

ATHLETE GUIDE

SATURDAY, JULY 8, 2023



TRIATHLON DE GATINEAU – 31st edition



Thank you for choosing the Triathlon de Gatineau!

It is with great enthusiasm that we will welcome you for a 31st edition!

Under the leadership of the Club Espoir Triathlon Gatineau, the Gatineau Triathlon has been promoting and developing the practice of triathlon in the Outaouais region for more than 30 years.

It is therefore in a festive atmosphere, on the unique site of Leamy Lake Park, located in the heart of the city of Gatineau that new and regular athletes will meet on Saturday, July 8th.

This year, we are pleased to host several Coupe Québec races, including:

- **Coupe Québec** Sprint for adults and juniors with drafting;
- Triathlon Canada **National Development Series**;
- **Coupe Québec U13 and U15**;
- **Canadian Armed Forces National Triathlon Championship**
- races allowing qualification for World Triathlon Age Group Championships 2024 (Sprint, Olympic and Aquathlon).

We would like to acknowledge the generous contribution of our regional partners in the organization of the triathlon, as well as to extend a huge THANK YOU to the many volunteers who will help us make this 30th edition of the Gatineau Triathlon a success.

Finally, we would like to acknowledge the exceptional support of **Première Générale** and the **City of Gatineau**, without whom this event could not take place.

We wish you all memorable moments and a great race!

READ THIS GUIDE CAREFULLY, AS IT CONTAINS A GREAT DEAL OF INFORMATION TO ENSURE SAFETY AND FUN FOR ALL.

Members of the organizing committee

TABLE OF CONTENTS

p. 3 Message from the Mayor

p. 4 Event Schedule

p. 5 On Race Day

p. 8 During the Race

p. 13 After the Race

p. 15 Rules

p. 15 Pre-Race Briefings

p. 16 Other Information

p. 17 How to Get There

p. 18 Contact Us

p. 19 Eco-responsibility

p. 20 Partners and Supporters



Message¹ from the mayor of Gatineau, France Bélisle



On July 8, 2023, emerging and seasoned athletes alike will gather at Lac Leamy for the 31st edition of the Gatineau Triathlon, an event that combines fun, emotion and pride from start to finish.

I encourage Gatineau residents and visitors from all over to come and take part, to push their limits, or simply to come and cheer on those who have come to push themselves to the limit. With individual and team triathlons, duathlons, aquathlons and family fun runs, there's something for all ages, levels and tastes.

The Ville de Gatineau is proud to be a partner of this provincially and nationally renowned event, which has won numerous awards over the years. Last year, for its 30th edition, the Triathlon de Gatineau won the Triomphe award in the National Event category at Triathlon Québec's annual Gala.

I would like to thank all our sponsors and partners, as well as the 150 or so volunteers who make this event possible. I'd also like to thank the entire Gatineau Triathlon team, who for over three decades now have been putting Gatineau and the Outaouais region on the map, attracting the best triathletes in the region and even the country.

This is an event not to be missed!

¹ Traduction

EVENT SCHEDULE

Registration

Online registration closes on Monday, July 3 at 11:59 p.m. On-site registrations will be accepted on Friday evening, but will be more expensive. No cash will be accepted on the site; payment will be made by credit card or bank transfer only.

It will be possible to make **category changes** on-site on Friday evening, but please note that there will be no refunds for changing to less expensive categories. A fee will apply for changing to a more expensive category.

If you have any problems or questions regarding registration, please contact us as soon as possible at inscription@triathlongatineau.ca

Wednesday, July 5, 2023

6:30 p.m.	French Virtual Pre-Race Meeting
8 p.m.	English Virtual Pre-Race Meeting

Friday, July 7, 2023

5:00 p.m. to 8:00 p.m.	Athlete Kit Pick-up (bib, stickers, swimming cap) Visit of the Athlete's Village booths
6:30 p.m.	Orientation session – Lac Leamy Park Beach

Saturday, July 8, 2023

6:15 a.m.	Athlete Kit Pick-up (<i>up to 30 minutes prior to your departure</i>)
7:00 a.m. to 7:25 a.m.	Elite athletes Bike course reconnaissance (<u>elite athletes only</u>)
7:20 a.m.	Start of the races
5:00 p.m.	End of activities

Race and Course Schedule

Schedule is subject to change without notice.

