

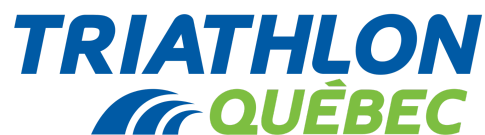


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Québec

Athlete Guide 2025



Version 2025-09-12

Table of Contents

Table of Contents.....	1
Welcome Word(s).....	4
How to read this guide:.....	5
Schedule: long distances.....	6
Schedule: distance Oly+.....	7
Schedule: Sprint+ distance.....	8
Site map.....	9
Reception, collection of kits, marking.....	10
Transition zones.....	11
Course, details and competition rules.....	16
Sprint+ Triathlon (solo and team).....	16
SWIMMING.....	16
BICYCLE.....	18
RUNNING.....	20
Oly+ Triathlon (solo and team).....	24
SWIMMING.....	24
BICYCLE.....	26
RUNNING.....	28
EPIC Long Triathlon (Solo and Team).....	32
SWIMMING.....	32
BICYCLE.....	34
RUNNING.....	37
Long Duathlon (solo).....	40
RUNNING 1.....	40
BICYCLE.....	41
RUNNING 2.....	44
Team event.....	47
Competition Rules.....	48
Security.....	49

Start procedure and timing.....	51
Pre-race meeting.....	52
Athlete Profiles.....	52
Refreshments, drop bags, food and eco-responsibility.....	53
Results, prize-giving and medals, welcoming of the last athlete and door prizes.....	56
Carpooling and Accommodation.....	57
Parking.....	58
Spectators.....	60
Why do we do this? Launch your fundraiser and win your participation!.....	61
Partners and volunteers.....	61

Welcome Word(s)

Welcome to the fourth edition of the ÉPIQ Triathlon!

Already four! We remember the first edition: there were 27 of us. This year, more than 200 athletes will participate in the various events, including some loyal athletes who are returning for a fourth time! For this fourth edition, our base camp will once again be at the main chalet of [Owl's Head Ski & Golf](#) for the second weekend of the Festival of Colours. We are keeping the same formula as last year, with a few fine-tuning elements. Our goal remains to offer an experience that will hopefully allow us to reconnect with the essence of triathlon: surpassing oneself in a natural environment, in complete safety.

New this year: the Oly+ distance in teams. Launched following a suggestion from one of you, this is the most popular team event this year! We are offering a duathlon component again this year, but only the Half-Long Distance, due to a lack of registration for the Sprint. We will have questions about the Duathlon this winter - we welcome your suggestions. Finally, we are proud to present the Quebec Gravel Triathlon Championship, on the half-long distance.

What remains unchanged is: major challenges, courses in a magical environment, an authentic experience and a personalized approach. It's not for nothing that we were finalists at the Quebec Triathlon Gala in the Regional Event category as well as the Favorite Event category!

All that remains is the thanks! First of all, thank you to you, the athletes, for whom we are working so hard, because without you this event would not be necessary, so thank you! We are particularly happy to see many of you again for a second or even third participation, and in some cases even a fourth participation! Thank you also for trusting us and participating in the fundraising for the [CAB](#) through the commitment you made when you registered.

Thank you also to the volunteers! While we are still recruiting, we have a solid foundation to provide you with a safe event, which is our first priority. Without volunteers, this event simply could not take place.

Thank you to our [partners](#) who have all chosen without any hesitation to support us for this fourth edition, including our presenting partner [Mike Cyr | Real estate broker](#), Mike who was part of the genesis of this project in 2021 and [Triathlon Quebec](#) our federation which without hesitation continues to support the Gravel Triathlon since day 1.

Thank you to all of you, through their involvement in the ÉPIQ Triathlon, contribute to the Missisquoi North Volunteer Centre, since, we remind you, the ÉPIQ Triathlon is a non-profit organization that aims above all to raise funds for this organization that is so important to our region.

Finally, thank you to our loved ones, our advisors and of course our families who supported us when we needed it most.

Now, we're taking action. Push yourself, push hard, get to the finish line safely, and enjoy the beautiful [Township of Pottton](#) in the process.

It's going to be EPIQ!

Your Organizing Committee
(Annabelle, Annie, Ben-ix, Danny, Etienne, Julien, Louis-Fred, Marc, Rick, Xavier)

How to read this guide:

To make sure you don't miss out on important information, you should read:

- **All sections of the guide**
and
- In the Course , **details and competition rules section**, read the section that corresponds to your event

Schedule: long distances

Horaire Triathlon ÉPIQ - Potton - Owl's Head - 4ème édition					
Samedi 27 septembre 2025					
Heure - Time					
06:30		Accueil des athlètes			
06:42		Lever du soleil			
		ÉPIQ Long (solo et équipes)	Duathlon ÉPIQ Long (solo)		
06:45		Ouverture zones de Transition	Ouverture zones de Transition		
07:15		Fermeture dépôt sacs d'appoint (à côté de l'accueil)	Fermeture dépôt sacs d'appoint (à côté de l'accueil)		
07:30		Réunion d'avant course (à la plage)	Réunion d'avant course (à la plage)		
08:00		Départ/Start			
08:10			Départ/Start		
+/- 30 min. après 3e		Remise des médailles et prix de podium	Remise des médailles et prix de podium		
15:30		Temps limite Ravito 2			
17:00		Temps limite arrivée			
18:36		Coucher du soleil			

Accueil des athlètes	: Athlete Welcome
Lever du Soleil	: Sunrise
Ouverture des zones de transition	: Transition zones open
Fermeture dépôt sac d'appoint (à côté de l'accueil)	: Drop Bag drop off closes (next to athlete welcome)
Réunion d'avant course (à la plage)	: Pre-race meeting (at the beach)
Remise des médailles et prix de podium	: Medal Ceremony and Podium Prizes
Temps limite Aid Station 2	: Cut off Aid Station 2
Temps limite arrivée	: Cut-off
Coucher du soleil	: Sunset

Schedule: distance Oly+

Horaire Triathlon ÉPIQ - Potton - Owl's Head - 4ème édition			
Samedi 27 septembre 2025			
Heure - Time			
06:30		Accueil des athlètes	
06:42		Lever du soleil	
		ÉPIQ Oly+ (solo et équipe)	
08:15		Ouverture zones de Transition	
08:45		Fermeture dépôt sacs d'appoint (à côté de l'accueil)	
09:00		Réunion d'avant course (à la plage)	
09:30		Départ/Start	
+/- 30 min. après 3e		Remise des médailles et prix de podium	
15:30		Temps limite Ravito 2	
17:00		Temps limite arrivée	
18:36		Coucher du soleil	

See "Schedule: Long Distance" for English translation

Schedule: Sprint+ distance

Horaire Triathlon ÉPIQ - Potton - Owl's Head - 4ème édition				
Samedi 27 septembre 2025				
Heure - Time				
06:30				Accueil des athlètes
06:42				<u>Lever du soleil</u>
				ÉPIQ Sprint+ (solo et équipes)
09:15				Ouverture zones de Transition
09:45				Fermeture dépôt sacs d'appoint (à côté de l'accueil)
10:00				Réunion d'avant course (à la plage)
10:30				Départ/Start
+/- 30 min. après 3e				Remise des médailles et prix de podium
15:30				Temps limite Ravito 2
17:00				Temps limite arrivée
18:36				<u>Coucher du soleil</u>

See "Schedule: Long Distance" for English translation

Site map

Aperçu du site

- Natation/Départ Duathlon - Marina Owl's Head
- T1 Triathlon (en bas de la piste la Chouette)
- Accueil, T2 (Triathlon et Duathlon), Arrivée - devant MTN House
- Stationnement des athlètes Stationnement des bénévoles



- Cyan : Swim Start
- Green : T1
- Orange : Welcome, T2, Finish
- Blue : Athlete parking

Athlete welcome, collection of kits, marking

Here are the details of the athlete welcome:

Date and time:

- Friday, September 26 between 5 p.m. and 7 p.m.
- Saturday, September 27 (morning of the event) from 6:30 a.m.

No registration on site.

Arrive at least 90 minutes before your departure to give yourself enough time to set up the two transition areas and get to the pre-race meeting at the Marina.

Location:

- In front of the Main Chalet **"MTN House" of Owl's Head Ski & Golf**
40 Chem. du Mont Owl's Head, Mansonville, QC J0E 1X0, Canada
<https://goo.gl/maps/mHhdNAQLFxUyXRjX7>

Your kit will contain:

- Your bib (triathlon and duathlon)
- Your swim helmet (triathlon)
- Your stickers for your bikes (triathlon and duathlon)

The marking will be done:

- On the morning of the race (bring your bib) on the terrace of the Main Chalet.

Transition zones

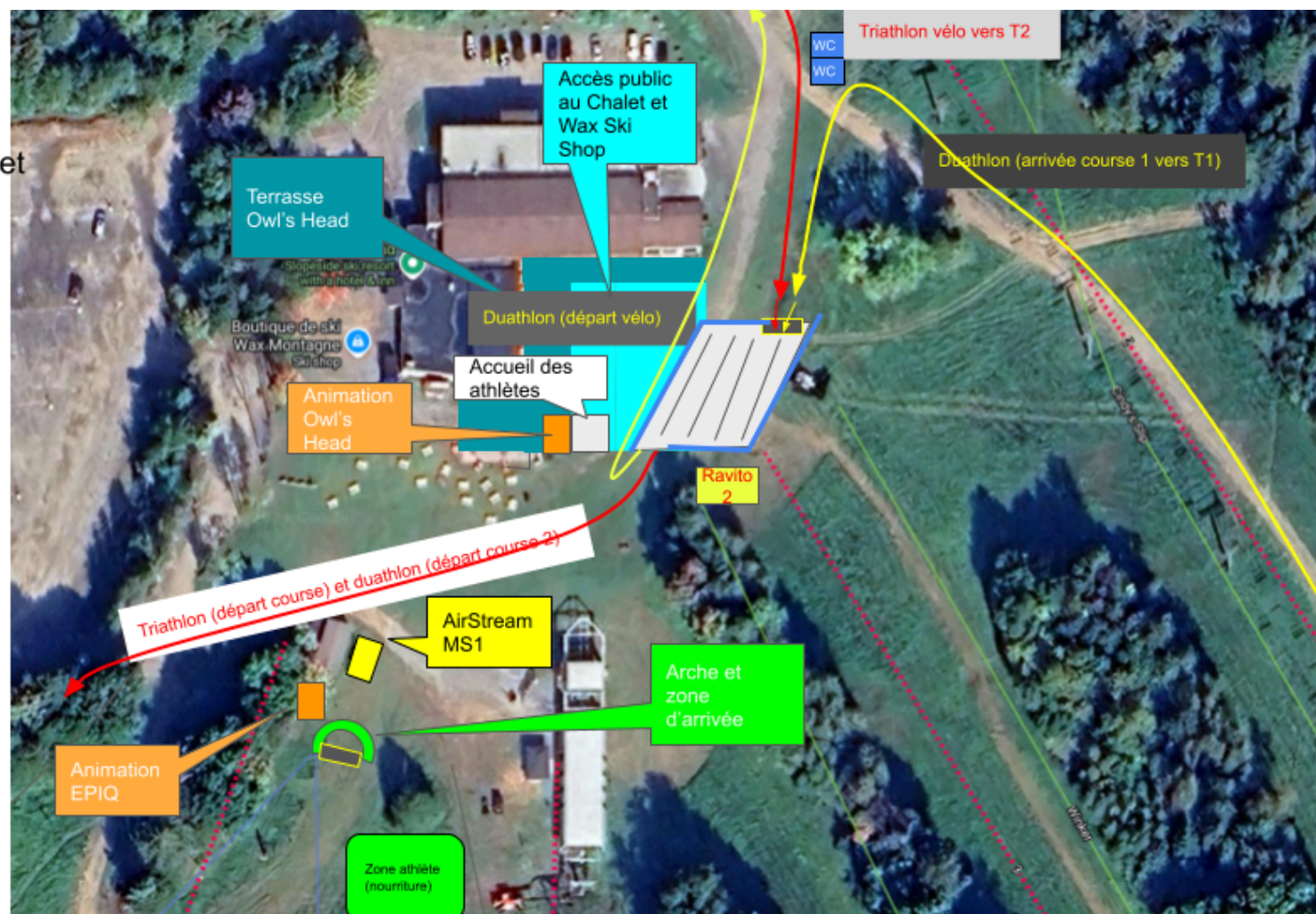
Transition zones:

- There will be two transition zones:
 - T1: at the bottom of the Panorama Chair/Chouette Trail (swimming-cycling)
 - T2: next to the main chalet "MTN Haus" (bike-run)
- **Please note: for the duathlon section T1 and T2 are at the same place, at T2: next to the main chalet "MTN Haus"**
- The transition areas open at 06:45.
- Before entering the T1 or T2, make sure you have put the tights with your bib number on your helmet and on your bike. It is also important to have your bike helmet fastened on your head before entering the transition area, so that volunteers can check that it is properly fastened and tight enough to be safe.
- Bags, boxes, bicycle pumps and other accessories that are not necessary for participation in the event are prohibited in the transition area. You are only allowed to leave the items you are going to use during the race. In addition, since space is limited in the transition area, you must limit your space to 50 cm wide as stipulated in the Triathlon Québec rules. The transition area will be monitored, but it is important to ensure that no valuables are left in the bags.

