



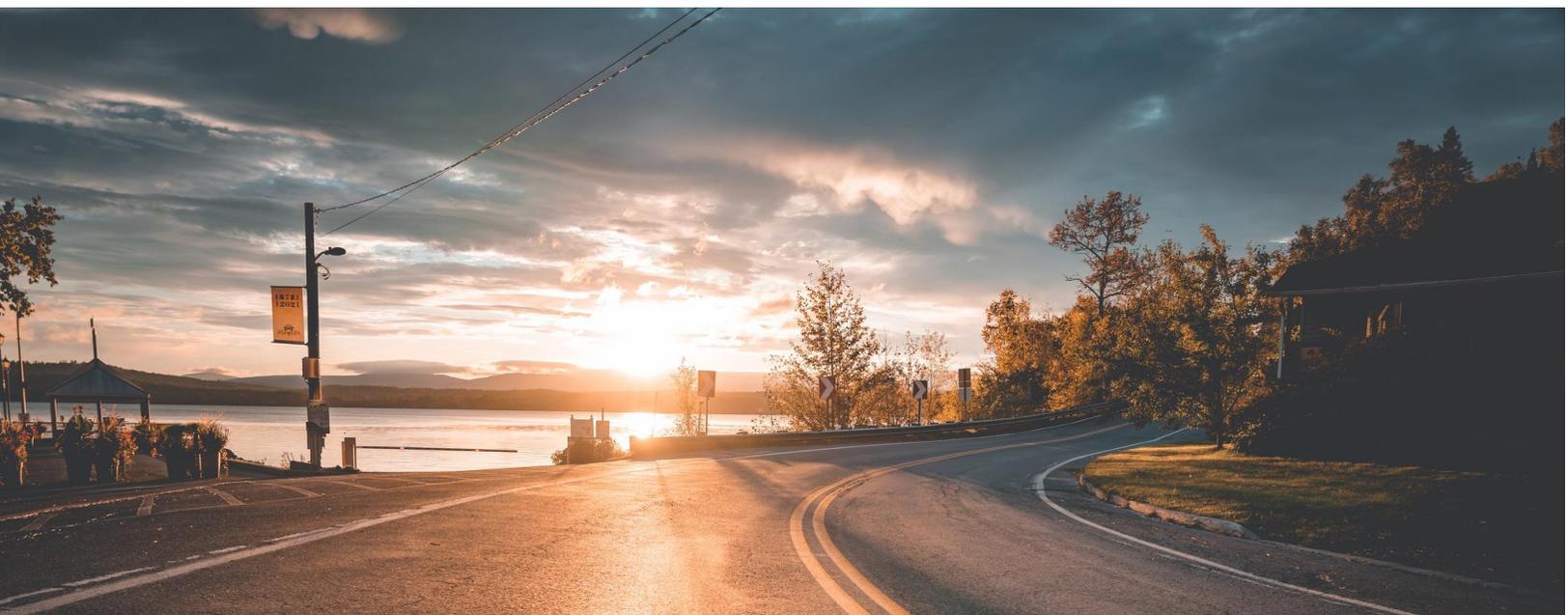
ATHLETE'S GUIDE 2023

Half long distance triathlon

August 27, 2023

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Welcome

Dear athletes,

Welcome to the first edition of the Piopolis-Carrabassett Valley International Triathlon. It is thanks to you that this magnificent race, a project we have been dreaming of for a long time, can finally see the light of day.

By participating in this daring triathlon that traces its course on both sides of the Canada-U.S. border, you will experience a real journey starting with the crossing of one of the most beautiful lakes in Quebec, followed by a spectacular and rolling bike portion and a nature run along the Carrabassett River that will take you to your final destination, the Sugarloaf region and its impressive mountains. You will tread a course full of history and surpassing oneself.

This event is intended to be family and inclusive. Your loved ones are welcome during this sports weekend in the heart of Piopolis, a picturesque and lively village. Several triathlon and running events are on the program in addition to the festivities planned by this beautiful community.

Several important informations are contained in this guide, which is mainly aimed at athletes of the half-long distance triathlon. For other events, please refer to our website where all the information can be found or write to us.

We look forward to meeting you there!

