



# ATHLETE'S GUIDE 2025

TRIATHLON CHALLENGE  
CAP QUÉBEC,  
JUNE 27 TO 29, 2025

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Bassin Louise, AXE Dufferin-Montmorency  
Vieux Québec, Rivière St-Charles  
Espace 400e  
Québec, Qc, Canada

[challengecapquebec.com](http://challengecapquebec.com)





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### A New Sporting Event in Québec

The Government of Québec is proud to support the Sail Challenge CAP Québec, an event that promises to deliver a memorable experience for all participants. What an exceptional showcase of the talent within our event industry!

Our summer festivals and events enrich our tourism offerings while helping to shine a spotlight on Québec as a premier destination. During their stay, visitors are encouraged to explore the many attractions and activities that bring the Capitale-Nationale region to life at this time of year.

I warmly congratulate all members of the organizing team for bringing this wonderful event to life. I encourage both tourists and residents to take this opportunity to enjoy themselves and discover the region.

Best of luck in the competition!

**CAROLINE PROULX**  
**MINISTER OF TOURISM**  
**AND MINISTER RESPONSIBLE FOR THE LANAUDIÈRE REGION**

Votre  
gouvernement

Québec





Taking part in the SAIL Challenge Cap Québec triathlon is like being part of a big family where you feel welcomed and supported—the winning conditions to perform at your best.

Dear athletes, you have decided to take up the challenge, and I congratulate you for your courage. You have a tough task ahead, but I am convinced you'll power through with renewed energy from the cheers of the crowd and the excitement in the air.

And how about the spectacular setting? Bassin Louise for swimming, the St. Lawrence River and Montmorency Falls for cycling, and the Saint-Charles River and Old Québec, a UNESCO World Heritage gem, for running. It's a route that dreams are made of.

Ville de Québec is a proud partner in this event, which not only promotes an active lifestyle, but also gives athletes of all ages and levels the opportunity to experience something unforgettable.

Bravo and thank you to everyone involved in organizing the triathlon.

Good luck to all participants!

**BRUNO MARCHAND**  
**MAYOR OF QUEBEC**





Yiheh aweti'!

Welcome to all the athletes! On behalf of the Wendat Nation, I am pleased to welcome you to the Onyionhwentsiio', our magnificent territory. You are now in the very heart of the land the Wendat have continuously occupied for centuries.

This territory, which will accompany you during your challenge, is the same territory that supported our ancestors and continues to support us all. It is vital to our existence while being an inherent part of our identity and culture as Wendats. May it offer you its power and wisdom over the course of your time with us and during the sporting feat that awaits you.

On behalf of the Wendat Nation, I wish you an enriching experience, both in sport and in discovering the Onyionhwentsiio'!

Eskwayen'!

**PIERRE PICARD**  
**GRAND CHIEF OF THE WENDAT NATION**





Welcome to Québec, and congratulations on being here!

Whether you're a seasoned triathlete or tackling this type of challenge for the first time, just signing up and training for this event is already a huge achievement—so kudos to you! The SAIL Challenge Cap Québec is much more than just a race: it's an opportunity to push your limits, share an incredible experience, and feel the energy of a truly unique event.

And what a setting for such an adventure! Swimming in the Louise Basin, running through the historic streets of Old Québec, following the majestic St. Lawrence River ... it doesn't get much better than this. We're proud to welcome athletes from around the world here at the Port of Québec, right in the heart of the city.

Take some time to explore our public spaces while you're here: whether it's a refreshing dip at L'Oasis, a well-earned break on La Cale's terrace, a show at the Agora, or even an escape to Baie de Beauport, there's everything you need to recharge after the effort.

A huge thank you to Challenge Family for choosing Québec as the playground for a world-class triathlon. It's an honor to be part of this event and to welcome you all here.

So, have fun, give it your all, and most importantly ... enjoy every moment!

**OLGA FARMAN**  
**PDG OF THE PORT OF QUÉBEC**





Dear Athlete,

Shortly will line up at the start of the second SAIL Challenge Cap Québec powered by Argon 18 and we're delighted to be back in this spectacular setting for a race.

Most importantly this weekend, make sure you enjoy yourself from start to finish, because the local organisation team will do everything they can to make your day unforgettable. In Québec, it's all about the athlete. It's all about you! Through this way I would like to thank you very much for choosing SAIL Challenge Cap Québec and us, Challenge Family.