Check our website for an updated schedule and courses:

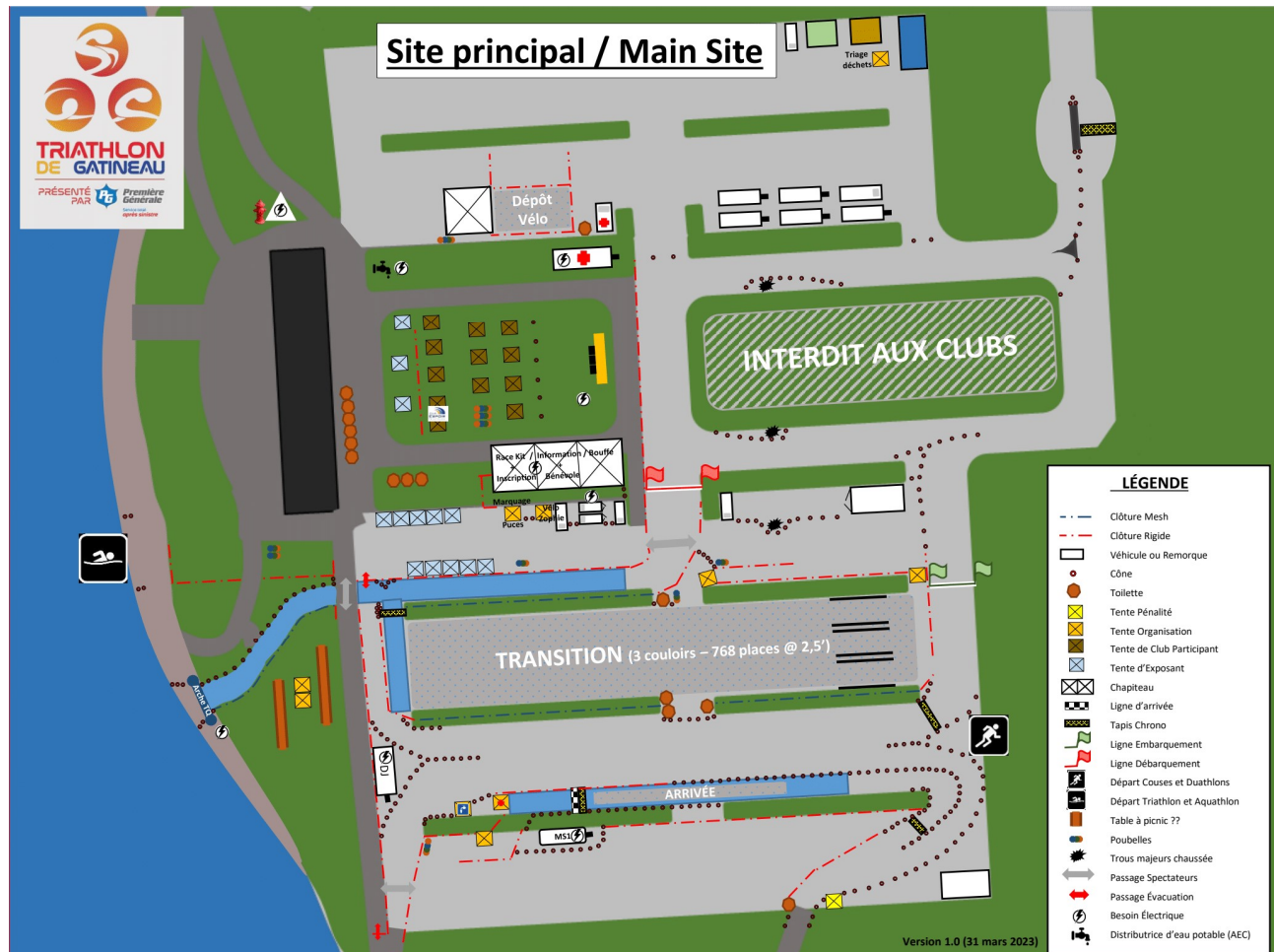
- Schedule <https://triathlongatineau.ca/races/race-schedule/?lang=en>
- Maps <https://triathlongatineau.ca/athletes-information/race-maps/?lang=en>