Felix Guèvremont
Race Director



Weekend schedule

Friday, August 18, 2023

HOUR	EVENT	PLACE
8:00 PM	Pre-race meeting (half long distance) on Facebook live	Piopolis International Triathlon <i>Facebook Page</i>

Saturday, August 26, 2023

HOUR	EVENT	PLACE
5:30 A.M. TO 7:30 A.M.	Delivery of bibs for Saturday's events	Maison culturelle Laurier-Gauthier
5:45 A.M. TO 6:45 A.M.	Installation of the transition zone for the sprint and the Olympic	Marina of Piopolis
7 A.M.	Start of the Olympic triathlon	Marina of Piopolis
8 A.M.	Start of the sprint triathlon	Marina of Piopolis
8:30 A.M.	Start of the running events 5, 10 and 21 km from Piopolis	Marina of Piopolis
10:30 A.M.	Post-race meal begins	Maison culturelle Laurier-Gauthier
11 A.M.	Start of the children's triathlon and children's 1 km race	Marina of Piopolis
4PM TO 8PM	Delivery of bibs and chip for the half long distance	Maison culturelle Laurier Gauthier

Sunday, August 27, 2023

HOUR	EVENT	PLACE
5 A.M. TO 5:55 A.M.	Installation of the T1 transition zone and delivery of bags for T2	Marina of Piopolis
5:55 A.M.	Departure of the 2 shuttles to Sachs-Mercier Park	Marina of Piopolis

6:45 A.M.	Start of the half-long distance triathlon	Sachs-Mercier Waterfront Park (see <i>morning shuttle</i>)
7:15 A.M. TO 8:15 A.M.	Bib presentation for the Carrabassett Valley Half Marathon	SugarBowl, Carrabassett Valley
8:30 A.M.	Start of the Carrabassett Valley Half Marathon	SugarBowl, Carrabassett Valley
11 A.M.	Post-race meal and awards ceremony	SugarBowl, Carrabassett Valley
1 P.M. TO 2 P.M.	Departure of the shuttles for the return to Piopolis	Departure of the SugarBowl, arrival at the Piopolis Marina

Important addresses

Piopolis Marina: **516 Rue Principale, Piopolis, QC G0Y 1H0, Canada**

Maison culturelle Laurier-Gauthier: **462 rue Principale, Piopolis QC G0Y 1H0, Canada**

Sachs-Mercier Park: **664 Rte 161, Frontenac, QC G6B 2S1, Canada**

The SugarBowl : **1242 Carrabassett Drive, Carrabassett Valley, ME 04947, USA**

Delivery of bibs

For the Saturday distances, bibs are handed out the same morning (Saturday, August 26) at the Maison culturelle Laurier-Gauthier between 5:30 a.m. and 7 a.m.

For the half-long distance, bibs will be handed out on Saturday, August 26 between 4pm and 8pm, at the Maison Culturelle Laurier Gauthier. You will receive your chip (swimming), a sticker to stick to your bike and your bib (running). Note that the installation of transition areas and marking will only be done on Sunday morning before departure.

Parking and shuttle (logistics)

Parking will be available in the village of Piopolis all weekend: at the municipal garage, the municipal office and the church. Note that Saturday's distances all return to the starting point.

Shuttles for the half long distance (Sunday)

Morning shuttle

Buses will take you to the departure point from Piopolis. The departure is on the other side of the lake, at the Sachs-Mercier Waterfront Park. There is no parking allowed at this location. However, you can be dropped off by an accompanying person.

Departure: **5:55 am**. Travel time: approximately 15 minutes.

You can leave an identified bag containing your morning clothes on the bus. Drop it off in the first benches of the bus when you leave. These bags will be brought back to Piopolis and will be left in the T1 transition zone.

Return shuttle

On Sunday, after the event, two charter buses will take the athletes who wish to do so back to the starting point. Departure from Carrabassett Valley (at the Sugarbowl) between 1pm and 2pm, depending on the arrival time of the participants.

The bikes will be carefully transported in a transport truck to Piopolis. You will need to have your bib to take possession of it. They will be available from 4pm at the marina of Piopolis.

Crossing borders

The half-long distance is the only route that crosses borders.