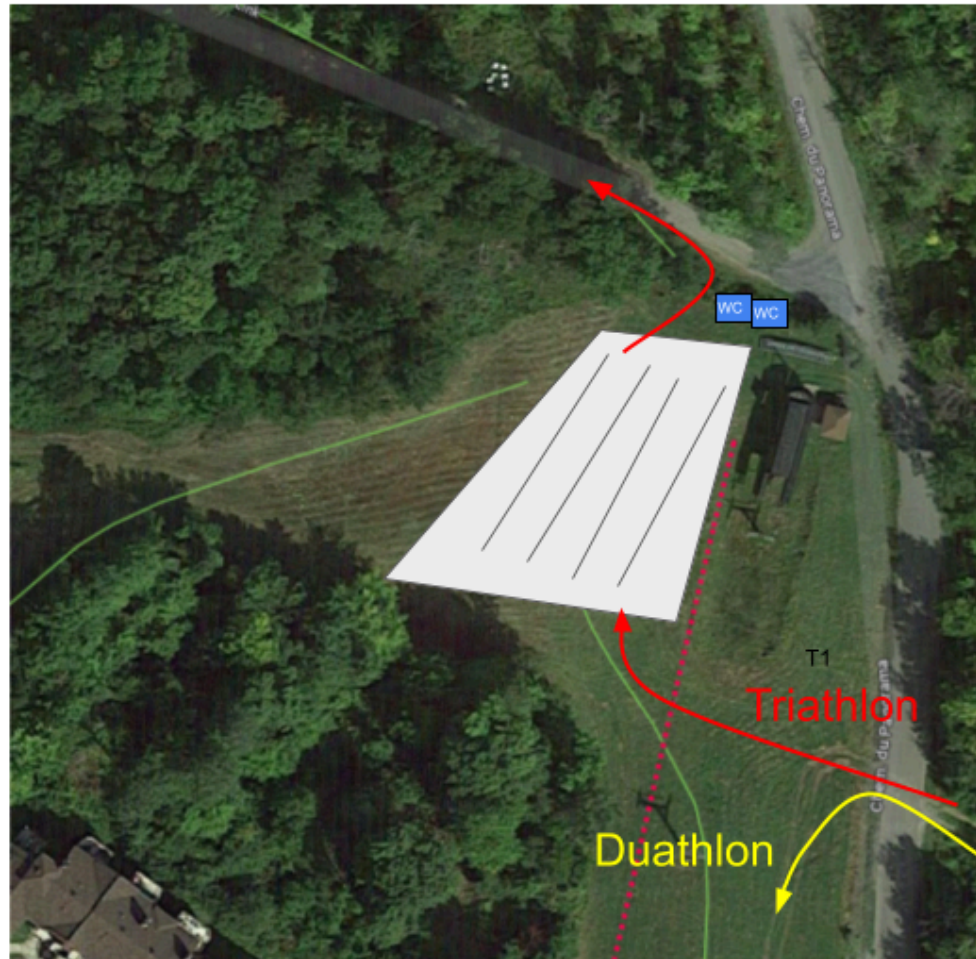
We suggest that you proceed in the following order when preparing for your transition:

- **Triathlon**
 - **Install your running equipment in the T2 first**
 - **Drop off your aid station 2 at the Tout.Trail tent (Aid station 2) - see details in the Aid station section**
 - **Drop off your booster bags for Aid Station 1 at the designated location near T2 - see details in the Aid and Drink section**
 - **Bike down with your swim bag to T1 (about 1.1km and 100m D-; you don't want to go back up... 😊)**
 - **Set up your bike in the T1 and leave your swim bag clearly marked with your name and bib number**
 - **Descend the last 300m to the Owl's Head Marina for the warm-up in the water, pre-race meeting and start**
- **Duathlon:**
 - **Set up your bike in the T2 transition area (which will also be your area for T1)**
 - **Drop off your aid station 2 at the Tout.Trail tent (Aid station 2) - see details in the Aid station section**
 - **Drop off your booster bags for aid station 1 at the designated location near T2 - see details in the Aid section**
 - **Walk down to the Marina (about 1.4km and 130m D-; you don't want to go back up... 😊) to complete your warm-up, attend the pre-race meeting and tee off on the beach**
 - **You can leave a transition bag on the beach clearly marked with your name and bib number: it will be reassembled at T2.**
- **TRIATHLETES: IMPORTANT** - when you make your T1 transition, put your swim equipment, as well as your transition shoes if you have them, back in your swim bag. The ÉPIQ team will return your bag to the main site where you can pick it up after your race.

Site principal, accueil, T2 et arrivée

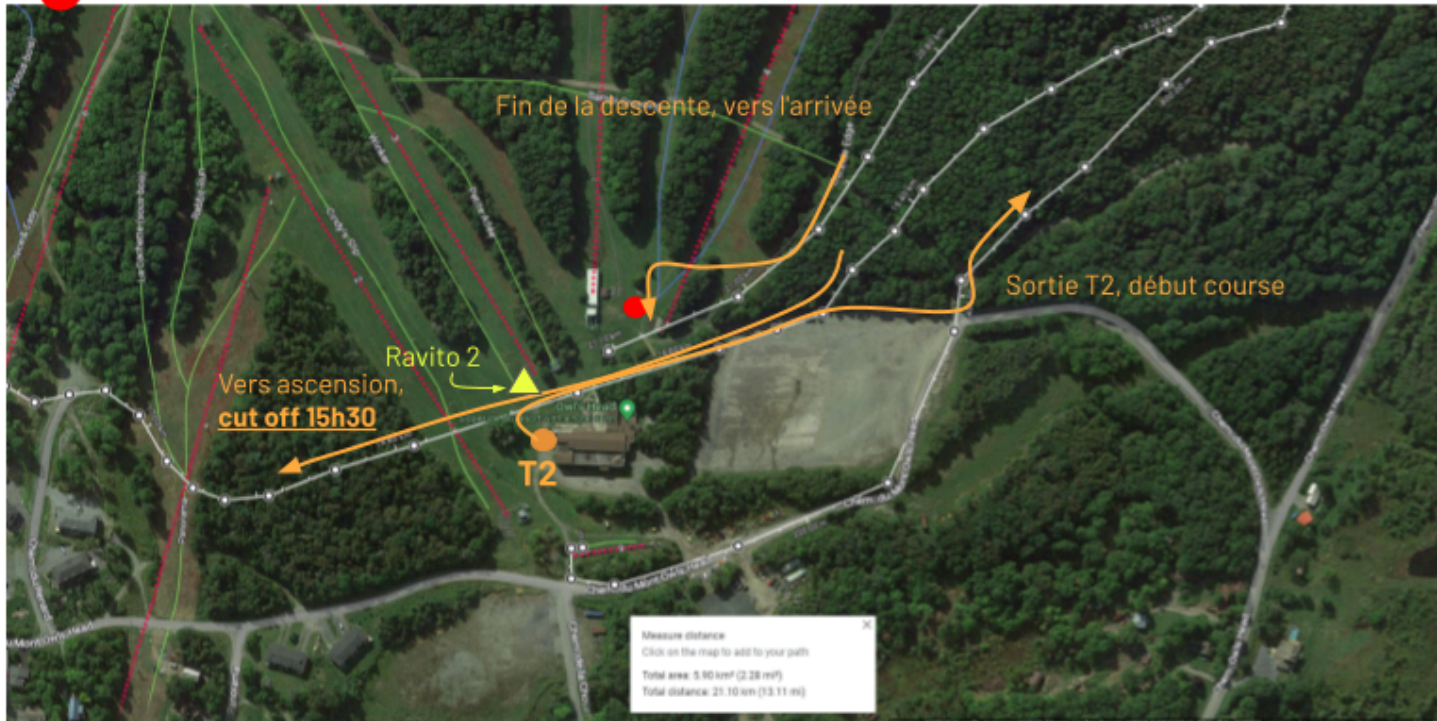


T1



Course à pied ÉPIQ Long, Sprint + et Oly+ - départ, ravito/vérification et arrivée

- Départ de T2
- ▲ Ravito et point de vérification
- Arrivée devant le MTN House



Course, details and competition rules

Sprint+ Triathlon (solo and team)

SWIMMING

The swimming event consists of **a 750m loop** from the beach at Marina Owl's Head to the south. The start is on the beach and then we swim south. Athletes must pass the turn buoys to the left of the buoys (right shoulder) and will return along the bank to the exit. The athletes will then have to walk about 300m, on a sloping path to get to the T1 zone. A mat will be available along the entire length of the trail.

SWIM BUOY

The use of a swimming buoy is prohibited.

ISOTHERMAL SUIT

The wearing of the wetsuit is subject to the rules of Triathlon Québec. For more information, please visit this [link](#).

THERE ARE THREE POSSIBLE SCENARIOS:

- (1) Thermal wetsuits are PERMITTED; if the water temperature is between 16°C and 21.9°C (likely scenario)
- (2) The wetsuit is PROHIBITED; if the water temperature is above 22°C (very unlikely)
- (3) The wetsuit is MANDATORY if the water temperature is below 16°C (possible scenario)

We remind you that the official decision to wear the wetsuit is made by Triathlon Quebec officials one hour before the start. It is therefore useless to ask us in advance if the wetsuit will be allowed. The information will be communicated to you by the advertisers and officials on the morning of the event.

BOATING SAFETY TEAM

A water safety team (kayakers/lifeguards - kayaks provided by our partner [La Bouffée d'Air](#)) will accompany swimmers on the route. If a participant is having difficulty swimming, they can call a lifeguard on a boat to help them. He is allowed to rest by holding on to the boat, but the lifeguard cannot carry him in the water. If the person is unable to complete the swim event, a lifeguard will take him back to the swim and he or she may complete the bike and run events if his or her physical condition allows (as assessed by the lifeguard). The athlete will be disqualified because he or she will not have completed the swimming event, but he or she will still have the opportunity to complete his or her triathlon.

