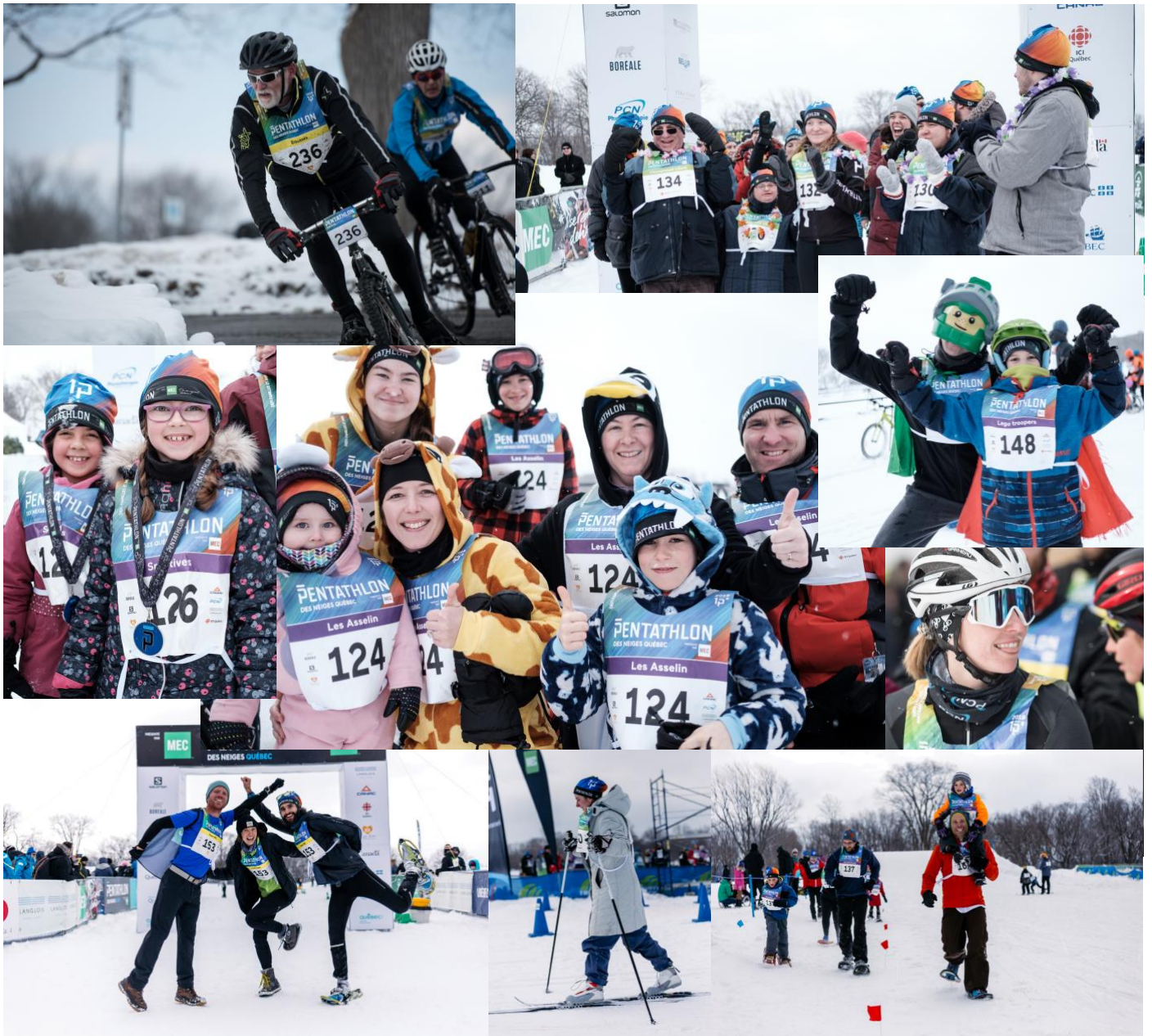


PENTATHLON

DES NEIGES QUÉBEC

Participant's guide 2022

Pentathlon/Duathlon/Triathlon



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Pre-Race

Validation of the vaccine passport and COVID-19

To obtain permission to hold our event, we had to commit to the guidelines issued by Public Health. A vaccination passport will be required to enter the Pentathlon des neiges site for all spectators and participants aged 13 years and older. You will be required to present your QR code and identification upon arrival. Once verified, you will be given a wristband certifying that your passport has been verified. You will then be able to enter and exit the site at will, during the 16 days of the event, by simply presenting your bracelet. It will always be possible to have your vaccination passport (re)validated at the entrance of the site if you lose your bracelet.

The Pentathlon site will be completely fenced in and only those with a wristband will be allowed to enter. Masks must be worn indoors (tent, trailer, etc.). It is recommended to wear a mask outside when the distance of one meter is not possible.