For us, your choice is worth more than you might expect. Together with you we are building a wonderful portfolio of unique race experiences around the globe. Together with you we will travel the world to race in the most beautiful places. Together with you we will embark on an adventure we can all enjoy. That's what triathlon is all about!

For now, I wish you the best of luck with your final preparations and of course just as much good luck and fun for race day. As I said, make sure to enjoy from start to finish, where we will be waiting for you to celebrate your achievement together.

See you at the finish line!

**JORT VLAM**  
**CEO – CHALLENGE FAMILY**







Dear participants, volunteers, and outdoor enthusiasts,

It is with great excitement that SAIL presents the second edition of the Challenge Cap Québec! After an outstanding first edition, we are proud to return as the title partner of this event for a second year, alongside such an inspiring community of triathletes.

More than just a competition, the SAIL Challenge Cap Québec is an invitation to push your limits and fully embrace your passion for sport, adventure, wellness, and the outdoors. Whether you're an experienced triathlete or taking on this challenge for the first time, we encourage you to fully celebrate your achievement.

We would like to highlight the exceptional work of the organizers, the generosity of the volunteers, and the incredible energy of the spectators who make this event possible. Your dedication and presence truly make all the difference.

Wishing you all a great triathlon!

**ISABELLE LEMAY**  
**PRESIDENT AND CHIEF EXECUTIVE OFFICER**  
**SAIL PLEIN AIR INC.**

**SAIL**



## A Word of Welcome

It is a great honor for Argon 18 to continue the partnership with Challenge Cap Québec as presenting partner. After the tremendous success of the first edition, we are excited to take part in the new iteration of this event that is already a favorite in the triathlon community.

Challenge Family and the Challenge Cap Québec organizers are doing an extraordinary job in providing a unique experience for both local and international triathletes taking part in the event, as well as for supporters, friends and family who will come to cheer them on.

Triathlon has always played an important role in the development of the Argon 18 brand, both here in Québec and internationally. We are delighted to support again this great event in beautiful Québec city.

We congratulate all athletes, from all age groups, beginners or more experienced, who will be competing, whether in the C25 sprint distance, the A51 Olympic distance or the P113.

Good luck to all participants!

**JEAN FRANÇOIS LECLAIR**  
**GLOBAL MARKETING DIRECTOR - ARGON 18**





What a pleasure to welcome you to our beautiful city of Quebec for this exceptional event!

After months of training, you will finally experience the satisfaction of crossing the finish line, having given your best in all three disciplines.

A huge thank you to our team, whose hard work and passion have turned this exceptional challenge into a reality. The quality of the people involved, the beauty of the site, and the energy you will invest in the race guarantee an unforgettable day.

Take the time to smile and thank our precious volunteers. Their dedication and generosity are essential to the success of this event.

Thank you for choosing to live your passion with us and good luck in the race!

**SÉBASTIEN CARRIER**  
**ASSISTANT RACE DIRECTOR**




A full-page background image showing three triathletes running on a rocky trail during sunset. The lead runner is a woman with long, flowing red hair, wearing a green and red athletic top and a green cap. She is holding the arm of a male runner in a black long-sleeved shirt. A third runner, wearing a white headlamp, is visible behind them. The scene is set against a backdrop of evergreen trees and a clear sky with a warm sunset glow.

**SAIL**

**SAIL VOUS SOUHAITE UNE BONNE COURSE**  
**SAIL WISHES YOU A GOOD RACE**

**LA PLUS GRANDE DESTINATION PLEIN AIR AU QUÉBEC | THE ULTIMATE OUTDOOR SUPERSTORE IN QUEBEC**

**Fièremment d'ici | Proudly Canadian** 

**sail.ca**



THE WORLD'S FASTEST TIME TRIAL HELMET

**EKOI**  
**PURE**  
AERO

LE CASQUE LE PLUS RAPIDE AU MONDE

The advertisement features three cyclists in aerodynamic gear. The cyclist in the center wears a white jersey with 'EKOI', 'CAISSE D'ÉPARGNE', 'SAINT JEAN MONTS', and 'cervélo' logos. The cyclist on the right wears a white jersey with 'CANYON' and a Red Bull helmet. The cyclist on the left is partially visible in a blue jersey. Two helmets are shown in the foreground, one with the number 44 and another with the number 6. The background is dark with a blue diagonal pattern on the left and a starry space-like pattern on the right.