LIMITED TIME

Time limit: 40 minutes. Any swimmer who does not complete his event ten minutes before the next start will be removed from the water. In addition, the Organizing Committee reserves the right to impose a time limit if the athlete's safety is compromised.

PRE-TRANSITION

The blue carpet that will guide the athletes from the beach to T1 might not cover all the irregularities of the field (we are in nature). It is therefore permissible (and for sensitive feet, even recommended) to wear shoes or flip-flops. Numbered bins will be available on the beach. When you arrive at the start, you choose a bin and put your shoes on it. You remember the number of the bin (does not correspond to your bib number). When you get out of the water, you put on your shoes to go up to T1 and you put them in your swim bag when you arrive at the T1 transition.



Natation - "ÉPIQ Sprint+"

- Un tour à partir de la Marina Owl's Head
- Distance 750m
- Distance sortie de l'eau à la T1: 300m



BICYCLE

The bike course consists **of a 25.3km loop** on the most beautiful gravel roads in the Township of Potton with some more technical sections.

DIRECTIONS

Volunteers will give you directions at key intersections, on other intersections signs will clearly indicate the route.

- ÉPIQ Sprint: follow the red arrows **on a white background**



However, we advise you to study the routes available here carefully since you are responsible for knowing and following the route.

You can download the gpx file to your bike computer:

- GPX file: [Epiq_Sprint_2024.gpx](#)
 - **The route of the ÉPIQ Court passes on private land: please respect people's properties and ensure the sustainability of our routes (if we lose the right of way, we lose our routes!).**

SUPPLY

There will be a single refreshment point - **Ravito 1** - on the bike circuit: at km 22.2

This point will offer water as well as your own extra bags that you will have dropped off before the race (see refreshment section).

LIMITED TIME

There is no time limit for cycling, but the organizing committee reserves the right to impose a time limit if the athlete's safety is compromised.

NO-PASS ZONES: In order to ensure the safety of all, there will be an area where overtaking will be prohibited (under penalty of disqualification):

- **No Passing Zone:** At the beginning of the **Peabody Road descent** there is a combination of very tight right-left turns, watch your speed as it can be difficult to brake on the gravel.
- **We recommend limiting overtaking on all other descents since we remind you that the circuit is not closed to traffic**

IMPORTANT: STAY SAFE AND OBEY THE RULES OF THE ROAD

The competition will take place on public roads that will NOT be closed to traffic. At all times, obey the rules of the road, especially at intersections. It's more important to finish the race safely than to put your life and the lives of others at risk. Volunteers are not authorized to control traffic.

(RENTAL OF) GRAVEL BIKE

We strongly recommend the use of a gravel bike since the road surface will be varied: very compact gravel, lightly compacted gravel (it is possible that the scraper will pass on some paths of the route until the day before the race) and forest paths ("four wheels"). If necessary, you can rent a bike from our partner [Bruno Vélo](#). To contact Bruno Vélo, please visit their website here: <https://brunovelo.com/>

MECHANICAL SERVICE

There will be a mechanical service on Friday during the registration as well as on Saturday before and during the race. The mechanical service is offered by our partner [Véli Vélo](#).

SWEEPING CAR

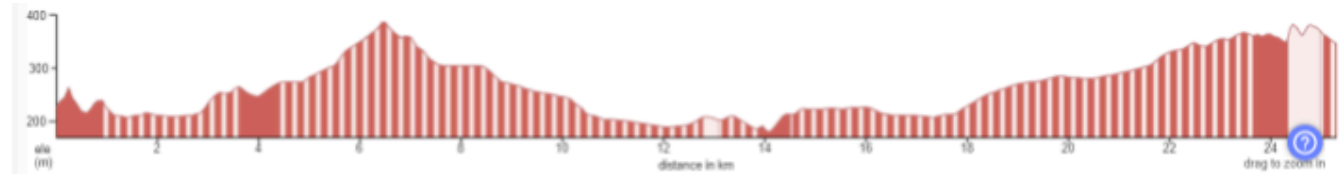
In the event of breakage or abandonment, there will be a sweeping car to accompany you to the transition area. No mechanical service on the course.

BIKE RULES

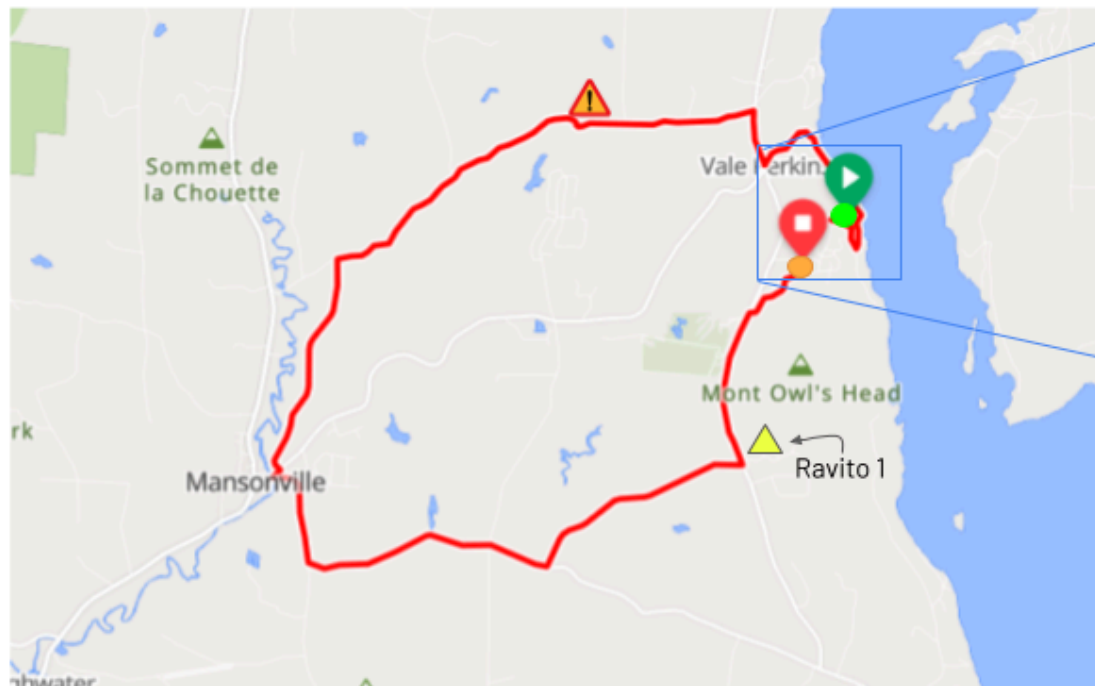
- Overtaking: participants must ride on the RIGHT and overtake ON THE LEFT. A participant who does not comply with these instructions may receive a penalty for blocking.
- The bicycle helmet must be fastened at all times (before the bicycle is removed from the transition rack and until it is rested).
- Headphones are prohibited.
- It is permitted and even encouraged to carry a cell phone for use in case of emergency, but cellular communication during the event is prohibited for any reason other than a medical or security emergency.
- Furrowing is prohibited:
 - Athletes must keep a distance of more than 12 metres between each bike, except when passing. The athlete who wishes to overtake has 25 seconds to overtake the cyclist in front of him. The athlete who is overtaken has 25 seconds to go back 12 meters before attempting to overtake again.
- The penalty for furrowing is 2 minutes. Penalty time will be added to the final time. For more information on the furrow, consult the Triathlon Québec rules here: <https://www.triathlonquebec.org/lecons/velo-lecon-3-video-sillonnage/>

Vélo - "ÉPIQ Sprint+"

- T1
 - Un tour sens anti-horaire
- T2
 - Distance 25.3km
 - Dénivelé positif: 490m
 - % de gravel: 89%



GPX: https://drive.google.com/file/d/1htSa322vyw9p5pPcdl_opJBXr77XIN5z/view?usp=drive_link



Zone sans dépassement



Balisage



RUNNING

The run is a **5.3km loop** and is done entirely on forest trails.

DIRECTIONS

Volunteers will give you directions at key intersections, at other intersections and along the route flags will clearly and regularly indicate the route.

- Follow the pink flags

On the trails, you will follow the signs of the Missisquoi Nord (MN) at all times. However, we advise you to study the route available here carefully since you are responsible for knowing and following the route:

- GPX file: [EPIQ-sprint-run.gpx](#)



STICKS

Running poles are only allowed for the last section from Aid Station 2 (ascent and descent of Owl's Head). You can drop them off with your extra bag at Aid Station 2 to have them during the mountain section.

SUPPLY

- **Aid station 2:** At the start of the race.
- This point will offer water as well as your own extra bags that you will have dropped off before the race (see refreshment section).

CUT-OFF TIME / CHECKPOINT

The time limit to start the ascent of Mount Owl's Head is at 3:30 pm. Any athlete who has not started his ascent by 3:30 pm will be directed to the finish. In addition, the Organizing Committee reserves the right to remove an athlete from the competition if the athlete's safety is compromised. This verification will be done at the VERIFICATION POINT at Aid Station 2.

Athletes must demonstrate that they have at least 500ml of hydration before starting the ascent of the mountain. This verification will be done at the VERIFICATION POINT at Aid Station 2.

SECURITY

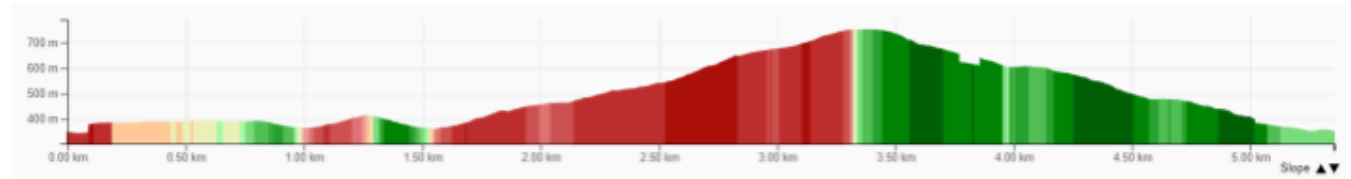
The ascent and descent of Mount Owl's Head is a major challenge, especially the first 400 m of the descent: follow the instructions of the volunteers! A rescue team will be present on the mountain to intervene in case of emergency but be aware that an extraction from the trails could be long and painful. We therefore ask you at all times to respect your limits and to adjust your pace to your current form and the weather conditions of the day.

RUNNING RULES:

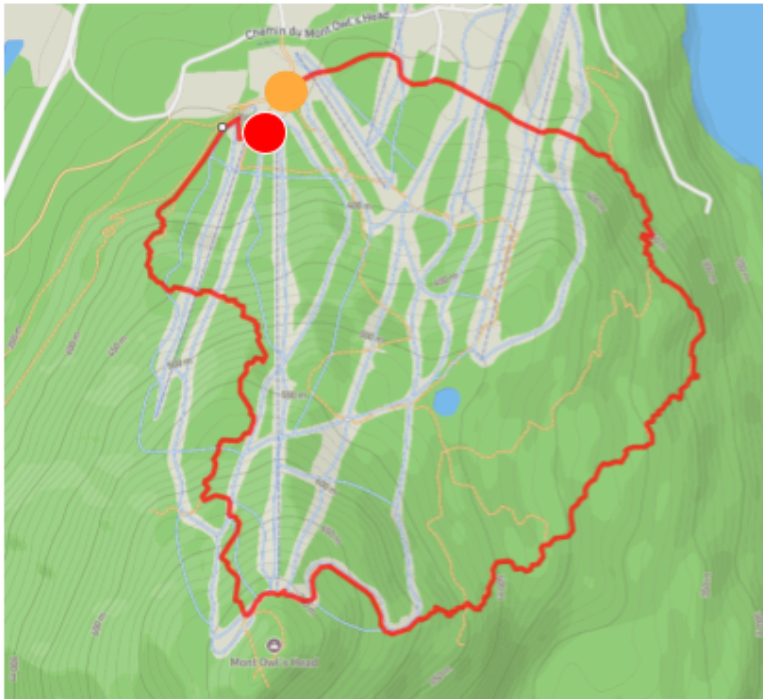
- Overtaking: running to the right, overtaking to the left.
- Headphones are not allowed.
- **CELL PHONE: Part of the EPIC Triathlon running course takes place in steep and difficult to access terrain. We therefore require you to carry a cell phone to be used in case of emergency with the pre-registered emergency number: 514 349-2093.** However, cellular communication during the event is prohibited for any reason other than a medical or security emergency.
- The bib must be worn at all times at the front (for safety and timing reasons).
- Out of respect for nature and competition, and to maintain our rights of way, stay on the marked trails at all times (under penalty of immediate disqualification).
- It is forbidden to throw garbage on the ground AT ANY TIME (under penalty of immediate disqualification).