It is possible to pre-validate your vaccine passport in advance, from February 18 to March 13, with our partners. For more information and updates, please refer to the COVID page on our website, by clicking [here](#).

Reception site: service tent

All Pentathlon des neiges activities are usually based in the service tent located in front of the Musée national des beaux-arts du Québec. Due to sanitary measures, the size of the tent is reduced. It will not be used as a gathering place after the races as in previous years. The following services will be offered there: reception of the runners, distribution of race bags, recovery of electronic chips, souvenir store. This is the place to go or to refer to for any need.

Drop-off

A drop-off (2 minutes maximum) is available on February 26 and March 5 and 6. Go in front of the Musée national des beaux-arts du Québec on Georges VI Street. Volunteers are waiting to help you unload your vehicle. They will deposit your equipment in a supervised area. Once you have dropped off your equipment, you must leave the area to park your vehicle. Once parked, you can retrieve your equipment from the volunteers.

Self-service check-in

A self-service equipment depot, located at the entrance of the tent, allows you to leave your bikes and other equipment there since it is forbidden to enter the tent with equipment.

Equipment rental

It is possible to rent equipment until February 12 to participate in the various Pentathlon events. If you have rented equipment, you can pick it up at the location indicated outside, near the entrance of the big top. **Bring an ID card and leave it as a deposit. If you rented a bike, don't forget to bring your helmet!**

Parking

If there is no parking available on the streets near the Pentathlon site, participants and spectators can park at the Collège Mérici, located west of the Pentathlon des neiges site, at [755 Grande Allée Ouest, Québec, QC G1S 1C1](#). The cost of a day's parking is \$10.

Race bag and electronic chip pick-up

Pouches and electronic chips will be handed out on race day at the welcome tables in the service tent. A runner's pouch is prepared for each solo, tandem and team in preparation for the race. This pouch contains everything you need for your race (bib, bracelet, bike tag). We will also give you an electronic chip. To pick up your bag and your electronic chip, each team or tandem **MUST** have completed the liability waiver, signed by each member of the team or tandem. It is possible to pick up your race bag and chip 90 minutes before the start of your race. It is recommended that the team captain pick up his or her team's race bag and bring all his or her team's liability waivers at the same time.

New in 2022 : You will receive only two (2) bibs per team, which will allow you to exchange the bib while one of your teammates is on the course. It will be important not to forget to transfer the bib number, as well as the electronic chip.

After the race, it is your responsibility to return the chip to a volunteer in the finish area. A fee of \$150 will be charged to the participant or team whose chip is not returned.

Rules and regulations

Race rules are available [here](#). It is your responsibility to read the rules before the day of the competition. Failure to comply with the rules may result in penalties or disqualification by Triathlon Québec officials. Unsportsmanlike conduct will also result in disqualification. Please refer to the Triathlon Québec [Code of Ethics and Rules](#).

Transition zone

Places selection

You must have your bracelet to enter the participants' entrance. No spectators are allowed in the transition area. There is no more pre-assigned space in the transition area. First come, first served! When you arrive in the transition zone, you must choose an open space and move in.

This area will become your single point of reference for the entire event. A free chair is a free space. **It is forbidden to move the chairs.** Contrary to what some may think, each place is equivalent. No positioning in the zone gives an advantage. You can place one piece of equipment for each discipline and a small bag for your personal belongings. The corridors in the transition zone are identified by letters and colors. Make sure you know where yours is! Arrive early! This will help you identify your bearings and optimize your transitions.

Corporate Challenge: A map of the transition area will be made with assignments for the different teams. Volunteers will be present in the transition area on the day of the event to escort you to your assigned space.

Participant's area

A participant's area is set up near the transition zone. This area is reserved for participants with a bib number or a bracelet. Heated trailers and chemical toilets are available to participants.

Transition zone schedule

The transition area opens at least 1 hour before the start of your race. Entrance and exit to the transition area is through the participant entrance. Volunteers will be on hand to guide you. **The transition area closes 30 minutes before the start, at which time the pre-race meeting will take place.** You will receive final instructions and, if necessary, be informed of any last-minute changes. **This meeting is mandatory for all participants**, whether you are registered as a solo, tandem or team.

We ask that you **retrieve your equipment immediately after your race and leave the transition area from the same place you entered.** We assume no responsibility for your equipment.

Rules in the transition zone

Equipment may be checked by Triathlon Québec officials at any time before, during and after the race. Please refer to the rules for restrictions and to ensure that your equipment complies. **All team members will be allowed to stay in or out of the transition zone during the race.** In order not to interfere with the race, you must remain in your respective space in the transition zone. For some challenges, chaperones with "chaperone" bibs will be allowed access.