SHOP ONLINE | RENDEZ-VOUS SUR | [EKOI.COM](https://www.eko.com)





## REGISTRATION & ATHLETE KIT PICK UP

Registration will not be available on the day of the event. Registration will be closed once we have reached the maximum number of participants per event.

Participants should ensure they bring photo identification, or the email confirming their registration for the event. Only those registered for the event can pick up their kit.



**Participants must collect their own kits; picking up a kit for someone else is not allowed. If you're unable to pick up your kit before the event, you may do so on race day. For relay teams, one team member may collect the team kit if they have a completed proxy form signed by each teammate.**

**CLICK HERE FOR THE TEAM MEMBER PROXY FORM.**



## WHERE



**Le Pavillon de l'Espace Quatre Cents,  
Quai Saint-André,  
Québec,  
QC G1K 9B7**

## THE PARTICIPANT KIT INCLUDES:

- A swim cap
- A race bib
- *Stickers* with numbers for your bike and helmet
- A participant jersey
- A proxy form
- A timing chip
- A Cadomotus bag

## ATHLETE'S WRIST BAND

A band with your athlete number will be attached to your wrist at check in. It identifies you as an official participant, and you must wear it at all times during the event.

It helps medical personnel identify you and gives you access to the transition and recovery areas after the race.

If you don't have your wrist band on, you will not be allowed to collect your bike or gear from the transition zone after running and swimming.

**Kits can be picked up at the following times:**

**C25** SPRINT

**A51** OLYMPIQUE

**P113** DEMI

**Friday, June 27 2025** from 12:00 p.m. to 7:30 p.m.

**P113** DEMI

**Saturday, June 28 2025** from 12:00 p.m. to 4:00 p.m.

# WORLD CLASS *SPEED*



RIDE OUT OF THE ORDINARY - [ARGON18.COM](https://www.argon18.com)

**ARGON 18** 





# Québec ANIMÉE

Activités et événements de l'été

**CONSULTEZ LA PROGRAMMATION**  
*Check out summer activities and events*



VILLE DE  
QUÉBEC



*l'accent  
d'Amérique*

## MANDATORY PRE-RACE MEETING

### MEETING SCHEDULE:

**C25** SPRINT

**A51** OLYMPIQUE

## INDIVIDUAL

**FRIDAY, 27 JUNE, 2025**

Time: 4:30 p.m. or 6:30 p.m. (your choice)

Location: L'Agora de l'Espace 400e

BUZZ LAVAL Volkswagen Stage, the exhibitor area

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**C25** SPRINT

**A51** OLYMPIQUE

## TEAM

**FRIDAY, 27 JUNE, 2025**

Time: 19 h 30

Location: L'Agora de l'Espace 400e

BUZZ LAVAL Volkswagen Stage, the exhibitor area

**At least one athlete per team must attend.**

**P113** DEMI

## INDIVIDUAL

**SATURDAY, JUNE 28, 2025**

Time: 2:30 p.m. or 4:30 p.m. (your choice)

Location: L'Agora de l'Espace 400e

BUZZ LAVAL Volkswagen Stage, the exhibitor area

## TEAM

**SATURDAY, JUNE 28, 2025**

Time : 5 p.m.

Location: L'Agora de l'Espace 400e

BUZZ LAVAL Volkswagen Stage, the exhibitor area

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## MY FIRST TRIATHLON

**FRIDAY, JUNE 27, 2025**

Time : 3 p.m.

Location: BUZZ LAVAL Volkswagen Stage, the exhibitor area

Les Quais de l'Espace Quatre Cents/La scène BUZZ LAVAL  
Volkswagen 100 Quai Saint-André, Québec, Qc, G1K 3Y2

## EMERGENCY NUMBER

Before you arrive at the event, make sure you know how to stay in touch with family and friends at home. Share the number below with anyone who may need to contact you in case of an emergency. If they are going to be on site at the Triathlon, also make sure to arrange a meeting point with them after the event.

Hours for the emergency phone line:

FRIDAY, JUNE 26: 7:00 a.m. to 8:00 p.m.