RACE DAY (JULY 8TH)

Road Traffic

Fournier Boulevard and the Promenade du Lac Leamy will be closed to traffic until 5 p.m. on Saturday, July 8. For access to the site, see the “How to get there” section (p. 15). The exact address to use in your GPS is: **100 rue Atawe, Gatineau, J8Y 6V8.**

Main site



Race Kits

If you have not already picked up your race kit on Friday evening (see Event Schedule, page 3), you must go to the registration tent to **pick up your race kit**. Race kits can be picked up **until 30 minutes before the start of your race**.

The race kit contains your **race bib** with number, **swim cap** and **stickers for your bike** (seat post or frame) and bike helmet (front of the helmet).

Marking

Marking of athletes, with a black felt marker, is mandatory according to the Triathlon Québec marking guide. <https://www.triathlonquebec.org/wp-content/uploads/2018/01/marquage-tq-2019.pdf> ([Athlete Marking guide, in French](#))

You can **mark yourself** using a black marker and your bib number. Otherwise, volunteers are available at the marking and chip tent behind the Main Tent starting at 6:15 a.m. on July 9. You must have your bib number in hand to proceed to marking. ***Please do not put sunscreen on before marking.***

Electronic Chip

The electronic chips will be handed out at the marking tent. When you pick up the timing chip that is loaned to you, you agree to return the chip after the competition; otherwise, you will be charged a \$45 replacement fee.

The timing chips have strong Velcro and should not come off if properly installed. If you lose your chip during the event, you must notify a volunteer promptly so that a replacement chip can be issued to you to ensure that you have a time at the finish.

If you must abandon the event, return your chip to the finish line or to a transition area official.

Transition

We ask that you arrive in transition no earlier than 60 minutes before your event. The transition area opens at 6:15 a.m. on the morning of the race. Only participating athletes and coaches are allowed in this area. Each event will have a designated area in the transition zone. Please put your bike in the rack corresponding to your event. We encourage you to bring as few personal items as possible.

A **secure temporary bike parking and bag storage** area is provided while waiting to enter transition or after retrieving your equipment.

Bibs are required to enter/exit the transition area or the temporary bike parking and bag storage area. The athlete must be marked and bike/helmet stickers must be installed before entering transition.

At the entrance to transition is the Triathlon Québec inspection tent, where the safety of your bike and the compliance of your helmet will be checked. ***To enter transition, you must wear your bike helmet strapped to your head for verification. You must also be marked, and the stickers contained in your race kit must be installed on your bike and helmet.***

For team (relay) events:

The electronic chip must be transferred between team members in the transition area. The exchange must take place in front of the place where the bike is installed.

Start Area

The start area for all swimming events is on the beach. For running events and duathlons, the start area is near the forest, to the right of the transition exit; it is indicated by a huge flag.

IT IS MANDATORY TO PRESENT YOURSELF IN THE START AREA 15 MINUTES BEFORE YOUR RACE TO RECEIVE LAST-MINUTE INSTRUCTIONS AND BE AWARE OF ANY CHANGES CONCERNING YOUR EVENT.

THIS IS ESSENTIAL FOR THE SMOOTH RUNNING OF RACE DAY.

Swim Starts

All starts are mass starts (maximum 150 people per start). If you are concerned about mass departures, we suggest you stay behind the group and leave a few seconds after the signal. This will allow you to avoid the rush of the start. **Official time starts when the official start has been given (at the sound of the starting horn).**

Start for Run Races and Duathlon

The start of the **Duathlon** and **Run Races** will be a mass start. However, a timing mat will take the individual start time of all participants.