Course à pied – “ÉPIQ Sprint+”

- Départ T2
- Arrivée à la MTN House
 - Distance 5.3km
 - Dénivelé positif: 446m



GPX: https://drive.google.com/file/d/17E5KKdr4H-rmLB4iP1TcXnUGdJ95TXgK/view?usp=drive_link



Balisage:



Oly+ Triathlon (solo and team)

SWIMMING

The swimming event consists **of a 1500m loop** from the beach at the Marina Owl's Head to the south. The start is on the beach and then we swim south. Swimmers must pass the turn buoys to the left of the buoys (right shoulder) and will return along the bank to the exit. The athletes will then have to walk about 300m, on a sloping path to get to the T1 zone. A mat will be available along the entire length of the trail.

SWIM BUOY

The use of a swimming buoy is prohibited.

ISOTHERMAL SUIT

The wearing of the wetsuit is subject to the rules of Triathlon Québec. For more information, please visit this [link](#).

THERE ARE THREE POSSIBLE SCENARIOS:

- (1) Thermal wetsuits are PERMITTED; if the water temperature is between 16°C and 24.5°C (likely scenario)
- (2) The wetsuit is PROHIBITED; if the water temperature is above 24.5°C (very unlikely)
- (3) The wetsuit is MANDATORY if the water temperature is below 16°C (possible scenario)

We remind you that the official decision to wear the wetsuit is made by Triathlon Quebec officials one hour before the start. It is therefore useless to ask us in advance if the wetsuit will be allowed. The information will be communicated to you by the advertisers and officials on the morning of the event.

BOATING SAFETY TEAM

A water safety team (kayakers/lifeguards - kayaks provided by our partner [La Bouffée d'Air](#)) will accompany swimmers on the route. If a participant is having difficulty swimming, they can call a lifeguard on a boat to help them. He is allowed to rest by holding on to the boat, but the lifeguard cannot carry him in the water. If the person is unable to complete the swim event, a lifeguard will take him back to the swim and he or she may complete the bike and run events if his or her physical condition allows (as assessed by the lifeguard). The athlete will be disqualified because he or she will not have completed the swimming event, but he or she will still have the opportunity to complete his or her triathlon.

LIMITED TIME

Time limit: 50 minutes. Any swimmer who does not complete his event ten minutes before the next start will be removed from the water. In addition, the Organizing Committee reserves the right to impose a time limit if the athlete's safety is compromised.

PRE-TRANSITION

The blue carpet that will guide the athletes from the beach to T1 might not cover all the irregularities of the field (we are in nature). It is therefore permissible (and for sensitive feet, even recommended) to wear shoes or flip-flops. Numbered bins will be available on the beach. When you arrive at the start, you choose a bin and put your shoes on it. You remember the number of the bin (does not correspond to your bib number). When you get out of the water, you put on your shoes to go up to T1 and you put them in your swim bag when you arrive at the T1 transition.



Natation - "ÉPIQ Oly+"

- Un tour à partir de la Marina Owl's Head
- Distance 1500m
- Distance sortie de l'eau à la T1: 300m



BICYCLE

The bike course consists **of a 42km loop** on the most beautiful gravel roads in the Township of Potton with some more technical sections.

DIRECTIONS

Volunteers will give you directions at key intersections, on other intersections signs will clearly indicate the route.

- ÉPIQ Oly+: follow the black arrows **on a white background**



However, we advise you to study the routes available here carefully since you are responsible for knowing and following the route. You can download the gpx file to your bike computer:

- ÉPIQ Oly+: [Epiq_Oly_2024.gpx](#)
 - **The ÉPIQ Oly+ route passes on private land: please respect people's properties and ensure the sustainability of our routes (if we lose the right of way, we lose our routes!).**

SUPPLY

There will be a single refreshment point - **Ravito 1** - on the bike circuit: at km 38.9.

This point will offer water as well as your own extra bags that you will have dropped off before the race (see refreshment section).

LIMITED TIME

There is no time limit for cycling, but the organizing committee reserves the right to impose a time limit if the athlete's safety is compromised.

NO-PASS ZONES: In order to ensure the safety of all, there will be an area where overtaking will be prohibited (under penalty of disqualification):

- **No Passing Zone:** At the beginning of the **Peabody Road descent** there is a combination of very tight right-left turns, watch your speed as it can be difficult to brake on the gravel.
- **We recommend limiting overtaking on all other descents since we remind you that the circuit is not closed to traffic**

IMPORTANT: STAY SAFE AND OBEY THE RULES OF THE ROAD

The competition will take place on public roads that will NOT be closed to traffic. At all times, obey the rules of the road, especially at intersections. It's more important to finish the race safely than to put your life and the lives of others at risk. Volunteers are not authorized to control traffic.

(RENTAL OF) GRAVEL BIKE

We strongly recommend the use of a gravel bike since the road surface will be varied: very compact gravel, lightly compacted gravel (it is possible that the scraper will pass on some paths of the route until the day before the race) and forest paths ("four wheels"). If necessary, you can rent a bike from our partner [Bruno Vélo](#). To contact Bruno Vélo, please visit their website here: <https://brunovelo.com/>

MECHANICAL SERVICE

There will be a mechanical service on Friday during the registration as well as on Saturday before and during the race. The mechanical service is offered by our partner [Véli Vélo](#).

SWEEPING CAR

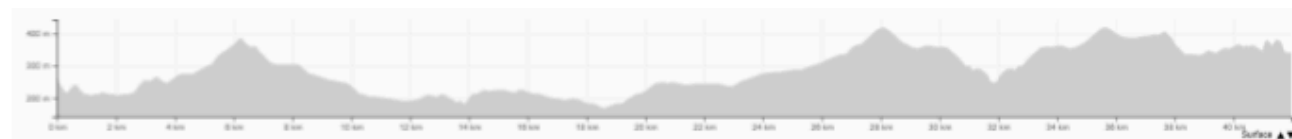
In the event of breakage or abandonment, there will be a sweeping car to accompany you to the transition area. No mechanical service on the course.

BIKE RULES

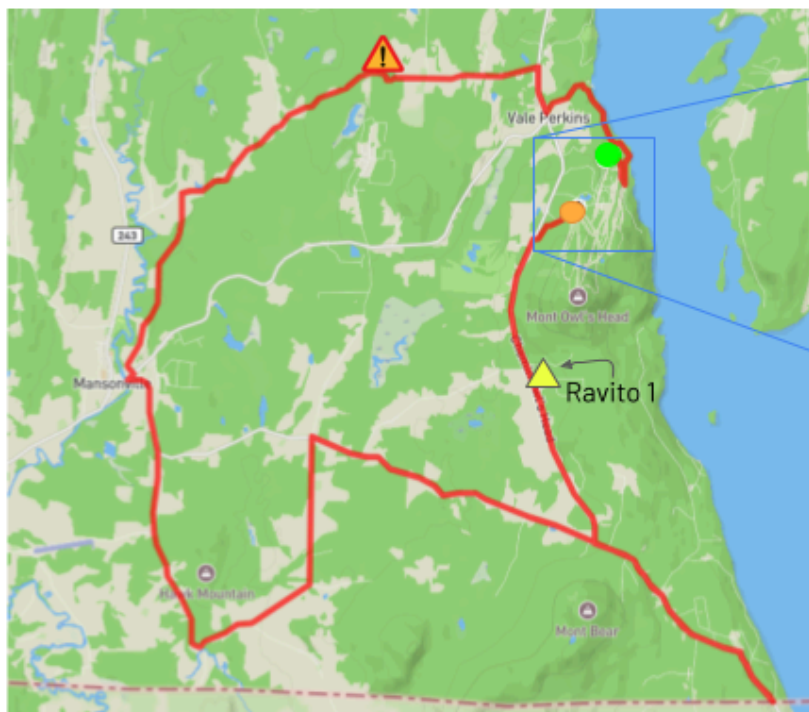
- Overtaking: participants must ride on the RIGHT and overtake ON THE LEFT. A participant who does not comply with these instructions may receive a penalty for blocking.
- The bicycle helmet must be fastened at all times (before the bicycle is removed from the transition rack and until it is rested).
- Headphones are prohibited.
- It is permitted and even encouraged to carry a cell phone for use in case of emergency, but cellular communication during the event is prohibited for any reason other than a medical or security emergency.
- Furrowing is prohibited:
 - Athletes must keep a distance of more than 12 metres between each bike, except when passing. The athlete who wishes to overtake has 25 seconds to overtake the cyclist in front of him. The athlete who is overtaken has 25 seconds to go back 12 meters before attempting to overtake again.
- The penalty for furrowing is 2 minutes. Penalty time will be added to the final time. For more information on the furrow, consult the Triathlon Québec rules here: <https://www.triathlonquebec.org/lecons/velo-lecon-3-video-sillonnage/>

Vélo - "ÉPIQ Oly+"

- T1
 - Un tour sens anti-horaire
- T2
 - Distance 42km
 - Dénivelé positif: 833m
 - % de gravel: 93%



GPX: https://drive.google.com/file/d/1QOSh7vntYR8vZpokwsRbgNDgfcblRia/view?usp=drive_link



Zone sans dépassement



Balisage



RUNNING

The run is a **10km loop** and is done almost entirely on forest trails.

DIRECTIONS

Volunteers will give you directions at key intersections, at other intersections and along the route flags will clearly and regularly indicate the route.



- Follow the pink flags
- There will be a "turn around" at about 2.3km

On the trails, you will follow the signs of the Missisquoi Nord (MN) at all times. However, we advise you to study the route available here carefully since you are responsible for knowing and following the route:

- GPX file: [Epiq-Oly-run.gpx](#)

STICKS

Running poles are only allowed for the last section from Aid Station 2 (ascent and descent of Owl's Head). You can drop them off with your extra bag at Aid Station 2 to have them during the mountain section.

SUPPLY

- **Aid station 2:** 4.5km away.
- This point will offer water as well as your own extra bags that you will have dropped off before the race (see refreshment section).

CUT-OFF TIME / CHECKPOINT

The time limit to start the ascent of Mount Owl's Head is at 3:30 pm. Any athlete who has not started his ascent by 3:30 pm will be directed to the finish. In addition, the Organizing Committee reserves the right to remove an athlete from the competition if the athlete's safety is compromised. This verification will be done at the VERIFICATION POINT at Aid Station 2.

Athletes must demonstrate that they have at least 500ml of hydration before starting the ascent of the mountain. This verification will be done at the VERIFICATION POINT at Aid Station 2.