SATURDAY, JUNE 27: 7:00 a.m. to 8:00 p.m.

SUNDAY, JUNE 28: 7:00 a.m. to 2:00 p.m.

## EMERGENCY MEDICAL SERVICE CONTACT

1 877 415-9926



## TRAINING AND SAFETY



### SWIM TRAINING

Be sure to train in the designated lane at the PORT OF QUÉBEC OASIS. There are swimming lanes. You WILL NOT have access to the swim course before the race. The Port of Québec Oasis will be available for training:

<https://loasis.portquebec.ca>

### Port of Québec Oasis

100, Quai Saint-André, Québec, QC G1K 3Y2

### Nearest pool to the YMCA site

Saint-Roch : <https://www.ymcaquebec.org/fr/Trou-ver-un-Y/YMCA-Saint-Roch>

### PEPS Pool at Laval University

Schedule: <https://peps.ulaval.ca/activite/bains-libres>



### BIKE TRAINING

You will not be able to train on the bike course before the race. Most of the course is on the Dufferin-Montmorency Highway and cycling is STRICTLY prohibited there.

Here are the suggested routes in beautiful Québec City:

<https://www.quebec-cite.com/fr/quoi-faire-quebec/course-a-pied-vieux-quebec>.



### RUNNING TRAINING

You must use sidewalks when running.

Here are some great routes you might like to try:

<https://www.quebec-cite.com/fr/quoi-faire-quebec/course-a-pied-vieux-quebec>.



## MARKING AND IDENTIFICATION

Make sure you are marked as shown in the picture. Please do not put on sunscreen before you apply the tattoo.

### RACE BIB

Only wear the race bib when running, as shown in the drawing.

