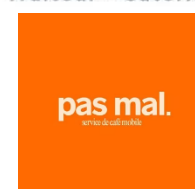


TRIATHLON DE GATINEAU 2026 – ATHLETE GUIDE



TRIATHLON DE GATINEAU – 34th Edition



It is with great pleasure that we welcome you to the 34th edition of the 2026 Gatineau Triathlon, presented by Première Générale, on Saturday, July 4, 2026, at the beautiful Lac-Leamy Park. 🏊‍♂️ 🚴‍♂️ 🏃‍♂️ Accessible, festive, and community-driven, this event is open to participants of all ages and levels — from first-time triathletes to seasoned competitors — whether your goal is to push your limits, perform, or simply enjoy a great experience with friends, colleagues, or family. This year's program includes:

- Grand Prix Series
- Québec Cup events
 - U13 / U15 – Québec Championships and Outaouais Regional Final
 - Junior
 - Age-Group Sprint – Super Series
- Individual and Team Triathlons — Try a tri, Sprint Olympic

A great opportunity to discover the excitement of draft-legal triathlon racing on a fast and safe course.

♦ **Events open to all:** Aquathlon, Duathlon, and 1 km, 5 km, and 10 km running races

🌱 The 2026 Gatineau Triathlon is an eco-responsible event, recipient of the Vivat Award, organized by Club Espoir — a fully volunteer-run organization. All profits support young athletes aged 7 to 17 from Club Espoir.

🙌 Thank you to Première Générale, the City of Gatineau, our partners, and all volunteers who contribute to the success of this event.

💡 **PLEASE TAKE THE TIME TO READ THIS GUIDE — it contains all the important information you need to fully enjoy your experience safely.**

The Organizing Committee

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On Saturday, July 4, 2026, Lac-Leamy Park will come alive with the 34th edition of the Gatineau Triathlon, a major sporting event that brings together hundreds of athletes and enthusiasts every year. I extend the warmest welcome to all participants taking on this wonderful challenge.

For more than 30 years, the Gatineau Triathlon has promoted the benefits of physical activity, healthy lifestyle habits, and personal achievement. Through initiatives like Club Espoir, the event also helps inspire and support the next generation of athletes in our region.

The triathlon is also a fantastic opportunity to bring our community together. Athletes, families, volunteers, and spectators gather in a friendly, inclusive, and energetic atmosphere that has become the hallmark of this event.

I sincerely thank the volunteers, partners, sponsors, and the entire organizing team. Your passion and dedication make it possible, year after year, to offer a memorable experience to participants and the public.

To all triathletes, congratulations on your determination and courage. I wish you a day filled with joy, pride, and great accomplishments.

And to those discovering Gatineau through the triathlon, I hope you enjoy your stay and take the opportunity to appreciate everything that makes our city beautiful and vibrant.

A handwritten signature in black ink, which appears to read 'Maude Marquis-Bissonnette'.

Maude Marquis-Bissonnette
Mayor of Gatineau

EVENT SCHEDULE

Registrations

 **Online registration closes on Sunday, June 28 at 11:59 p.m.**

 If spots remain, on-site registration will be available on Friday evening, with an additional fee.

 **Accepted payment methods on site:**

- Cash
- Credit card

 **Category changes**

Category changes may also be made on site on Friday evening.

Please note:

- No refund will be issued for switching to a less expensive event.
- Additional fees apply when switching to a more expensive event.

 **Questions or issues with your registration?** Contact us as soon as possible at: inscription@triathlongatineau.ca

Wednesday, July 1, 2026

6:30 p.m. – Virtual pre-race meeting in French

8:00 p.m. – Virtual pre-race meeting in English

Friday, July 3,

5:00 p.m. to 8:00 p.m. – Athlete kit pickup (bib, stickers, swim cap)
Visit the Athlete Village kiosks.