SECURITY

The ascent and descent of Mount Owl's Head is a major challenge, especially the first 400 m of the descent: follow the instructions of the volunteers! A rescue team will be present on the mountain to intervene in case of emergency but be aware that an extraction from the trails

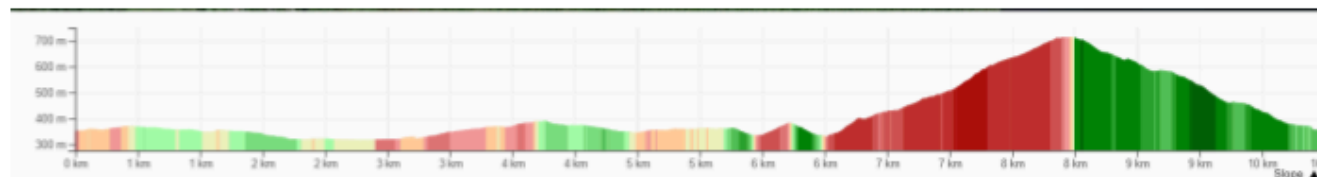
could be long and painful. We therefore ask you at all times to respect your limits and to adjust your pace to your current form and the weather conditions of the day.

RUNNING RULES:

- Overtaking: running to the right, overtaking to the left.
- Headphones are not allowed.
- **CELL PHONE: Part of the EPIC Triathlon running course takes place in steep and difficult to access terrain. We therefore require you to carry a cell phone to be used in case of emergency with the pre-registered emergency number: 514 349-2093.** However, cellular communication during the event is prohibited for any reason other than a medical or security emergency.
- The bib must be worn at all times at the front (for safety and timing reasons).
- Out of respect for nature and competition, and to maintain our rights of way, stay on the marked trails at all times (under penalty of immediate disqualification).
- It is forbidden to throw garbage on the ground AT ANY TIME (under penalty of immediate disqualification).

Course à pied - "ÉPIQ Oly+"

- Départ T2
- Arrivée à la MTN House
 - Distance 10km
 - Dénivelé positif: 510m



GPX: https://drive.google.com/file/d/1m4U2nOoYK49148sDL2aSqYAZQnZGmP4L/view?usp=drive_link



Balisage:



EPIC Long Triathlon (Solo and Team)

SWIMMING

The swimming event consists **of a 1900m loop** from the beach at the Marina Owl's Head to the south. The start is on the beach and then we swim south. Swimmers must pass the turn buoys to the left of the buoys (right shoulder) and will return along the bank to the exit. The athletes will then have to walk about 300m, on a sloping path to get to the T1 zone. A mat will be available along the entire length of the trail.

SWIM BUOY

The use of a swimming buoy is prohibited.

ISOTHERMAL SUIT

The wearing of the wetsuit is subject to the rules of Triathlon Québec. For more information, please visit this [link](#).

THERE ARE THREE POSSIBLE SCENARIOS:

- (1) Thermal wetsuits are PERMITTED; if the water temperature is between 16°C and 24.5°C (likely scenario)
- (2) The wetsuit is PROHIBITED; if the water temperature is above 24.5°C (very unlikely)
- (3) The wetsuit is MANDATORY if the water temperature is below 16°C (possible scenario)

We remind you that the official decision to wear the wetsuit is made by Triathlon Quebec officials one hour before the start. It is therefore useless to ask us in advance if the wetsuit will be allowed. The information will be communicated to you by the advertisers and officials on the morning of the event.

BOATING SAFETY TEAM

A water safety team (kayakers/lifeguards - kayaks provided by our partner [La Bouffée d'Air](#)) will accompany swimmers on the route. If a participant is having difficulty swimming, they can call a lifeguard on a boat to help them. He is allowed to rest by holding on to the boat, but the lifeguard cannot carry him in the water. If the person is unable to complete the swim event, a lifeguard will take him back to the swim and he or she may complete the bike and run events if his or her physical condition allows (as assessed by the lifeguard). The athlete will be disqualified because he or she will not have completed the swimming event, but he or she will still have the opportunity to complete his or her triathlon.

LIMITED TIME

Time limit: 80 minutes. Any swimmer who does not complete his event ten minutes before the next start will be removed from the water. In addition, the Organizing Committee reserves the right to impose a time limit if the athlete's safety is compromised.

PRE-TRANSITION

The blue carpet that will guide the athletes from the beach to T1 might not cover all the irregularities of the field (we are in nature). It is therefore permissible (and for sensitive feet, even recommended) to wear shoes or flip-flops. Numbered bins will be available on the beach. When you arrive at the start, you choose a bin and put your shoes on it. You remember the number of the bin (does not correspond to your bib number). When you get out of the water, you put on your shoes to go up to T1 and you put them in your swim bag when you arrive at the T1 transition.



Natation - demi longue distance "ÉPIQ"

- Un tour à partir de la Marina Owl's Head
- Distance 1900m
- Distance sortie de l'eau à la T1: 300m



BICYCLE

The bike course consists of **two loops of about 42km for a total of 85km** on the most beautiful gravel roads of the Township of Potton with some more technical sections.

DIRECTIONS

Volunteers will give you directions at key intersections, on other intersections signs will clearly indicate the route.

- ÉPIQ Long: follow the black arrows **on a white background**



However, we advise you to study the routes available here carefully since you are responsible for knowing and following the route. You can download the gpx file to your bike computer:

- ÉPIQ Long: [Epiq_Long_2024_v4.gpx](#)
 - **The ÉPIQ route passes on private land: please respect people's properties and ensure the sustainability of our routes (if we lose the right of way, we lose our routes!).**

SUPPLY

There will be a single refreshment point - **Ravito 1** - on the bike circuit: at km 38.9 and at 81.8km

This point will offer water as well as your own extra bags that you will have dropped off before the race (see refreshment section).

LIMITED TIME

There is no time limit for cycling, but the organizing committee reserves the right to impose a time limit if the athlete's safety is compromised.

NO-PASS ZONES: In order to ensure everyone's safety, there will be two areas where overtaking will be prohibited (under penalty of disqualification):

- **Zone 1:** At the beginning of the **Peabody Road descent** there is a combination of very tight right-left turns, watch your speed as it can be difficult to brake on the gravel.
- **Zone 2:** The **descent of Chemin Panorama** at the beginning of the second lap since there is a sharp 90 degree bend to the right at the bottom of a 15% (and more) hill.
- **We recommend limiting overtaking on all other descents since we remind you that the circuit is not closed to traffic**

IMPORTANT: STAY SAFE AND OBEY THE RULES OF THE ROAD

The competition will take place on public roads that will NOT be closed to traffic. At all times, obey the rules of the road, especially at intersections. It's more important to finish the race safely than to put your life and the lives of others at risk. Volunteers are not authorized to control traffic.

(RENTAL OF) GRAVEL BIKE

We strongly recommend the use of a gravel bike since the road surface will be varied: very compact gravel, lightly compacted gravel (it is possible that the scraper will pass on some paths of the route until the day before the race) and forest paths ("four wheels"). If necessary, you can rent a bike from our partner [Bruno Vélo](#). To contact Bruno Vélo, please visit their website here: <https://brunovelo.com/>

MECHANICAL SERVICE

There will be a mechanical service on Friday during the registration as well as on Saturday before and during the race. The mechanical service is offered by our partner [Véli Vélo](#).

SWEEPING CAR

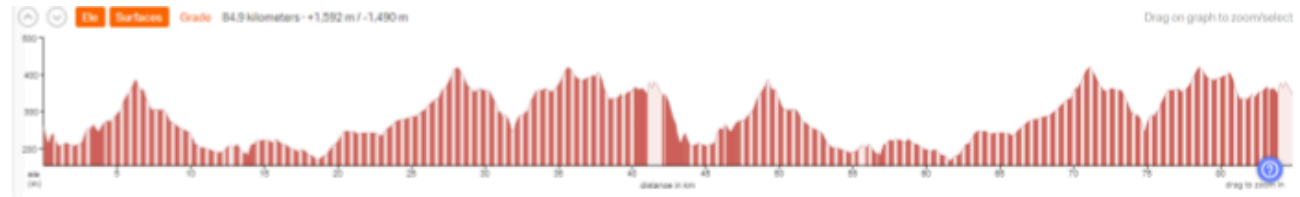
In the event of breakage or abandonment, there will be a sweeping car to accompany you to the transition area. No mechanical service on the course.

BIKE RULES

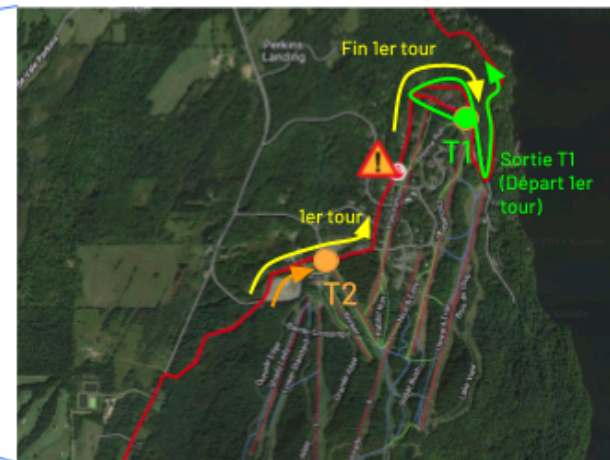
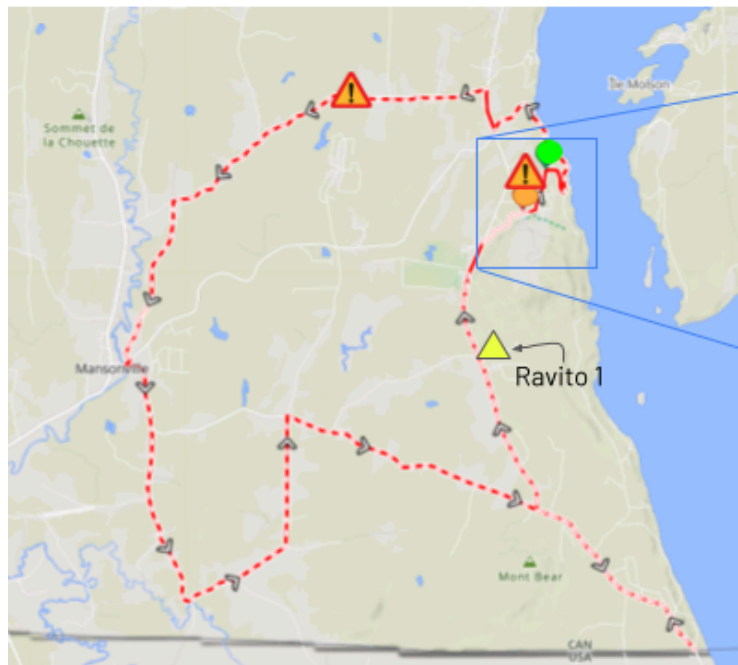
- Overtaking: participants must ride on the RIGHT and overtake ON THE LEFT. A participant who does not comply with these instructions may receive a penalty for blocking.
- The bicycle helmet must be fastened at all times (before the bicycle is removed from the transition rack and until it is rested).
- Headphones are prohibited.
- It is permitted and even encouraged to carry a cell phone for use in case of emergency, but cellular communication during the event is prohibited for any reason other than a medical or security emergency.
- Furrowing is prohibited:
 - Athletes must keep a distance of more than 12 metres between each bike, except when passing. The athlete who wishes to overtake has 25 seconds to overtake the cyclist in front of him. The athlete who is overtaken has 25 seconds to go back 12 meters before attempting to overtake again.
- The penalty for furrowing is 5 minutes. Penalty time will be added to the final time. For more information on the furrow, consult the Triathlon Québec rules here: <https://www.triathlonquebec.org/lecons/velo-lecon-3-video-sillonnage/>

Vélo - demi longue distance "ÉPIQ"

- T1
 - Deux tours sens anti-horaire
- T2
 - Distance 84.9km
 - Dénivelé positif: 1592m
 - % de Gravel: 93%



GPX: https://drive.google.com/file/d/1f5b8n7iZFE-3f185PF2_6iUHhkcRX8c/view?usp=drive_link



Zone sans dépassement

Balisage



RUNNING

The run is a **22km loop** and alternates on forest trails and gravel roads.

