in a safe zone as much as possible to avoid causing a collision.
- Depending on your condition, medical staff will make sure you are taken care of and escorted back to the medical tent.

IMPORTANT: Each participant has a duty to come to the aid of another participant whose health or safety is threatened. Stay on site with the victim or make sure someone can stay by his or her side. Ask for help and notify as quickly as possible a member of the organization, either a patroller, a member of the medical team, a signaller or volunteer at the refreshment station.

Happy racing to all and have fun!

The medical team

XTERRA Tremblant

IMPORTANT INFORMATION

The pre-race briefing is strongly recommended. The information covered during this briefing is considered essential to your participation. Any other general information that does not have a direct impact on safety or the smooth running of your event is presented in this document. Please read all

sections carefully before arriving at the site. Happy reading and arrive at the briefing ready to ask your questions.

Bicycle passing procedure

- It is strongly recommended to ride on the right side of the trails at all times and always make your passes on the left.
- When you want to make an overtake, announce your intention to the rider in front of you and ask for passage by saying “To the left”
- When a faster rider asks you for passage, you are obliged to squeeze to the right as soon as possible to let him/her pass
- Always execute your maneuvers safely for you and the other participant.
- The golden rule: be courteous and polite, you’re not in the running to win the Tour de France 😊

Overtaking procedure on foot

Ask for the right of way or give way in a courteous and safe manner. The instructions for overtaking on bike can very well apply on foot too.

Training on the courses

The bike and run courses for the standard and sprint triathlon and duathlon are now marked out and accessible.

To reconnoitre the courses, you can come to the Domaine St-Bernard gatehouse every day between now and August 28 and take advantage of the facilities. The cost of entry is \$5 per day, and you can use the course maps on the event website indicating certain points to look out for during your initial reconnaissance.

Course maps are available from the event website.

TIMING

The timing will be done by [Sportstats](#). You will have a reusable chip on a velcro strap. Make sure you wear your chip on your ankle (right or left). The chip is to be collected on the morning of your event only. It must be handed in at the finish.

Results will be live on www.sportstats.ca.

VOLUNTEERS

The weekend is overloaded with beautiful events like ours and that means volunteers are more divided this year. We are still short of a few volunteers to

complete our team. If you ever have any companions who are interested in helping out during the weekend, even if only for a few hours, we'd be very grateful.

If you'd like to help out or have a companion who can, it's simple: [fill in our form here](#). Your friend, spouse is taking part? Why not become a volunteer and contribute to the event's success!

PHOTOGRAPHERS

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

THANKS

We'd like to thank you for your participation and hope you'll have a great weekend with us.

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

We mustn't forget our partners who contribute to the success of this event! Please thank them when you come across them!

We're always keen to hear your comments and suggestions. Don't hesitate to [write](#) us if you need to.

Have a great XTERRA Tremblant!!!