6:30 p.m. – Orientation session – Lac-Leamy Park Beach

Saturday, July 4, 2026

From 6:15 a.m. – Athlete kit pickup (until 30 minutes before your start)

7:30 a.m. – Start of races

4:00 p.m. – End of activities

Race Schedule and Courses

The schedule may change without notice.

Please consult our website for the most up-to-date schedule and course maps:

- [Race Schedule](#)
- [Course Maps](#)

RACE DAY (JULY 4)

Road Closures

 **Boulevard Fournier** and **Promenade du Lac-Leamy** will be closed to traffic until 5:00 p.m. on Saturday, July 4 due to the event.

 Before leaving home, check the **How to Get There** section (p. 15) to plan your route.

 **GPS Address: 100 Atawe Street, Gatineau (Québec) J8Y 6V8** Lac-Leamy Park – Main competition site

Race Kit

 **Didn't pick up your race kit on Friday evening?** No problem — simply go to the registration tent on race day.

 Kits can be picked up until **30 minutes before your event start**.

 **Your race kit includes:**

- Your bib
- Your swim cap
- Identification stickers for:
 - your bike (seat post or frame)
 - your helmet (front of the helmet)

Athlete Marking

 Athlete body marking with a black marker is mandatory, according to Triathlon Québec standards.

 You may:

mark yourself using a black marker and your bib number;

or use the marking service provided by our volunteers.

 The marking and timing chip tent will be located behind the main tent and will open at 6:15 a.m. on July 4.

 Important:

You must have your bib in hand to access the marking area.

Avoid applying sunscreen before marking to ensure proper ink adhesion.

 Official guide:

[Triathlon Québec Athlete Marking Guide](#)

Timing Chip

 Timing chips are distributed at the marking and chip tent.

By picking up your chip, you agree to return it at the end of your event.

 A **\$50 fee** will be charged for any unreturned chip.

 The provided Velcro straps are designed to hold the chip securely when properly installed.

 **If you lose your chip during the event:**

- notify a volunteer immediately;
- a replacement chip will be issued so your time can be recorded.

 **If you abandon the race:**

Please return your chip:

- at the finish line;

- or to a transition zone official.

Transition Zone

 Nous vous recommandons d'arriver à la zone de transition au moins **60 minutes avant le départ** de votre épreuve.

 La transition ouvrira dès **6 h 15** le matin de l'événement.

Accès à la transition

 Only registered athletes and accredited coaches are allowed inside the transition zone.

 Each event has its own designated section. Make sure to place your bike on the rack corresponding to your category.

 We encourage you to bring only the minimum amount of personal belongings.

Temporary Bag Check

 A secure temporary bag check area will be available for:

- bike storage
- bag storage

This service is available **before the transition opens** or **after you remove your equipment**.

 Your bib is required to enter or exit:

- the transition zone
- the temporary bag check area

Before entering transition, you must:

-  be body-marked
-  have installed the stickers on your bike and helmet

Bike and Helmet Inspection

 At the transition entrance, the Triathlon Québec inspection tent will verify:

- the safety and compliance of your bike
- the compliance of your helmet

 To access transition:

- your helmet must be fastened on your head
- your bike and helmet must have the official stickers
- your body marking must be completed

Team Events

 The timing chip must be transferred between team members inside the transition zone.

 The exchange must take place in front of the team's bike location.

Start Area

  For all events with swimming, the start takes place directly on the beach.

 For running races and duathlons, the start area is located near the forest, to the right of the transition exit.

 Look for the large flag to easily find your start area.

 **YOU MUST BE IN THE START AREA 15 MINUTES BEFORE YOUR RACE** to receive last-minute instructions and any updates regarding your event.

This is essential for the smooth operation of race day.

Swim Start

 For the Sprint, Olympic, and Try-a-Tri triathlons, starts will be in a continuous rolling wave format. Participants will enter the water progressively according to their category or estimated swim time, ensuring a safe and smooth experience.

Duathlon / Run Start

The duathlon and running races will use a mass start.