DURING THE RACE

Courses

All course maps are available on the event website: <https://triathlongatineau.ca/athletes-information/race-maps/?lang=en>

Distances and number of laps

Race	Swim	Bike	Run	Remarks
Olympic Triathlon presented by Tourisme Outaouais and the Ville de Gatineau Qualifying Event for World Champ. AG 2024 CNFAC/CAFNC – Olympic	1500m (2 laps)	40km (6 laps)	10km (4 laps)	Bike loop 6.6km Run loop 2.5km
Coupe Québec Sprint Triathlon WITH drafting (16+) Qualifying Event for World Champ. AG 2024 Triathlon Canada National Development Series Coupe Québec Junior Sprint Triathlon WITH drafting (Juniors 16–19 yrs old) 2023 National Development Series Gatineau (registration for Junior athletes)	750m (1 lap)	20km (3 laps)	5km (2 laps)	Bike loop 6.6km Run loop 2.5km

Sprint Triathlon without drafting (16+)				
CNFAC/CAFNC - Sprint				
Corporate Challenge				
Coupe Québec Sprint Duathlon	-	20km (3 laps)	Run 1 : 5km (2 laps) Run 2 : 2.5km (1 lap)	Bike loop 6.6km Run loop 2.5km
Sprint Aquathlon Qualifying Event for World Champ. AG 2024	750m (1 lap)	-	5km (2 laps)	Run loop 2.5km
Coupe Québec U15 and U13	375m (1 lap)	10km (2 laps)	2.5km (1 lap)	Bike loop 5km Run loop 2.5km
Super Sprint/Try a Tri (12+)				
Youth 4 U11 and U13 (10–13 yrs old)	200m (1 lap)	5km (1 lap)	2km (2 laps)	Bike loop 5km Run loop 1km
Youth 3 U9 and U11 (8–11 yrs old)	100m (1 lap)	3km (2 laps)	1km (2 laps)	Bike loop 1.5km Run loop 500m
Youth 2 U7 and U9 (6–9 yrs old)	50m (1 lap)	1.5km (1 lap)	50m (1 lap)	Bike loop 1.5km Run loop 500m
10km Run	-	-	10km (4 laps)	Run loop 2.5km
5km Run	-	-	5km (2 laps)	Run loop 2.5km
1km Fun Run	-	-	1km (2 laps)	Run loop 500m

Swim

It is mandatory to wear the bathing cap provided in the race kit.

If a participant has difficulty swimming, he/she can call on a lifeguard on a boat to help him/her. He/she can hold on to the boat, but the lifeguard cannot move him/her in the water. If he is unable to complete the event, the lifeguard will take him back to the swim exit and he may

continue the bike and run if his condition allows. However, his time will not count towards the awards ceremony.

If you have any swimming difficulties and would like extra attention from the lifeguards, don't hesitate to request a SPECIAL COLOUR swim cap by sending an email to inscription@triathlongatineau.ca by Wednesday, July 5th. A SPECIAL COLOUR swim cap allows lifeguards to spot athletes who may need help or extra attention. Don't hesitate to request one before the July 5th deadline.

Note: **THE SPECIAL COLOUR** will be determined later and may be different for different races.

Wetsuit. The water temperature will be taken one hour before each race and the officials will decide if the wetsuit is allowed or not, according to Triathlon Québec rules.

Remember that wetsuits are allowed if the water temperature is less than 20 degrees Celsius for U13 and U15 and less than 22 °C for the other races. The Gatineau Triathlon is an inclusive family event. Therefore, if you decide to wear a wetsuit when it is not authorized by the officials, you can still complete the race. However, your final time will indicate a disqualification. Please note that wetsuits are strictly **forbidden** for everyone (risk of hyperthermia) if the water temperature is above 24.6 °C.

Please note that there will be no wetsuit rental on the site.

Watch our <https://www.facebook.com/TriathlonGatineau> page to know the water temperature before the event.

Bike

Drafting is FORBIDDEN in all races except the Coupe Québec Sprint with drafting, the Coupe Québec Junior, the National Development Series and the Coupe Québec U13 and U15. Time-trial triathlon bikes are allowed in all races where drafting is forbidden. To understand how to avoid drafting and the penalties that can result, watch the Triathlon Québec video on drafting at: <https://www.youtube.com/watch?v=YMwGwen5AgA>.

Time trial bikes are forbidden in races with **drafting allowed**. Wheels must have at least 12 spokes (solid wheels are forbidden), handlebars must be curved, and aerodynamic bars are forbidden.