Transitions from one event to another will be made **EXCLUSIVELY** at your chosen space in the transition zone. Any transition made at another place in the transition is liable to disqualification. In tandem or team, it is important not to forget to transfer the electronic chip to the racer who will be next on the course. During the race, the **electronic chip** must be always worn on the ankle by the runner who is on the course.

Please note that the microchip is not used during the Family and Friends Challenge and the Social Integration Challenge.

Sequence of the race

Distances and courses

The distances and courses for each challenge are presented on the Pentathlon website on the specific page for your challenge. It is strongly recommended that you read the courses and the number of laps to be completed before arriving at the site. For the Family and Friends Challenge and the Social Integration Challenge, participants are free to complete the suggested number of laps or not.

Start of the race (Pentathlon)

The Pentathlon des neiges starts with the bike stage. After the pre-race meeting, you must place your bike on the barriers provided for this purpose before going to the starting line near the big tent. The start is "Le Mans" type, meaning that at the start, cyclists must run/walk to get their bike. You have to ride about 300 meters to get your bike back. Once the bike is picked up, cyclists must cross the boarding line before getting on the bike. Let's get started!

IMPORTANT: HOW MANY LAPS? WHEN SHOULD I GO TO TRANSITION?

For all disciplines, depending on the challenge you are participating in, you will have one or more laps of the course to complete. The green dot is positioned at the point where you must decide; whether to continue for another lap or head to transition/finish line. At the pre-race meeting for each challenge, we will tell you how many times you will need to see the green dot for your discipline before making the transition or heading to the finish line.



Cycling leg

The course takes place on the paved roads surrounding the site except for 2 snowy areas. In the snowy areas, you can ride or run with your bike. On the road course, security will be ensured by the Québec City Police Department, agents of the National Battlefields Commission and many volunteers. Any person going off course or not being civilized will be systematically disqualified. Adapt you're driving to the road conditions. It's winter!

Some important reminders about the bike stage:

- All types of bicycles (cyclo-cross, mountain, road), with the exception of electric bikes, are allowed, provided they have regulation tires;
- Studded tires are mandatory (i.e. slick tires with or without grooves are not allowed);
- Metal studs are permitted;
- Wearing a helmet is mandatory;
- Don't forget to attach to your handlebars the identification plate included in your race bag.

Running leg

The running event takes place entirely on snow. There are no restrictions if you wish to use crampons for this event. Move between the blue trestles on the ground or by following the blue flags on the ground on the left of the course.

XC skiing leg

Classic style and skate step are permitted. You should never walk through the transition zone with your skis on and your straps on. You must put on your skis and wrist straps only in the boarding area located at the exit of

the transition zone. At the end of your leg, you must remove your skis in the drop-off zone located at the entrance of the transition zone and then go to your gate with your skis and poles in hand.

ATTENTION: *When walking in the transition zone, for safety reasons, you must walk with the tips of your poles pointing down and the tips of your skis pointing up.*

Skating leg

All types of skates are accepted (except for the Iceman Ultra Videotron Challenge - see rules). Helmets must be worn. You can use a skate, bike, ski or hockey helmet. When you enter the ice ring, you must yield to competitors already on the track and keep to the right as much as possible while you pick up your speed.

For your safety when skating:

- The ice rink is one-way. It is forbidden to skate in the opposite direction. If you go straight through the exit, you must make a complete turn to return.
- Passing is always done from the right, never from the left. Always circulate by squeezing the left (inside of the ring). This is the shortest way! And it allows the fastest to pass on the right.

If you are using Nordic blades, you can put them on and take them off on the chairs located at the entrance and exit of the rink.

IMPORTANT: Count your laps!

One of the difficulties of the skating stage is to count your turns. There are different tricks to make it easier: a clicker, rubber bands, a friend on the side of the track, etc. Find the one that suits you best. Find the one that works best for you. A giant screen at the edge of the rink shows the number of laps completed. This is a courtesy and technology are not infallible... especially in winter. You are always the one responsible for counting your turns.

Snowshoeing leg

The snowshoeing course is marked by blue flags on the ground on your left. In some sections of the course, red flags are also positioned on your right. On one section of the course, you will be side by side with skiers. Be sure to share the space and respect your lane. On your last lap, you will need to take the turnoff to your left for the finish.

Time limit

In general, everyone has plenty of time to complete their pentathlon/triathlon/duathlon. In order to ensure that the activities run smoothly, time limits are applied in some challenges. In the bike event, if after 60 minutes (long distance) or 45 minutes (short distance) of racing you have not started your last lap, volunteers and officials will force you to move to the transition zone. If after 2 hours 45 minutes (short distance) or 3 hours 45 minutes (long distance), following the start of the race, you have not started your last lap, the volunteers and officials will force you to move towards the finish.

Duathlon

The duathlon starts with a running or snowshoeing event (at the participant's discretion) and then a cross-country skiing stage.