DIRECTIONS

Volunteers will give you directions at key intersections, at other intersections and along the route flags will clearly and regularly indicate the route.



- Follow the pink flags

On the trails, you will follow the signs of the Missisquoi Nord (MN) at all times. However, we advise you to study the route available here carefully since you are responsible for knowing and following the route:

- GPX file: [Epiq-Long-run.gpx](#)

STICKS

Running poles are only allowed for the last section from Aid Station 2 (ascent and descent of Owl's Head). You can drop them off with your extra bag at Aid Station 2 to have them during the mountain section.

SUPPLY

- **Aid station 1:** at 3.6 and 13.2km
- **Aid station 2:** 16.5km away.
- These aid stations will offer water as well as your own extra bags that you will have left before the race (see refreshment section).

CUT-OFF TIME / CHECKPOINT

The time limit to start the ascent of Mount Owl's Head is at 3:30 pm. Any athlete who has not started his ascent by 3:30 pm will be directed to the finish. In addition, the Organizing Committee reserves the right to remove an athlete from the competition if the athlete's safety is compromised. This verification will be done at the VERIFICATION POINT at Aid Station 2.

Athletes must demonstrate that they have at least 500ml of hydration before starting the ascent of the mountain. This verification will be done at the VERIFICATION POINT at Aid Station 2.

SECURITY

The ascent and descent of Mount Owl's Head is a major challenge, especially the first 400 m of the descent: follow the instructions of the volunteers! A rescue team will be present on the mountain to intervene in case of emergency but be aware that an extraction from the trails

could be long and painful. We therefore ask you at all times to respect your limits and to adjust your pace to your current form and the weather conditions of the day.

COMPANIONS (PACERS) **attention important modification compared to the initial version *****

Athletes of the half-long distance only are entitled to a pacer and this only for the last section from Aid Station 2 (ascent and descent of Owl's Head). However, the accompanying person may not carry supplies or any other equipment for the athlete. The accompanying person is optional. However, the accompanying person will have to check in (free of charge) in advance to ensure that they are covered by insurance.

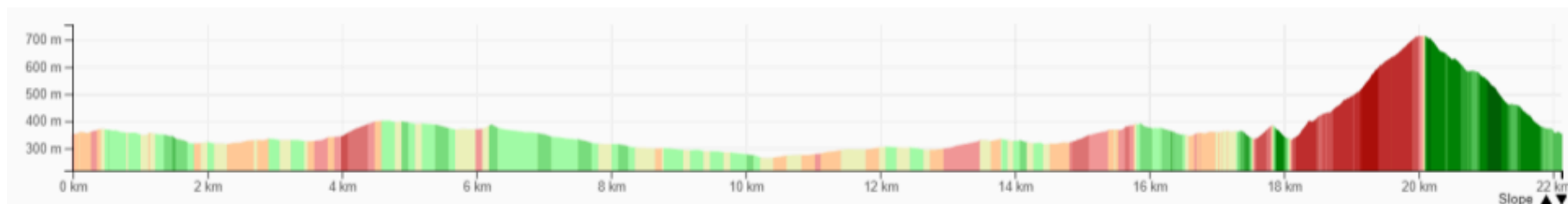
So fill out the following form BEFORE arriving at the reception on Friday evening or Saturday morning.

[Pacer registration 2025](#)

The accompanying person must present himself in advance at Aid Station 2 and wait for the arrival of his athlete.

RUNNING RULES:

- Overtaking: running to the right, overtaking to the left.
- Headphones are not allowed.
- **CELL PHONE: Part of the EPIC Triathlon running course takes place in steep and difficult to access terrain. We therefore require you to carry a cell phone to be used in case of emergency with the pre-registered emergency number: 514 349-2093.** However, cellular communication during the event is prohibited for any reason other than a medical or security emergency.
- The bib must be worn at all times at the front (for safety and timing reasons).
- Out of respect for nature and competition, and to maintain our rights of way, stay on the marked trails at all times (under penalty of immediate disqualification).
- It is forbidden to throw garbage on the ground AT ANY TIME (under penalty of immediate disqualification).



Course à pied - demi longue distance "ÉPIO"

GPX: https://drive.google.com/file/d/1xsdE_t50KysukJyocVpXYsfEjPL-tBQj/view?usp=drive_link

- Départ de T2
- Arrivée devant le MTN House
 - Distance 22.1km
 - Dénivelé positif: 690m



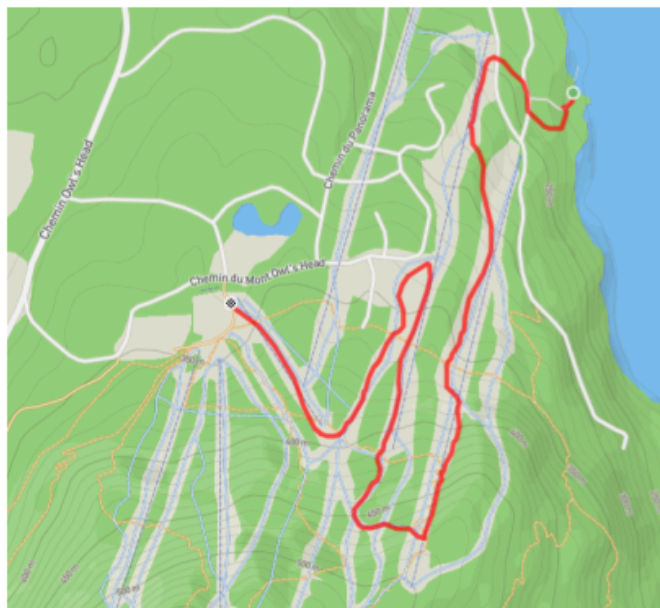
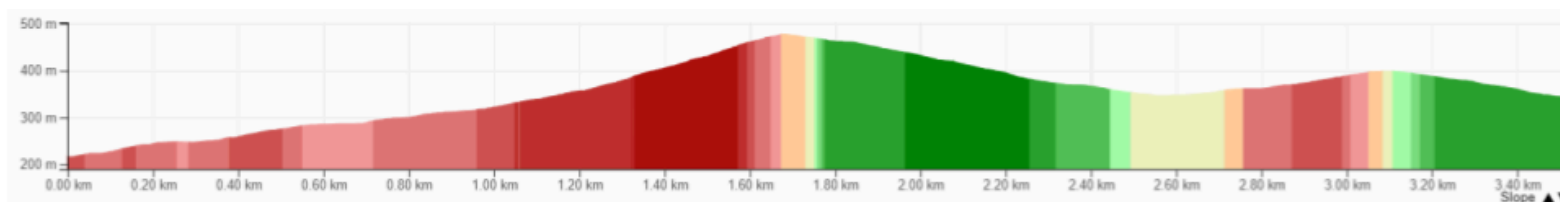
Long Duathlon (solo)

RUNNING 1

The first run consists **of a 3.5km course** from the beach at the Marina Owl's Head to the main cottage. The start is on the beach and then we follow the yellow flags.

We advise you to study the route available here carefully since you are responsible for knowing and following the route:

- GPX file: [dua 3.5km.gpx](#)



Course à pied - "Duathlon Long"

- Départ Plage
- Arrivée à la MTN House
 - Distance 3.5km
 - Dénivelé positif: 293m

GPX: https://drive.google.com/file/d/1e-9nd_nwL_Po4zW4GCzCkY-mhgo-FyL_Rh/view?usp=drive_link



Balisage:

BICYCLE

The bike course consists of **two loops of 42.5km for a total of 86km** on the most beautiful gravel roads of the Township of Potton with some more technical sections.

DIRECTIONS

Volunteers will give you directions at key intersections, on other intersections signs will clearly indicate the route.

- ÉPIQ Long: follow the black arrows **on a white background**



However, we advise you to study the routes available here carefully since you are responsible for knowing and following the route. You can download the gpx file to your bike computer:

- ÉPIQ Long: [Epiq_Long_2024_dua.gpx](#)
 - **The route of the ÉPIQ Court passes on private land: please respect people's properties and ensure the sustainability of our routes (if we lose the right of way, we lose our routes!).**

SUPPLY

There will be a single refreshment point - **Ravito 1** - on the bike circuit: at km 39.9 and at 82.8km

This point will offer water as well as your own extra bags that you will have dropped off before the race (see refreshment section).

LIMITED TIME

There is no time limit for cycling, but the organizing committee reserves the right to impose a time limit if the athlete's safety is compromised.

NO-PASS ZONES: In order to ensure everyone's safety, there will be two areas where overtaking will be prohibited (under penalty of disqualification):

- **Zone 1:** The **descent of Chemin Panorama** since there is a sharp 90 degree right turn at the bottom of a 15% (and more) hill.
- **Zone 2:** At the beginning of the **Peabody Road descent** there is a combination of very tight right-left turns, watch your speed as it can be difficult to brake on the gravel.
- **We recommend limiting overtaking on all other descents since we remind you that the circuit is not closed to traffic**

IMPORTANT: STAY SAFE AND OBEY THE RULES OF THE ROAD

The competition will take place on public roads that will NOT be closed to traffic. At all times, obey the rules of the road, especially at intersections. It's more important to finish the race safely than to put your life and the lives of others at risk. Volunteers are not authorized to control traffic.

(RENTAL OF) GRAVEL BIKE

We strongly recommend the use of a gravel bike since the road surface will be varied: very compact gravel, lightly compacted gravel (it is possible that the scraper will pass on some paths of the route until the day before the race) and forest paths ("four wheels"). If necessary, you can rent a bike from our partner [Bruno Vélo](#). To contact Bruno Vélo, please visit their website here: <https://brunovelo.com/>

MECHANICAL SERVICE

There will be a mechanical service on Friday during the registration as well as on Saturday before and during the race. The mechanical service is offered by our partner [Véli Vélo](#).