For your safety, we are pleased to offer a cycling route **completely closed to motorized traffic**. Although the road has been repaired in the weeks leading up to the event, please be alert. Pavement defects will be marked with red 'V' shaped tape on the ground. Avoid driving over the tape, as a pavement defect is located just beyond the opening of the 'V'. If a volunteer tells you to slow down in certain technical sections, do so to ensure a safe experience. **Always ride on the right side of the road and pass on the left.**

In the event of an extreme emergency in Lac Leamy Park, **emergency vehicles** (e.g. firefighters, police officers, paramedics) may have to use boulevard Fournier and promenade du Lac Leamy to get to the beach. In the event of such an emergency vehicle on the bike course, **listen carefully** to the instructions of volunteers on foot and motorcycle, who may ask you to stop temporarily to let emergency vehicles pass. In the event that volunteers allow you to ride behind a moving emergency vehicle on the course, be aware that it is extremely dangerous and therefore **strictly forbidden to pass** the vehicle.

It is strictly forbidden to throw garbage and empty bottles on the road. Doing so could lead to a disqualification. Bring your garbage back in the transition zone or to the main site, where garbage bins will be available.

Run

Race bibs **must be worn** for the **run** (except for U13 and U15). We strongly recommend that you bring a bib number belt.

The run takes place on a **paved bike path** and is usually shaded. There are two aid stations on the 2.5km loop. There is only one aid station on the smaller loops.

Non-contact refreshment at aid stations: Each aid station will have two tables where full cups will be placed. The first table will have cups with **SPARK Nutrition** Energy Drink and the second table will have water cups. **There will be no distribution by volunteers, so athletes will have to take their cups from the tables themselves.** We ask that you **dispose of the cups IN the brown compost bins located a few metres past the aid station ... we challenge you!**

Time Limits

In order to accommodate a busy schedule and several championship races with drafting, **we must impose time limits for the Olympic Triathlon, Sprint Triathlon and Sprint Duathlon.** These time limits are based on an approximate total time to complete the event of 3 hours and 30 minutes for the Olympic Triathlon and 2 hours and 5 minutes for the Sprint Triathlon and Sprint Duathlon. These time limits would have impacted less than 2% of the participants in previous editions. These time limits will be imposed on the bike course for all affected events and on the swim course for the Olympic Triathlon.

Olympic Triathlon: 40 minutes after the start, any participant who has not completed the first swim loop (750m completed over 1.5km) will be directed to transition to start the bike portion. 2 hours and 5 minutes after the start, any participant who has not started the last bike loop (33.4km completed over 40km) will be directed to transition to start the run portion.

Sprint Triathlon: 1 hour and 10 minutes after the start, any participant who has not started the last bike loop (13.4km of 20km) will be redirected to transition to start the run.

Sprint Duathlon: 1 hour and 20 minutes after the start, any participant who has not started the last bike loop (13.4km completed out of 20km) will be redirected to transition to start the run.

In all of the above cases, if you cannot complete the entire course, your final time will indicate a disqualification, but we will allow you to complete the event. Please note that there are lap-counting mats on the site to keep track of completed laps.

AFTER THE RACE

Participation medals

A participation medal will be available at the finish line for all participants!

If you chose the green medal at registration, please do not pick up a participant medal at the finish line. A donation equivalent to the cost of the medal will be made to a local organization working to protect the environment.

Results

Results will be available online at MS1 Timing: <https://www.ms1timing.com/> immediately after the race. To reduce our environmental footprint, we will NOT be posting results on the site.

Ranking Medals

Overall medals (Gold, Silver, Bronze – for men and women) will be awarded for the following races: Olympic Triathlon (Individual and Team), Sprint Triathlon (Individual and Team), Corporate Challenge, Sprint Duathlon, Sprint Aquathlon, Coupe Québec U15 and U13, 10km and 5km races. Medal presentations will take place at the **Podium** in front of the Main Tent. Note that in accordance with the Triathlon Québec policy, there is no ranking medal being given for youth races and the Try a tri/Super Sprint.