DURING THE COMPETITION

Categories and Distances

👉 For age categories, distances, and details of each event, visit:
[Triathlon de Gatineau – Categories and Distances](#)

Swim

👤 Wearing the swim cap provided in your race kit is **mandatory** for all swim events.

Assistance During the Swim

🛶 If you experience difficulty in the water, you may request help from a lifeguard.

You are allowed to:

- hold onto a safety boat
- take a moment to recover

⚠️ However, lifeguards may **not** move you forward in the water.

If you cannot complete the swim, lifeguards will bring you back to shore. You may continue with the bike and run if you are able, but **your result will not be eligible for rankings or awards**.

Special-Color Swim Cap

💛 Participants who want increased monitoring during the swim may request a **special-color swim cap**.

This cap helps lifeguards quickly identify athletes who may require extra attention.

✉️ To request one, email before Wednesday, July 1 at: inscription@triathlongatineau.ca

ℹ️ The color will be confirmed before the event and may vary by race.

Wetsuit Rules

🌡️ Water temperature will be measured one hour before each start.

Triathlon Québec officials will determine whether wetsuits are allowed.

General Rules

✅ Wetsuit allowed when water is:

- below **20°C** for Junior and U13–U15
- below **22°C** for all other events

⚠️ If you wear a wetsuit when it is **not allowed**:

- you may still participate
- but your result will show a **disqualification (DQ)**

🚫 Wetsuits are **prohibited for everyone** when water temperature exceeds **24.6°C** due to hyperthermia risk.

There will be **no wetsuit rental service** on site.

Follow our Facebook page for water temperature updates.

Bike – Rules and Safety

🚴 **Drafting is prohibited** in all events except:

- Grand Prix Series / Québec Cup Junior
- Québec Cup U13 and U15

Non-Drafting Events

✅ Triathlon / time-trial bikes are allowed.

Draft-Legal Events

🚫 Time-trial bikes are **not** permitted.

Bike Course Safety

🚧 The bike course is fully closed to vehicle traffic for your safety.

⚠️ Although several road repairs were completed before the event, remain vigilant. Road imperfections will be marked with a **red “V”** on the pavement.

👉 Avoid riding directly on the marking — the defect is just after the opening of the “V”.

 If a volunteer asks you to slow down in a technical section, please follow instructions for everyone's safety.

 Important reminders:

- always ride on the right
- pass on the left

 Littering on the course is prohibited.

 Triathlon Québec officials ensure rule enforcement and safety throughout the course. Any infraction may result in disqualification.

 Please keep your waste until:

- the transition zone
 - or designated waste areas on the main site
-

Run

 Wearing your bib is mandatory for the run, except for:

- Grand Prix Series
- Junior
- U13
- U15

 A race belt is strongly recommended.

 The run course is mostly on a shaded, paved bike path.

 **Aid Stations:**

- two stations on the 2.5 km loop
- one station on shorter loops

Each station includes:

- SPARK Nutrition sports drink
- water

 Volunteers may hand out cups, but athletes may also self-serve.

 Please dispose of cups in the **brown compost bins** located after each aid station.

Time Limits

 To ensure smooth operations and respect championship schedules, time limits apply to:

- the Olympic Triathlon

These measures historically affect fewer than 2% of participants.

Olympic Triathlon Time Limits

 **40 minutes after start:** Participants who have not completed the first swim loop (750 m / 1.5 km) will be directed to transition.

 **2 hours 05 minutes after start:** Participants who have not begun the final bike loop (33.4 km / 40 km) will be redirected to the run.

AFTER THE COMPETITION

Participation Medal

🏅 All participants who cross the finish line will receive a participation medal.

🌱 If you selected the **Green Medal** option during registration, please do **not** take a medal at the finish. The equivalent value will be donated to a local environmental organization.

Results

 Results will be available online a few minutes after you finish, on the **MS1 Timing** results website.

♻️ To reduce our environmental footprint, **no paper results** will be posted on site.