Triathlon

The triathlon disciplines are successively running or snowshoeing (at the participant's discretion), skating and cross-country skiing.

IMPORTANT: Feed zones without glasses!

There is no running water at the Pentathlon site. **Please bring a full bottle of water to the event.** To protect the environment - and by popular demand - **no glasses will be available at the refreshment stations.** This way, we eliminate the 9000 glasses we used every year. In case of forgetfulness, small soft glasses will be on sale at the Pentathlon store in the big tent.

There will be refreshment stations on the different courses and at the finish. You will find liquid and solid supplies. Bring your own glass or bottle.

After-race

Posting of results and contestation of results

Results are available live on sportstats.ca. They are also displayed on the televisions located inside the tent. Protests can be lodged within 15 minutes of the last participant crossing the finish line. The formalities to be respected to lodge a protest is those provided for in the Triathlon Quebec rules.

Medal ceremony

The presentation of medals and trophies for each challenge will take place on the outdoor stage. Please note that medals will be awarded **by category** and not only according to the overall ranking. **You must be present at the ceremony to receive a medal or prize money.** If you are absent, you will lose this privilege. Cash prizes will be given by PayPal transfer only. No checks will be issued.

Personal belongings

Please be aware that the tent is not the place to leave your backpacks, coats and other personal belongings that you do not need during the race. The participant trailers located in the transition area can be used for this purpose.

Additional information

Lost and found

The welcome table located in the tent is the place to gather lost and found items. Please bring back any items you may find or come and retrieve your lost item!

Spectators

There are multiple spaces for spectators to follow the race in the spectator zone. Spectators must first have their vaccination passport validated at the ticket office and have obtained the wristband. Only spectators with the bracelet can enter the site. Spectators have access to the service tent to visit the boutique or get supplies. They are also invited to visit the facilities of the different partners where many surprises await them.

Souvenir gift

Each participant registered for the Pentathlon des neiges is entitled to a souvenir toque of his or her participation in the event. Pick up your toque at our partner Décathlon (Sainte-Foy, Laval, Brossard, Eaton Centre and Ottawa).

First aid

The Canadian Ski Patrol will be on hand to provide course safety and first aid services.

Workshop

The workshop, located near the transition zone, is accessible free of charge for any need for repairs or technical advice with your equipment. Advisors will be on hand to do last minute repairs on your bike or waxing on your cross-country skis.

Snowstorm and bad weather

Races are scheduled to take place **rain or shine, hot or cold**. However, in the event of forecasted storms or extreme temperatures, watch for our **Newsletters and Facebook page**, which will keep you informed if there are any changes to the schedule. Unless you receive special notice from us, assume that the races will take place as scheduled.

Ethics and courtesy

Be courteous to other participants and politely ask to yield if you are faster than them. In return, if you are slower, give way. Finally, remember that without the many volunteers you will meet throughout the day, we could not allow you to participate in this unique race. Please thank them! They will appreciate it. Any misbehavior towards a volunteer will result in immediate disqualification.

Summary of important hours

	Race bag pick-up	Transition zone open	Pre-race meeting	Race start
Saturday Feb 26 2022				
College and university	7:30 AM	7:30 AM	8:35 AM	9:00 AM
SSS	7:30 AM	7:30 AM	8:35 AM	9:00 AM
Corporate	12:30 AM	12:30 PM	1:35 PM	2:00 PM
Sunday Feb 27 2022				
Iceman – Sprint Vidéotron	8:00 AM	8:00 AM	8:35 AM	9:00 AM
Iceman – Ultra Vidéotron	8:00 AM	8:00 AM	9:05 AM	9:30 AM
Duathlon Sprint and Discovery	8:00 AM	9:00 AM	9:35 AM	10:00 AM
ICEMAN – Classic Vidéotron	12:15 PM	12:15 PM	1:05 PM	1:30 PM
Tuesday March 1st 2022				
School tournament RSEQ- QCA (Primary)	9:00 AM	9:00 AM	10:05 AM	10:30 AM
Wednesday March 2 2022				
School tournament RSEQ-QCA (Secondary)	9:00 AM	9:00 AM	10:05 AM	10:30 AM
Saturday March 5 2022				
Long Distance Solo and tandem	8:00 AM	8:00 AM	8:35 AM	9:00 AM
Short distance Solo and tandem	8:00 AM	8:00 AM	9:05 AM	9:35 AM
Short Distance Team Stadaconé	12:30 AM	12:30 PM	1:35 PM	2:00 PM
Sunday March 6 2022				
Family and friends	8:00 AM	8:00 AM	9:05 AM	9:30 AM
Social integration	8:00 AM	8:00 AM	9:05 AM	9:30 AM
Long distance Team Eye-Am	11:30 AM	11:30 AM	12:35 PM	1:00 PM

Enjoy your Pentathlon / Triathlon / Duathlon and most of all, have fun !