Age group medals (5-year age groups, each men and women) will be awarded for the Olympic Triathlon presented by Tourisme Outaouais and the Ville de Gatineau and Sprint Triathlon.

Medals not claimed by 4:30 p.m. on the day of the event **will not be mailed.**

Medal Ceremony Timings

See race Schedule: <https://triathlongatineau.ca/races/race-schedule/?lang=en>

Corporate Challenge Cup

The winning team will receive the **Gatineau Corporate Triathlon Cup trophy** and a **free registration** for the 2024 edition.

The first three positions will receive gold, silver and bronze medals. In addition, the winning teams will each receive a **cheque for the charity of their choice** valued at \$1000 (1st place), \$500 (2nd place) and \$300 (3rd place) respectively.

Olympic Triathlon presented by Tourisme Outaouais and the Ville de Gatineau and Sprint Triathlon

The first man and woman in the Olympic Triathlon, Sprint Triathlon and CQ Enduro will receive a **free registration for the 2023 edition**.

Post-Race Snack

A post-race snack will be provided by **Subway, Pure Traiteur, Milk Producers** and **Honeybar**. Participating athletes **MUST** present the coupon attached to their bib to pick up their meal.

Equipment in the Transition Area and Temporary Bike/Bag Drop

In order to allow you to fully enjoy the event site before your race and to quickly clear the transition area, a secure temporary storage area for your bike is available. For your protection, your bib number will be mandatory to drop off and pick up your bike.

We ask that you vacate the transition area (take back all your equipment left in the transition area) within 30 minutes of the end of your race to make room for the following races.

Athlete Care

Medical support will be provided by **Dessercom**. In addition, the **Conseil chiropratique des Sciences du Sport du Québec (CCSSQ)** and our partner **Spécifik Performance** will be offering free massage therapy to athletes on site. Don't hesitate to visit them.



RULES

All Triathlon Québec rules apply. To consult them, visit the Triathlon Québec website:

<http://www.competitionquebec.org/officiels-et-organismes/reglements/>

Violation of these rules may result in a penalty and/or disqualification of the athlete by Triathlon Québec officials. Unsportsmanlike conduct may also result in disqualification of the participant.

PRE-RACE MEETINGS

Pre-race meetings will be held **live online on our Facebook site**.

A question period will follow each presentation.

<https://www.facebook.com/TriathlonGatineau>

SCHEDULE

Pre-race meeting for all races

Pre-race meeting **in French**: Wednesday, July 5th at **6:30 p.m.**

Pre-race meeting **in English**: Wednesday, July 5th at **8:00 p.m.**

Your presence is necessary for the smooth running of the event.

If you are unable to attend the meeting live, it will be recorded and available via our Facebook page.

PLEASE TAKE THE TIME TO WATCH IT

Our Facebook site is mostly in French, but the English Race Briefing Recording will be available therein.

OTHER INFORMATION

Lost and Found

All lost items will be returned to the Main Tent.

Club Zone

A Club Zone will be established on the site. Please check with the organization before setting up a tent in the Club Zone. The National Capital Commission (NCC) does not allow tents to be left elsewhere on the site overnight. Although you can leave equipment in the Club Zone overnight, we cannot guarantee its safety.

Exhibitors

We are pleased to announce that many exhibitors will be back this year! Booths will be open between 5:00 p.m. and 8:00 p.m. on Friday night and all day during the competitions. Follow our [Facebook](#) account in the weeks leading up to the event to find out which exhibitors will be there.

Food

In accordance with NCC rules, there is no food service other than the post-race snack for participants available on site at Lac Leamy Park. Please plan accordingly.

Washrooms/Change Rooms

Washrooms and change rooms at the Lac Leamy Pavilion will be available and portable toilets for participants will be available at many locations on the site.

Camping and Overnight Parking

Please note that the National Capital Commission (NCC) prohibits overnight camping or parking in Leamy Lake Park. It is also forbidden to leave equipment or tents in the Park overnight, except in the Club Zone.

Trailers and RVs are tolerated in the North parking lot, near the Centre de Plein Air du Lac Leamy (100, rue Atawe), which belongs to the City of Gatineau. However, due to the number of participants expected on July 9, it will likely be impossible to leave the parking lot with a trailer or RV before 5:00 p.m. on the day of the triathlon.