A regular but accelerated control will be carried out during the passage through US customs. You must have your passport and any other necessary documents, if applicable, on hand. You must be in good standing and respect the restrictions

regarding items prohibited from passage. https://help.cbp.gov/s/sidebar-top-5-import?language=en_US.

You must therefore stop at the indicated place before crossing the borders, line up according to your order of arrival and follow the instructions of the agents. Note that the stopwatch will be suspended for each cyclist before entering the United States and will be restarted after their passage.

If you are a non-Canadian national, and you need to present a travel authorization through ETSA, make sure you hold it before the event.

We also recommend having valid personal insurance in the United States.

Passport:

Mandatory during the bike portion for crossing borders. You can either drop it off with your bike in the T1 zone on Sunday morning or carry it with you throughout the event in a waterproof bag.

Transition areas

T1: The T1 swim-bike zone is located at the marina of Piopolis. You must install it between 5am and 5.55am on Sunday morning before departure.

T2: As the zone is in the United States, you will need to put in a personal bag or bin all the items you will need for the bike-race transition as **well as everything you will need after the race** and give it to the volunteers by going to install T1 on Sunday morning. The bags will be transported to T2 and will be given to you when you arrive from the bike.

At the event, your bicycle helmet and shoes (and any other items) must be returned in this bag, which will be brought back to Canada with your bike.

Teams

You will have a single chip, which will have to be given to the next teammate during transitions.

Each member of the team must go autonomously to his place of departure, no shuttle to go is planned. Access to the return shuttle as needed (Carrabassett Valley – Piopolis)

As for the solo event, the bike must be installed in the transition area on Sunday morning between 5am and 5.55am.

After the race

Don't forget to hand over your chip! A post-race meal will be served at the SugarBowl near the finish line. The awards ceremony will take place at 12 noon.

Wildlife

Be careful, the bike portion takes place in a wild area. You may encounter several species of animals: bears, roe deer, moose, coyotes, lynx, in addition to small mammals.

General race instructions

This is an event where drafting is prohibited on a bike.

Roads will not be closed. Be careful and courteous to other participants, volunteers and motorists.

In case of abandonment, please report your decision to a volunteer.

If you encounter a seriously injured athlete, you are obliged to assist them until someone else who can take care of them arrives.

Be as autonomous as possible in terms of knowledge of courses and nutrition.

Refuelling stations

The ravitos on the course will offer water (filling available), fruit and electrolytes. You are still responsible for your nutrition. You will have access to 3 stations during the bike portion and you will pass 6 stations during the running portion. A station will also be installed at each transition area.