Podium Medals

🏆 Gold, silver, and bronze medals will be awarded to the top three men and top three women in the following events:

- Grand Prix Series
- Québec Cup Age-Group Sprint
- Québec Cup Junior
- Olympic Triathlon (individual & team)
- Sprint Triathlon (individual & team)
- Sprint Duathlon
- Sprint Aquathlon
- Québec Cup U13 & U15
- 5 km Run
- 10 km Run

🏆 Award ceremonies will take place at the podium in front of the main tent.

 According to Triathlon Québec policies, **no ranking medals** are awarded for recreational youth events or the Intro Triathlon.

Age-Group Medals

Additional medals will be awarded to the top participants in each 5-year age group (men and women) for:

- Olympic Triathlon
- Sprint Triathlon

⚠ Medals not claimed before **4:30 p.m.** on race day **cannot be mailed.**



Medal Ceremony Schedule

Please consult the official race and ceremony schedule to know your medal presentation time.



Special Winner Prize

🎁 The first-place man and woman in the **Olympic Triathlon** and **Sprint Triathlon** will receive a **free entry** for the 2027 Gatineau Triathlon.



Post-Race Snack

🍏 After your event, enjoy a snack offered thanks to our partners:

- Subway
- Pur Traiteur
- Dairy Farmers of Canada

🎫 To receive your snack, present the detachable coupon attached to your bib.

Clearing the Transition Zone

🕒 Please retrieve all your equipment and clear your transition space **within 30 minutes** after finishing your event.

This ensures smooth preparation for the next races.

 Athlete Care

 Your safety and well-being are a priority throughout the event.

 Medical support will be provided by **Groupe Instant Santé**.

 Professionals from the **Québec Sports Chiropractic Science Council** will also be on site offering free post-race recovery treatments.

Feel free to visit them before or after your race.



 Competition Rules

All **Triathlon Québec regulations** apply during the event and take precedence over this guide.

 We encourage you to review them before your race:

[Triathlon Québec Official Rules](#)

 Any rule violation may result in a time penalty or disqualification, at the discretion of officials.

 Participants are expected to show respect, courtesy, and sportsmanship toward other athletes, volunteers, officials, and spectators.

 Unsportsmanlike or dangerous behavior may also result in disqualification.

ADDITIONAL INFORMATION

Lost & Found

-  Lost or found an item during the event?
 -  All items will be brought to the main tent.
-

Club Zone

-  A designated area for clubs will be set up on site.
 -  Before setting up a tent, please confirm your location with the organization. The National Capital Commission does **not** allow tents left elsewhere on site overnight.
 -  Some equipment may be left in the Club Zone, but the organization cannot guarantee security.
-

Exhibitors

-  Exhibitor kiosks will be open:
 - Friday evening from 5 p.m. to 8 p.m.
 - All day during the competitions
 -  Follow our Facebook page in the weeks leading up to the event to discover the exhibitors.
-

Toilets & Changing Rooms

-  Facilities at the Lac-Leamy Pavilion will be accessible to participants.
- On site you will find:
- washrooms
 - changing rooms
 - several portable toilets throughout the venue
-

Camping & Overnight Parking

 The National Capital Commission prohibits:

- camping in Lac-Leamy Park
- overnight parking
- leaving equipment or tents on the beach overnight (except in the Club Zone)

RVs and trailers are allowed in the **North Parking Lot**, near the Lac-Leamy Outdoor Centre (100 Atawe Street).

 Due to expected traffic on race day, it may be impossible to leave this parking lot before **5 p.m.**

Event Photos

 There will be **no official photography service**.

 Photographers will be present throughout the day, but we cannot guarantee that every participant will be photographed.

 Photos will be posted on the Gatineau Triathlon Facebook page in the days following the event.