Photos

There will be no official photo service. Volunteer photographers will be taking pictures throughout the day, but we cannot guarantee that everyone will be photographed. Thank you for your understanding. Photos will be available via our Facebook site a few days after the event.

HOW TO GET THERE

Here is the exact address to use on your GPS: **100, rue Atawe, Gatineau, QC J8Y 6V8.**

Parking

On the day of the event, you will be able to park free at the Lac Leamy North parking lot at 100, rue Atawe, Gatineau (primary parking lot).

In case of overflow, a portion of the **Réno Dépôt** parking lot as well as the **Casino du Lac Leamy** parking lot will be available **free of charge** and the parking staff will direct you there.

Please note that if you park at Réno Dépôt and are not in a parking space generously lent to the triathlon as indicated by our parking staff, you may be towed at your own expense.



A short walk of approximately 10 to 15 minutes is required to reach the event site. Please plan your arrival accordingly. You will be able to access the site by walking around the north side of the lake. The south side trail will be closed.

Road Traffic

Vehicular access to 100 Lac Leamy Drive (triathlon site) will not be possible on the day of the event. The Lac Leamy Parkway will remain closed until 5:00 p.m. on Saturday, July 8 and it is forbidden to camp or leave items (other than in the Club Zone) on the site at the Lac Leamy Beach overnight. In addition, Fournier Boulevard will be closed to traffic from 6:00 a.m. to 5:00 p.m. on Saturday, July 8 between Jacques-Cartier and Joanisse Streets.

CONTACT US

For any information, please email us at info@triathlongatineau.ca or visit our Facebook page at <https://www.facebook.com/TriathlonGatineau>.

Club Espoir Triathlon Gatineau
wants to thank you for your support!



ALL TOGETHER FOR AN ECO RESPONSIBLE TRIATHLON



Aware of our responsibility towards the ecosystem, the organizing committee has put in place several eco-responsible measures as well as waste and land management systems. Furthermore, we have carefully chosen our products and suppliers so that the Triathlon Gatineau can hold an eco-responsible event and we are proud to meet **Triathlon Québec's ECO TQ Gold certification** this year. Therefore, we need your collaboration to reach our objectives and to respect our environment.

Green Brigade

During the event, a team will act as a “Green Brigade” and will have the mandate to oversee the eco-responsibility of the site, including the management of residual materials.



Residual materials management

The site will have sorting stations (composting [**brown**], recycling [**blue**], garbage [**black**]). Each station will be accompanied by explanatory signage. Members of the **Green Brigade** will help with sorting waste. Help them by choosing the right bin for your waste.

Nutrition



Products made of Styrofoam (plates, glasses, etc.) and number 6 plastic (not recyclable in Québec) **are prohibited** on the site. At the aid stations, we will distribute compostable cups. Water stations will also be available on the site to refill your reusable bottles. ***Don't forget to bring your own reusable water bottle.***

Use reusable or cloth bags for your snacks. Avoid using plastic bags or over-packaged products.

Opt for a responsible diet. Pay attention to waste and choose healthy nutrition.



Transportation

Use active transportation or public transit to get to the event site. While respecting health restrictions, we highly encourage carpooling.



THANK YOU FOR HELPING US REMAIN A LEADER IN ECO-RESPONSIBILITY IN QUÉBEC

*The Gatineau Triathlon won the Vivat RecycQuébec Award
– Eco-responsible event – Reduction at source – Gala CQEER 2021*

MESSAGES AND PROMOTIONS FROM OUR PARTNERS

Tourisme Outaouais and Ville de Gatineau



Tourisme Outaouais and the Ville de Gatineau will be part of the festivities during the Triathlon de Gatineau! An information booth will be on the site to present various activities that can be done while in the Outaouais, such as the Cultural Trail, an urban art trail in the heart of downtown Gatineau, and more.

To find out more about the activities organized on the territory of the City of Gatineau: gatineau.ca/calendrier

Honeybar

Special online offer at: www.honeybar.ca



GREAT PARTNER



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