SWEEPING CAR

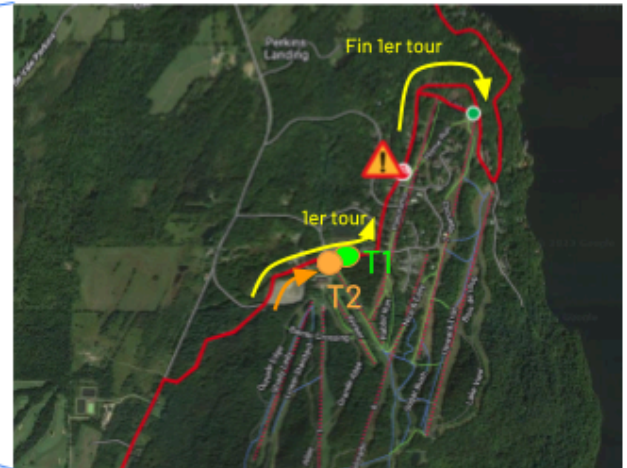
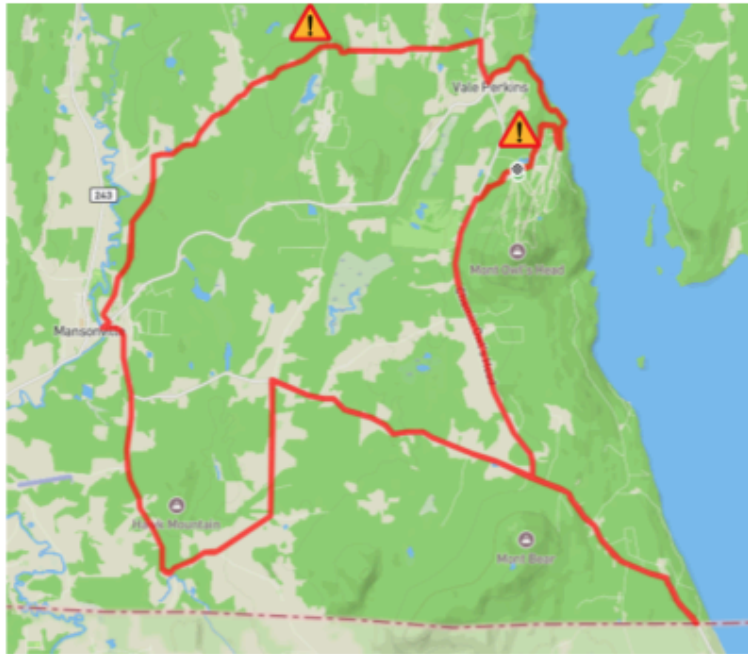
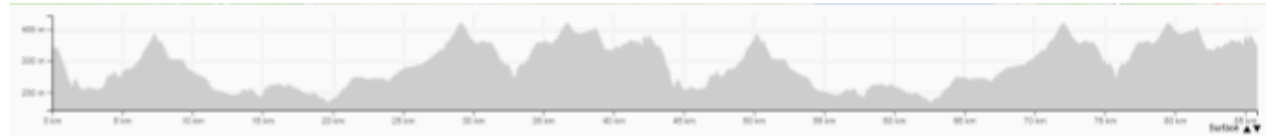
In the event of breakage or abandonment, there will be a sweeping car to accompany you to the transition area. No mechanical service on the course.

BIKE RULES

- Overtaking: participants must ride on the RIGHT and overtake ON THE LEFT. A participant who does not comply with these instructions may receive a penalty for blocking.
- The bicycle helmet must be fastened at all times (before the bicycle is removed from the transition rack and until it is rested).
- Headphones are prohibited.
- It is permitted and even encouraged to carry a cell phone for use in case of emergency, but cellular communication during the event is prohibited for any reason other than a medical or security emergency.
- Furrowing is prohibited:
 - Athletes must keep a distance of more than 12 metres between each bike, except when passing. The athlete who wishes to overtake has 25 seconds to overtake the cyclist in front of him. The athlete who is overtaken has 25 seconds to go back 12 meters before attempting to overtake again.
- The penalty for furrowing is 5 minutes. Penalty time will be added to the final time. For more information on the furrow, consult the Triathlon Québec rules here: <https://www.triathlonquebec.org/lecons/velo-lecon-3-video-sillonnage/>

Vélo - demi longue distance "ÉPIQ"

- T1
 - Deux tours sens anti-horaire
- T2
 - Distance 85.8km
 - Dénivelé positif: 1590m
 - % de Gravel: 93%



Zone sans dépassement



Balilage



RUNNING 2

The second run is a **22km loop** and is done almost entirely on forest trails.

DIRECTIONS

Volunteers will give you directions at key intersections, at other intersections and along the route flags will clearly and regularly indicate the route.

- Follow the pink flags

On the trails, you will follow the signs of the Missisquoi Nord (MN) at all times. However, we advise you to study the route available here carefully since you are responsible for knowing and following the route:

- GPX file: [Epiq-Long-run.gpx](#)



STICKS

Running poles are only allowed for the last section from Aid Station 2 (ascent and descent of Owl's Head). You can drop them off with your extra bag at Aid Station 2 to have them during the mountain section.

SUPPLY

- Aid station 1: at 3.6 and 13.2km
- Aid station 2: 16.5km away.
- These aid stations will offer water as well as your own extra bags that you will have left before the race (see refreshment section).

CUT-OFF TIME / CHECKPOINT

The time limit to start the ascent of Mount Owl's Head is at 3:30 pm. Any athlete who has not started his ascent by 3:30 pm will be directed to the finish. In addition, the Organizing Committee reserves the right to remove an athlete from the competition if the athlete's safety is compromised. This verification will be done at the VERIFICATION POINT at Aid Station 2.

Athletes must demonstrate that they have at least 500ml of hydration before starting the ascent of the mountain. This verification will be done at the VERIFICATION POINT at Aid Station 2.

SECURITY

The ascent and descent of Mount Owl's Head is a major challenge, especially the first 400 m of the descent: follow the instructions of the volunteers! A rescue team will be present on the mountain to intervene in case of emergency but be aware that an extraction from the trails

could be long and painful. We therefore ask you at all times to respect your limits and to adjust your pace to your current form and the weather conditions of the day.

COMPANIONS (PACERS) **attention important modification compared to the initial version *****

Athletes of the half-long distance only are entitled to a pacer and this only for the last section from Aid Station 2 (ascent and descent of Owl's Head). However, the accompanying person may not carry supplies or any other equipment for the athlete. The accompanying person is optional. However, the accompanying person will have to check in (free of charge) in advance to ensure that they are covered by insurance.

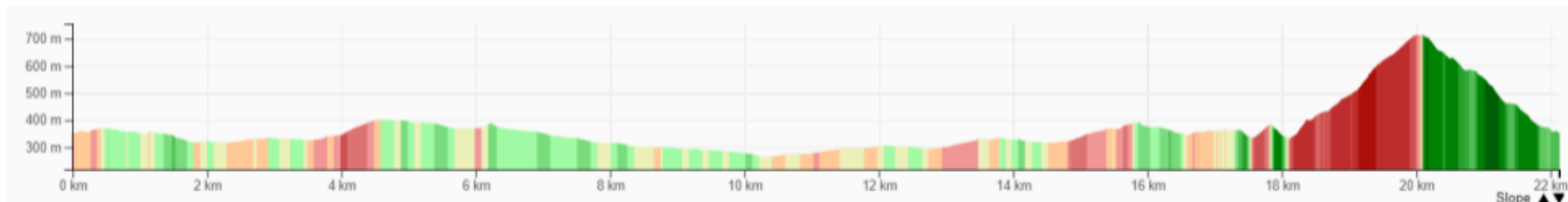
So fill out the following form BEFORE arriving at the reception on Friday evening or Saturday morning.

[Pacer registration 2025](#)

The accompanying person must present himself in advance at Aid Station 2 and wait for the arrival of his athlete.

RUNNING RULES:

- Overtaking: running to the right, overtaking to the left.
- Headphones are not allowed.
- **CELL PHONE: Part of the EPIC Triathlon running course takes place in steep and difficult to access terrain. We therefore require you to carry a cell phone to be used in case of emergency with the pre-registered emergency number: 514 349-2093.** However, cellular communication during the event is prohibited for any reason other than a medical or security emergency.
- The bib must be worn at all times at the front (for safety and timing reasons).
- Out of respect for nature and competition, and to maintain our rights of way, stay on the marked trails at all times (under penalty of immediate disqualification).
- It is forbidden to throw garbage on the ground AT ANY TIME (under penalty of immediate disqualification).



Course à pied - duathlon demi longue distance "ÉPIQ"

GPX: https://drive.google.com/file/d/1xsdE_t50KysukJyocVpXYsfEjpl-tBQj/view?usp=drive_link

- Départ de T2
- Arrivée devant le MTN House
- Distance 22.1km
- Dénivelé positif: 690m



Team event

The team competition will take place according to the same schedule and the same modalities as the individual events with the exception of the passage of the timing chip.

The team will be given a timing chip before the start of the swim. Each member of the team will have to pass the chip to his teammate. The chip must be given to a volunteer on arrival in order to validate the arrival of the team.

There will be no area dedicated to the passage of the chip. The passage of the chip will be in the transition area:

- T1: The cyclist will wait for the swimmer in the transition area at his bike. Only when the swimmer has passed the chip to the cyclist, the cyclist will be able to unhook his bike from the rack, exit the transition zone and start the cycling event.
- T2: The rider will wait for the cyclist in the transition area at the location of his bike. Only when the cyclist has hooked his bike to the rack and passed the chip to the runner, the latter will be able to start and leave the transition area to start the running event.

Competition Rules

In addition to the specific rules mentioned in this guide, all Triathlon Quebec rules apply to the EPIC Triathlon:

<https://www.triathlonquebec.org/officiels/reglements/>

Security

The ÉPIQ Triathlon is an extreme triathlon and therefore carries safety risks for the participants. We recommend surpassing oneself in exceptional conditions, but above all we want to end the day with the same number of participants as at the beginning of the day and in the same condition as they had at the start (certainly with great satisfaction and probably a good general fatigue).

We ask that you comply with the following three guidelines:

- Swimming: ask for help if needed - you have the right to rest by holding on to a kayak for a few moments
- Cycling: respect the highway code (roads are not closed to the public) and no-pass zones, control your speed at all times
- Running: be aware of your limits, follow the instructions of the volunteers

MEDICAL TEAM/FIRST AIDERS

A water safety team will ensure safety during the swimming portion on the water and on the beach.

A team of first aiders will provide safety and first aid during the cycling and running portion.

Medical personnel have the right to arrest any participant during the event and remove them from the competition for their own safety. Please note, however, that if you are stopped or treated by a medical attendant during the race, this does not necessarily result in a withdrawal.

EMERGENCY ROOM

Contact:

- **911 for any life-threatening emergency (not being able to wait for a rescuer):** ambulance services will be called but given the relatively remote distance from the competition site, delays are to be expected, so it is better safe than sorry and we are counting on the athletes to ensure a safe competition. If possible, also call the emergency number below as a first aid attendant may be able to help stabilize the victim while waiting for ambulance services.
- **514-349-2093 for a request for assistance from a first aider:** he or she will be able to administer first aid and contact ambulance services if necessary
- **514-815-6987 to reach the race director** for any other situation (marking issue or other)
- A volunteer on the course

CELL PHONE: Part of the EPIC Triathlon running course takes place in steep and hard-to-reach terrain. We therefore require that you carry a cell phone to be used in case of emergency with **the pre-registered emergency number: 514-349-2093**. However, cellular communication during the event is prohibited for any reason other than a medical or security emergency.

MEDICAL CONDITIONS

Athletes who have special medical conditions must:

- Declare them to the race manager at check-in
- Wear their Medic Alert if applicable
- Have their EPIPEN injector in their possession for running and cycling events, if applicable.

ADJUSTMENTS

Depending on the weather conditions of the day, the organizing committee reserves the right to modify certain aspects of the race (format, route, distances) and to take the necessary measures to ensure the safety of participants and volunteers.

Start procedure and timing

DEPARTURE

There will be a single mass start per distance, for all participants, solo and teams, men and women, all ages.

So four departures in total:

- Three triathlon starts
- A duathlon start

All departures will be on the beach for all disciplines.

Athletes must arrive no later than 10 minutes before their departure.

TIMEKEEPING

This year, professional timekeeping will be provided by MS1 Timing.

Transition times will be added to the test times:

- The swim-bike transition time will be added to the swim time (for the duathlon, the first race-bike transition time will be added to the time of the first race)
- The transition time from cycling to running will thus be added to the cycling time

You must pick up your chips on the beach before the pre-race meeting.

Be sure to hand over your chip after crossing the finish line, otherwise we will unfortunately have to charge you a \$35 fee.

Here is the [link](#) to the results of previous editions.

We are also aware that most athletes compete with smartwatches that help provide transition times, etc. Of course, we encourage you to use your watch if you wish.

Pre-race meeting

A virtual information meeting will take place on Wednesday, September 17 at 8 p.m. on our [Facebook](#) page. We will review the Athlete Guide, including the courses and other important information, and answer any questions you may have.

A **brief mandatory pre-race meeting** will take place approximately half an hour prior to your departure on the morning of the event at the Owl's Head Marina Beach. See the day's schedule for your meeting time.