RACE INFO

Triathlon half long distance

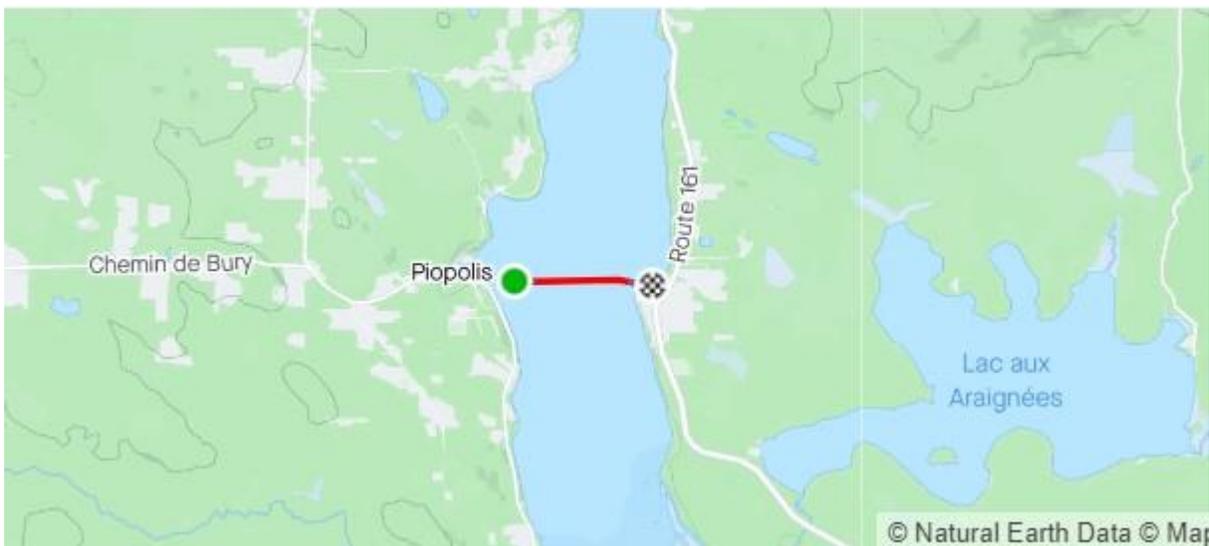


Swimming

1.9 km

This is a lake crossing in the direction of the width. Buoys will be installed and the area will be patrolled throughout the swimming portion. Instructions on the wearing of wetsuits will be given in the morning by the advertiser.

Departure in the water at the Sachs-Mercier Waterfront Park. Exit to the Marina of Piopolis.



Bicycle

90 km

Altitude difference: 350 meters d+

Departure of the bike at the marina of Piopolis, end of the bike at the airport of Sugarloaf.