HOW TO GET THERE

Use this exact address in your GPS: **100 Atawe Street, Gatineau QC J8Y 6V8**

P Parking

The main event parking lot is:

📍 **Lac-Leamy North Parking Lot** 100 Atawe Street, Gatineau (Québec)

Parking is **free** for all participants and spectators.

If full, additional free parking will be available at:

- designated areas of **RONA+**
- **P6** parking at the Casino du Lac-Leamy

Parking staff will direct you to available spaces.

⚠️ If using RONA+ parking, park **only** in areas marked for the Gatineau Triathlon.

🚗 Vehicles parked in unauthorized areas may be towed at the owner's expense.

🙋 Please follow staff instructions to ensure smooth and safe traffic flow.



🚶 Access to the Site

🚶 From the parking lots, expect a **10–15 minute walk** to the event site.

🕒 Plan your arrival accordingly, especially if you need to pick up your kit, timing chip, or prepare your equipment.

➡️ Access to the site will be via the **north side** of the lake.

🚫 The south-side path will be closed during the event.

Road Closures

 Vehicle access to the main triathlon site (100 Promenade du Lac-Leamy) will be impossible on race day.

 Promenade du Lac-Leamy will remain closed until **5 p.m.**

 It is also prohibited to:

- camp on site
- park overnight
- leave equipment on the beach overnight

 Boulevard Fournier will also be closed from **6 a.m. to 5 p.m.**, between Jacques-Cartier and Joanisse streets.

Please plan your travel accordingly.

Contact Us

Have a question before or on race day?

 Email: **info@triathlongatineau.ca**  Facebook: **Triathlon Gatineau**

Our team will be happy to assist you. 😊

Club Espoir Triathlon Gatineau

thank you for your support!





Eco-Responsibility

The 2026 Gatineau Triathlon is committed to reducing its environmental impact through numerous eco-friendly initiatives and responsible waste management.

🏆 Thanks to the efforts of our team, partners, and participants, we proudly aim to maintain the highest standards of **Triathlon Québec's EcoTQ certification**.

Your collaboration is essential.



Green Brigade

♻️ Throughout the day, our Green Brigade will:

- assist participants
- answer questions
- promote good environmental practices
- support waste sorting

Feel free to ask them for guidance.



Waste Management

♻️ Sorting stations will be installed throughout the site, including:

- Compost
- Recycling
- Landfill waste

Each station will be clearly identified, with volunteers available to help you sort correctly.



Hydration & Waste Reduction

- 🚫 Styrofoam containers and plastic #6 products are not allowed on site.
- 🗑️ Aid stations will use **compostable cups**.
- 💧 Water refill stations will be available.
- 👉 Bring your own reusable bottle to reduce single-use waste.

Responsible Food Choices

 We encourage simple eco-friendly habits:

- use reusable bags for snacks
- avoid single-use packaging when possible
- choose minimally packaged products
- reduce food waste

 Take only what you need and consume what you take.

Sustainable Transportation

Lorsque possible, privilégiez les modes de déplacement à faible impact environnemental pour vous rendre à l'événement :

-  Transport actif (marche ou vélo)
-  Transport en commun
-  Covoiturage

Chaque déplacement plus durable contribue à réduire l'empreinte environnementale de l'événement et à préserver le magnifique environnement du parc du Lac-Leamy.

Recognition

 The Gatineau Triathlon has received the **Vivat Award – Eco-Responsible Event – Source Reduction**, presented at the Québec Council for Eco-Responsible Events Gala. Together, let's continue making the 2026 Gatineau Triathlon a leader in sustainable sporting events.

 Every action counts. Thank you for being part of the solution!



Welcome to the Outaouais, a region where vibrant urban life and authentic experiences come together with a breathtaking nature. As well as experiencing the excitement of the Triathlon de Gatineau, athletes will have the opportunity to discover the Outaouais with museums, cultural events and a unique playground for lovers of the outdoors and sporting activities. Make the most of your stay in Gatineau to explore everything the region has to offer!

OUTAOUAIS

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EXPLORE THE
REGION!