Duathletes: Duathletes are asked to participate in triathlete meetings for their respective distances. Specific information for the first race will be given to you ten minutes before your departure.

Do not hesitate to contact us on [Facebook messenger](#) or by email epiqtriathlon@gmail.com for any questions until then.

Athlete Profiles

Our presenters at the finish line would like to get to know you better to offer you a more personalized welcome. You don't have to, but can you take a few minutes to fill out this [short](#) 4-question survey?
Thank you!

Refreshments, drop bags, food and eco-responsibility

As announced, the ÉPIQ Triathlon is a semi-autonomous triathlon that advocates a return to the roots in the appreciation and respect of one's environment.

SUPPLY

In order to limit the environmental impact (and to simplify logistics and the need for volunteers) we will have two refreshment points, strategically located on the route:

- Aid station 1: near the intersection of [Chemin Laliberté and Chemin Owl's Head](#).
- Aid station 2: [in front of T2](#) - just before starting the ascent of the mountain.
- At the finish line

Thus, the athletes will pass through these refreshment points one or more times depending on their distance. See the details in the [Routes section](#).

- Aid station 1:
 - This aid station will offer water as well as your own extra bags that you will have dropped off before the race.
- Aid station 2:
 - This aid station will offer water as well as your own extra bags that you will have dropped off before the race.
- Finish line:
 - This aid station will offer water and a sports drink

Bring your pop-up tumbler as we will not provide glass/tumblers.

You can also fill your water bottles or bottles.

DROP BAGS

Identification and deposit of drop bags:

Bags must be clearly identified with your bib # on a rainproof tag. Regardless of the type of bag, make sure it is closed with a zipper or any other device that prevents its contents from emptying or accidentally detaching during transport. If its contents need to stay dry, make sure your bag is waterproof. We keep the bags away from the rain, but some might get wet in transport. Once you drop off your bag, you won't have access to it before the race, make sure you don't forget anything!

Drop Bag Depot 1:

1. Drop off your bag the morning BEFORE departure at the indicated location near the T2 transition area
2. The team of volunteers will carry your bag to Aid Station 1 before your first visit and bring it back after your last visit

Drop Bag Aid Station 2:

1. Just drop off your bag yourself at aid station 2 before leaving T2 to go to T1 and the beach

It is forbidden to throw garbage on the ground AT ANY TIME under penalty of disqualification.

Drop bags and swim bags:

After your last visit to the aid stations, your drop bag will be repatriated by our volunteers. It's important not to forget your bag(s) after the race (pin a message to your windshield or set an alarm on your phone). All the forgotten bags will be transported nearby and you will have until the next day to pick it up (contact us by Facebook messenger) otherwise we will have them. No warehousing or delivery by mail.

FOOD

Arrive early at the beach to enjoy a coffee offered by our official partner [Appalaches - Roaster](#).

For food on the course, see the section above.

Each finisher will receive a finisher's beer and a snack.

As it will be the Festival of Colours at Owl's Head, there will be an on-site food offer with *Food Trucks*. See the full program [here](#).

There are a few restaurants in the area that will be happy to accommodate you, but we suggest you book in advance.

ECO-RESPONSIBILITY

We are proud that the ÉPIQ Triathlon is an EcoTQ Silver certified event. It will take place in a breathtaking environment. We are invited into nature and collaborate with the Municipality of the Township of Potton who maintains the trails around Mount Owl's Head that we will take. We believe that you love and respect nature, you EPIC Triathlon athletes, open water swimmers, gravel bikers and trail runners.

Here are some of the steps we've taken as an organizing committee to provide you with an eco-friendly event:

- Reducing waste by offering a semi-autonomous event
- Possibility to offset the carbon footprint when registering

[Back to Table of Contents](#)

- Encouraging carpooling
- Prioritize local suppliers whenever possible
- Ensure the availability of sorting stations (compost, recycling and garbage cans) at the competition venue: USE THEM!
- Design of a graduation medal 100% from natural and recycled material and offer it as an option
- Limit printing

Bring your pop-up tumbler as we will not provide cups/tumblers. You can also fill your water bottles or bottles.

To read all of our commitments, we invite you to read the section on our [website](#) as well as that of [Triathlon Quebec](#).

We are counting on you to make your participation in the ÉPIQ Triathlon in the same spirit.

Results, prize-giving and medals, welcoming of the last athlete and door prizes

RESULTS

Official results will be available after the race and will be broadcast on our [Facebook](#) page and website.

AWARDS AND MEDALS

A prize-and-medal ceremony will take place 30 minutes after the arrival of the third place solo and team.

Prizes are offered to the medalists of the ÉPIQ Triathlon (long) by our official partner [Naked Sports Innovations](#). 1st place: T/r trail shoe, 2nd place: hydration belt, 3rd place: cap

There will therefore be a prize for:

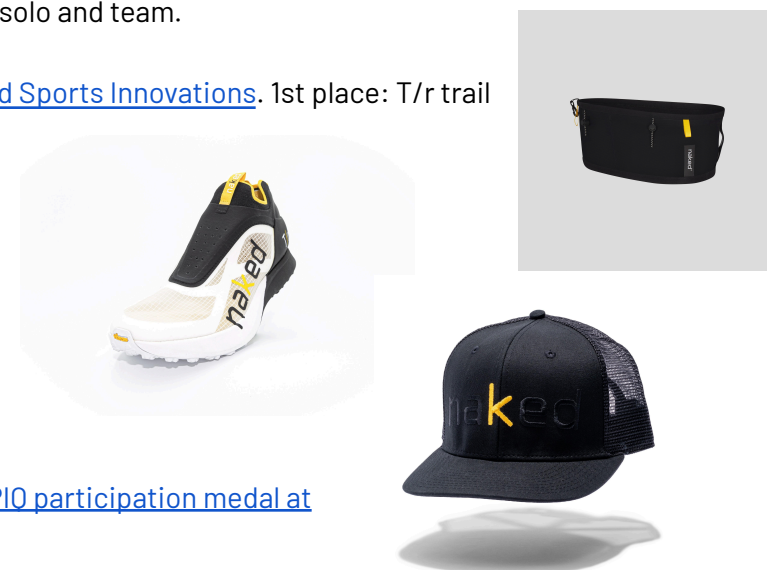
- Top 3 "open" category on each distance
- Top 3 "women" category on each distance
- Mixed top 3 for teams in each distance

All other winners will receive a special ÉPIQ medal.

All athletes who have indicated this when registering will receive the already legendary [ÉPIQ participation medal at the finish](#).

LAST ATHLETE WELCOME AND DOOR PRIZES

We expect a gap of several hours between the first and last athlete. We know it's going to be a long day for everyone, but we encourage you to stay until 5pm to welcome the last athlete. A door prize draw will be held among the athletes present immediately after the arrival of the last athlete. So stay with us to highlight the extraordinary accomplishment of the last athlete (he or she will appreciate it!), as well as to have a chance to win one of the door prizes.



Carpooling and Accommodation

Carpool

In order to reduce the CO2 footprint, and share the costs, we encourage you to carpool to our event. Talking about tactics on the way out, talking about your experience on the way back, or simply making the journey in silence: we have created an event on the [Caroster](#) platform that allows you to display your carpooling offers and requests. You can also comment on the Facebook post to this effect.

Also, we hope that you have found accommodation in the area to your liking.

If not, here are two options:

Classic Accommodation: For options in Mansonville and surrounding areas see: <https://potton.ca/carte-des-commerces-et-attraits/> Choose the "Camping" or "Accommodation" categories. There are also a multitude of options via the usual short-term rental platforms. Finally, we posted on our Facebook page some options offered by friends of the event.

RV parking at Owl's Head: This year again Owl's Head has a nice parking section, where RV or VanLife enthusiasts can park the day before.

Tickets must be procured here:

1 night: https://boutique.owlshead.com/fr/catalogue/rv-parking-epiq-1-night_3145/

2 nights: https://boutique.owlshead.com/fr/catalogue/rv-parking-epiq-2-nights_3146/

In all other cases, please note that an OVERNIGHT PARKING BAN (in cars, RVs, etc.) is in effect at all times on the rest of the site.

Parking

Participants in the ÉPIQ Triathlon will have access to a dedicated parking lot a few hundred meters from the main site.

Stationnement des athlètes et zone VR/VanLife

- Stationnement réservé pour les participants ÉPIQ et route d'Accès →
- Accueil et zone de transition T2
- Zone arrivée en face du MTN House



In the event of overflow, you can use the other parking lots in the resort. Please avoid parking near the chalet to allow access to other visitors and thus promote a beautiful cohabitation for all.

In addition, we encourage you to opt for carpooling whenever possible. Simply connect with another athlete on the [EPIQ Triathlon page](#).

We remind you that overnight parking (by car, RV, etc.) is prohibited at all times on the rest of the site.

Spectators

Spectators will be able to follow the athletes at different locations throughout the day while enjoying all the beauty that the Township of Potton has to offer. Here are some suggestions to share with your supporters:

Swimming:

- Watch athletes on the majority of the course from the beach at Marina Owl's Head (bring binoculars)

Bicycle:

- Cheer on the cyclists at the corner of Peabody and Des Cheminots and then go to [André Gagnon](#) Park, take the opportunity to also visit the Public Market and then have a coffee at [Appalaches Toréfacteur](#) and a brioche on Place Manson
- Then move to the [Covered Bridge](#) to cheer on your athlete at the beginning of the climb of Province Hill Road

Running:

- Encourage your athlete as they exit the transition area before taking the first Anaconda Trail (accessible at the entrance to the [Owl's Head parking lot](#)).
- On the way back, cheer on your athlete as they pass the [MTN House at Owl's Head](#) before beginning the ascent of Mount Owl's Head. Take the chairs (book your ticket) to wait for him at the top of the Mount before the descent but don't wait too long if you want to see the arrival back at the bottom of the mountain!

Or simply enjoy the atmosphere on the terrace as part of the [Festival of Colours](#) organised by Owls' Head.

The lap times are obviously difficult to estimate and depend on the athlete's form on the day.

Why do we do this? Launch your fundraiser and win your participation!

We are organizing this triathlon out of love for the sport and for the region. Being one of the first, if not the first, gravel triathlon in Quebec, we are convinced that this third edition heralds a great growth of this discipline: you are part of it! The magnitude of the challenge combined with the beauty of nature, especially during the colors, will undoubtedly amaze you.

But the ÉPIQ Triathlon is also an event by the community for the community, as the operational surplus of the event will be donated in full to the Missisquoi North Volunteer Centre (Centre d'action bénévole de la Missisquoi Nord ([CAB MN](#))), a non-profit organization that aims to find solutions to problems related to health, social services, protection, education and everything related to the quality of life of all, especially that of the marginalized and young people in the western sector of the Memphremagog RCM.

In addition, by registering, you have made the commitment to complete a fundraiser of at least \$100 (\$150 for teams). We are extremely grateful to you. Your fundraiser must be completed before you participate in the race. When you welcome you to the site, we will check your status and offer you the possibility to top up the remaining amount on site if this is the case. That said, **the athlete who has completed the largest fundraiser will receive his registration for the 2026 edition of the ÉPIQ Triathlon as a gift!**

As a reminder:

- To access your personal page:
 - Go to this Donor [List](#) page , search for your name or the name of your team. Click on "Donate" and share this link on social media or any other media to start your fundraiser.
- Link to learn more about the CAB: <http://www.cabmn.org/>

Partners and volunteers

We would like to sincerely thank all our partners and dozens of volunteers, without whom this event could not take place.

Présenté par
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COURTIER IMMOBILIER AGRÉÉ
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Partenaires officiels/Official partners



Partenaires/Partners