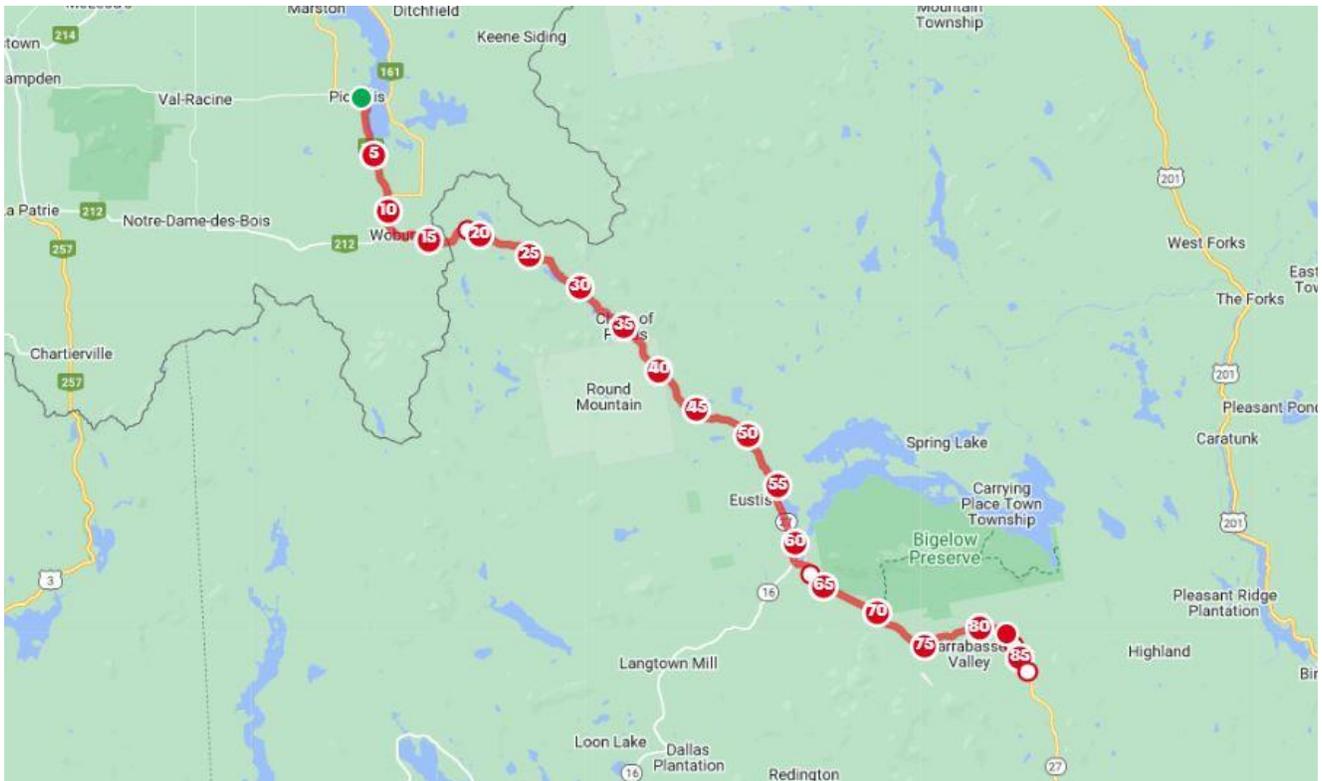
DIRECTIONS

MILEAGE

1	At the exit of the swim, turn right on Route 236, that becomes route 161. Keep this road to the U.S. border.	Km 0
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2 | Wait in line to cross customs and continue on Route 27 until the U-turn at km 86. Km 20

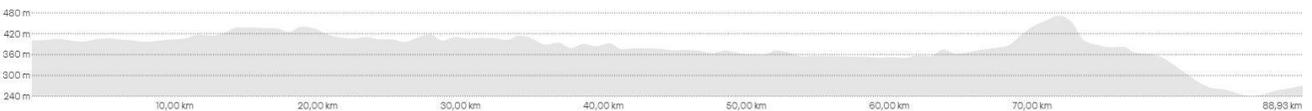
3 | Arrival at transition zone T1. Put down your bike and put on your running shoes. Km 86



Dénivelé

Cliquez et faites glisser le curseur sur une section pour obtenir les données de dénivelé approximatives. Les données de dénivelé exactes s'affichent une fois le parcours enregistré.

Début **401 m** Maximum **472 m** 增益值 **351 m**



Running

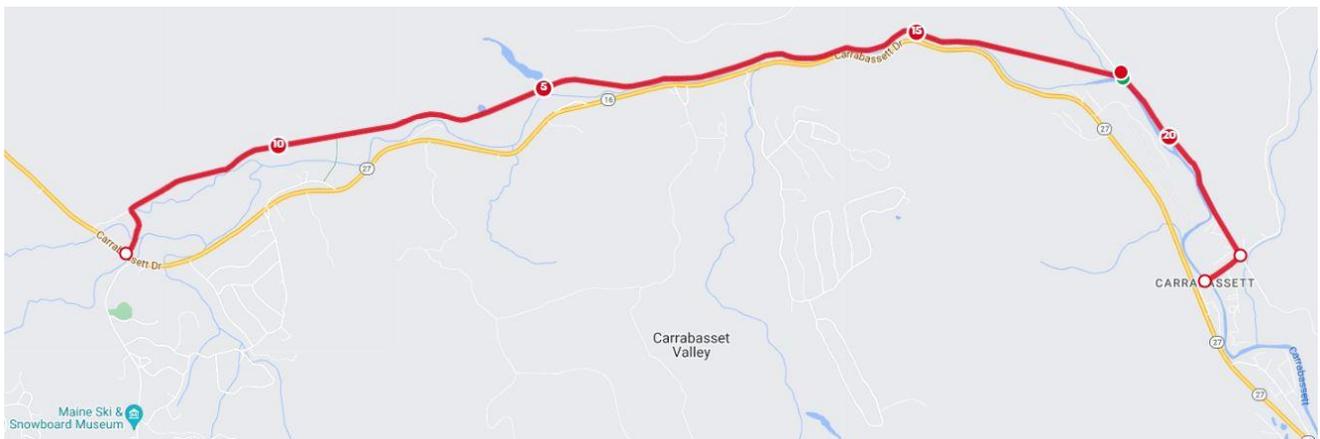
21 km

Altitude difference: 170 meters d+

DIRECTIONS

MILEAGE

- | | | |
|---|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| 1 | At the exit of the transition zone, follow the markings to access the multifunctional Narrow Gauge Pathway. | Km 0 |
| 2 | Arrived at the bridge, turn left on the multipurpose track. Keep left, along the river. | Km 1 |
| 3 | Stay on the multifunctional track until the U-turn at km 8. | Km 8 |
| 4 | Repeat the route in the opposite direction to the bridge and continue straight until you reach Carriage Road. Turn right and continue until the U-turn. | Km 16
Km 18.5 |
| 5 | Return to the bridge and turn left until you finish. Congratulations! | Km 20.5 |



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que je choisis...*

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