TREMBLANT

COURSES

Standard Triathlon

BIKE COURSE

Distance: 33 km
3 loops of 11 km
D+: 435 m

<https://www.trailforks.com/route/xterra-tremblant-2023-velo-standard/map/>

RUN COURSE

Distance: 10 km
D+: 175 m

<https://www.trailforks.com/route/xterra-tremblant-2023-course-standard/map/>

Standard Duathlon

RUN COURSE #1

Distance: 3 km
D+: 20 m

<https://www.trailforks.com/route/xterra-tremblant-2023-3-km-trail-run/map/>

BIKE COURSE

Distance: 33 km
3 loops of 11 km
D+: 435 m

<https://www.trailforks.com/route/xterra-tremblant-2023-velo-standard/map/>

RUN COURSE #2

Distance: 10 km
D+: 175 m

<https://www.trailforks.com/route/xterra-tremblant-2023-course-standard/map/>

Sprint Triathlon

BIKE COURSE

Distance: 16 km
2 loops of 8 km
D+: 168 m

<https://www.trailforks.com/route/xterra-tremblant-2023-velo-sprint/map/>

RUN COURSE

Distance: 5,5 km
D+: 140 m

<https://www.trailforks.com/route/xterra-tremblant-2023-5-km-trail-run/map/>

Sprint Duathlon

RUN COURSE #1

Distance: 1 km
D+: 5 m

<https://www.trailforks.com/route/xterra-tremblant-2023-velo-67-ans/map/>

BIKE COURSE

Distance: 16 km
2 loops of 8 km
D+: 168 m

<https://www.trailforks.com/route/xterra-tremblant-2023-velo-sprint/map/>

RUN COURSE #2

Distance: 5,5 km
D+: 140 m

<https://www.trailforks.com/route/xterra-tremblant-2023-5-km-trail-run/map/>

Triathlon 14-15 y.o. & Discovery

BIKE COURSE

Distance: 12 km
4 loops of 3 km
D+: 60 m

<https://www.trailforks.com/route/xterra-tremblant-2023-velo-decouverte--1415-ans/>

RUN COURSE

Distance: 4,5 km
1,5 loppes of 3 km
D+: 30 m

<https://www.trailforks.com/route/xterra-tremblant-2023-course-decouverte--1415-ans/map/>

Discovery Duathlon

RUN COURSE #1

Distance: 1 km
D+: 5 m

<https://www.trailforks.com/route/xterra-tremblant-2023-velo-67-ans/map/>

BIKE COURSE

Distance: 12 km
4 loops of 3 km
D+: 60 m

<https://www.trailforks.com/route/xterra-tremblant-2023-velo-decouverte--1415-ans/>

RUN COURSE #2

Distance: 4,5 km
1,5 loops of 3 km
D+: 30 m

<https://www.trailforks.com/route/xterra-tremblant-2023-course-decouverte--1415-ans/map/>

Triathlon 12-13 y.o.

BIKE COURSE

Distance: 6,6 km
3 loops of 2,2 km
D+: 45 m

<https://www.trailforks.com/route/xterra-tremblant-2023-velo-813-ans/map/>

RUN COURSE

Distance: 2,7 km
D+: 20 m

<https://www.trailforks.com/route/xterra-tremblant-2023-course-1213-ans/map/>

Triathlon 10-11 y.o.

BIKE COURSE

Distance: 4,4 km
2 loops of 2,2 km
D+: 30 m

<https://www.trailforks.com/route/xterra-tremblant-2023-velo-813-ans/map/>

RUN COURSE

Distance: 1,6 km
D+: 15 m

<https://www.trailforks.com/route/xterra-tremblant-2023-course-1011-ans/map/>

Triathlon 8-9 y.o.

BIKE COURSE

Distance: 2,2 km

D+: 15 m

<https://www.trailforks.com/route/xterra-tremblant-2023-velo-813-ans/map/>

RUN COURSE

Distance: 1,5 km

D+: 10 m

<https://www.trailforks.com/route/xterra-tremblant-2023-course-89-ans/map/>

Triathlon 6-7 y.o.

BIKE COURSE

Distance: 1 km

D+: 5 m

<https://www.trailforks.com/route/xterra-tremblant-2023-velo-67-ans/map/>

RUN COURSE

Distance: 750 m

D+: 5 m

<https://www.trailforks.com/route/xterra-tremblant-2023-course-67-ans/map/>

Trail runs

20 km

D+: 340 m

<https://www.trailforks.com/route/xterra-tremblant-2023-20-km-trail-run-48956/map/>

10 km

D+: 175 m

<https://www.trailforks.com/route/xterra-tremblant-2023-course-standard/map/>

5,5 km

D+: 140 m

<https://www.trailforks.com/route/xterra-tremblant-2023-5-km-trail-run/map/>

3 km

D+: 20 m

<https://www.trailforks.com/route/xterra-tremblant-2023-3-km-trail-run/map/>

1 km

D+: 5 m

<https://www.trailforks.com/route/xterra-tremblant-2023-velo-67-ans/map/>