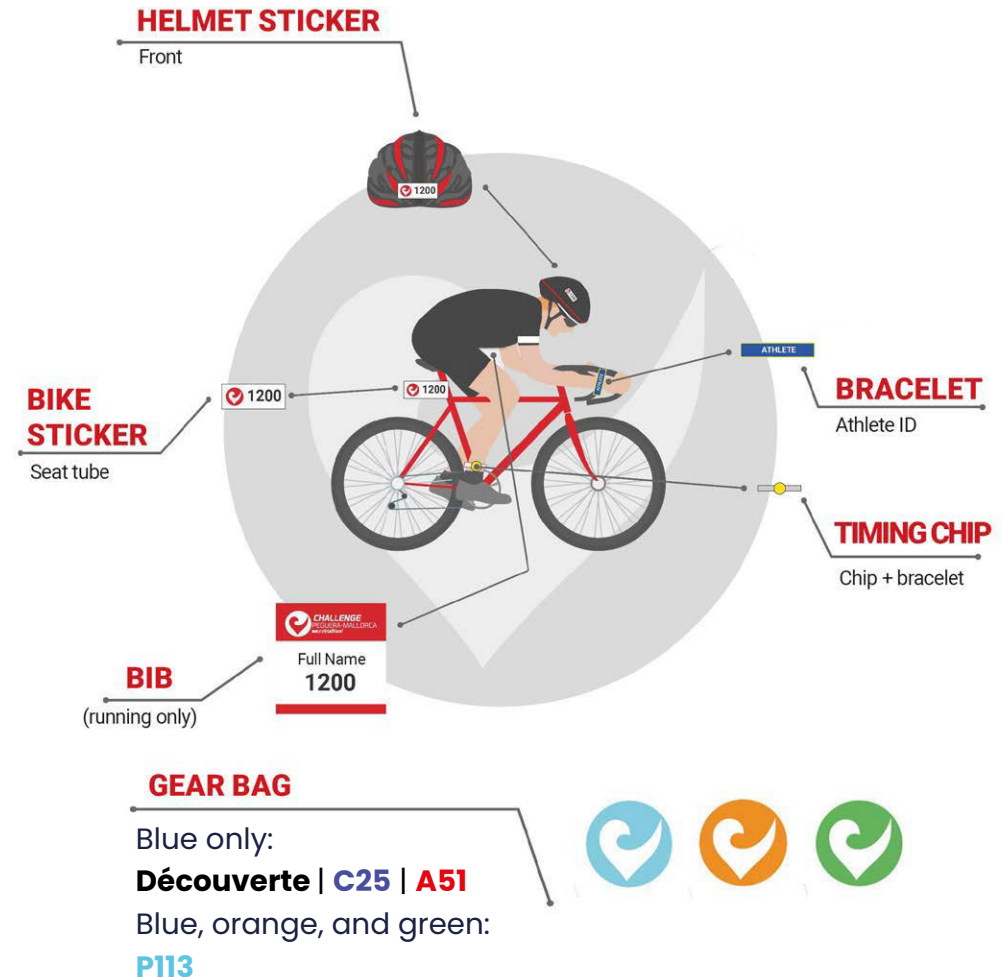
### BIKE STICKER

You will have three stickers in your envelope for your:




- Bike frame
- Helmet
- Handlebar stem

Make sure the sticker is clearly visible on both sides of the bike frame. You cannot alter the sticker, and the event logo must be visible. Place the helmet sticker at the front.

No other stickers are allowed on your bike, except those provided at check in. You must remove any existing stickers from previous events.



# YOUR RACE KIT ESSENTIALS

✓	 <b>SWIMMER</b>	✓	 <b>CYCLIST</b>	✓	 <b>RUNNER</b>	✓	<b>OTHER</b>
	Swim goggles		Bike		Running shoes		Sunglasses
	Competition swim cap		Helmet		Race bib and belt		Nutritious food and snacks
	Tri-suit or swimsuit		Water bottle		Cap or visor		Watch
	Towel		Repair kit		Hydration belt		Sunscreen
	Sandals		Cycling shoes				
	Timing chip		Socks				
	Optional wetsuit (see rules on p. 41)		Tire pump				
			Sticker on your bike and helmet				

## PARKING AND SITE ACCESS

P

### PORT DE QUÉBEC

#### Bassin Louise

155, rue Abraham-Martin, Québec (QC) G1K 8N2

**NOTE:** If you expect to have to leave before the roads reopen, do not use the Promenade or Saint-André parking lots. If you park at a hotel close to the competition site, ask about how you can leave with your vehicle before the race is over.



**BASSIN LOUISE PARKING LOT**



➤ Continued on the next page



## PARKING

We are pleased to inform you that several parking options are available near the competition site. We encourage you to use these locations for your convenience as a race participant. Safe travels, and see you at the race!



## GESPARC

### Promenade

125, rue Dalhousie, Québec (QC) G1K 4C5

SPECIAL OFFER: Arrive between 4:00 a.m. and 6:00 a.m. and get the early bird rate of \$10 for the day!

\* You will not be able to move your car on Saturday, July 20 and Sunday, July 21 between 6:00 a.m. and 12:00 p.m.

### St-Thomas

217, rue Saint-Paul, Québec (QC) G1K 9K9



PROMENADE PARKING LOT



ST-THOMAS PARKING LOT

➤ Continued on the next page



P

**SPAQ**

**Place des Canotiers**

40, rue Dalhousie, Québec (QC) G1K 4B2

**Navigateur**

98, rue des Navigateurs #2,  
Québec (QC) G1K 8E4



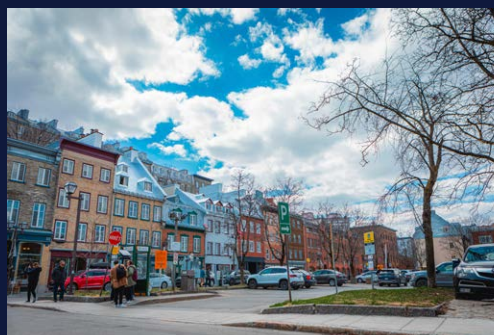
**PLACE DES CANOTIERS**

P

**INDIGO**

**Terrasse du Vieux-Port**

76, rue Dalhousie, Québec (QC) G1K 4B2



**NAVIGATEUR PARKING LOT**



**TERRASSE DU VIEUX-PORT  
PARKING LOT**





**WE RECOMMEND YOU WALK,  
TAKE PUBLIC TRANSIT, OR BE  
DROPPED OFF TO ACCESS THE  
EVENT SITE.**



#### **BIKE:**

We strongly encourage you to use àVélo to get to the site. Download the app and take advantage of this e-bike-sharing service: [www.rtcquebec.ca](http://www.rtcquebec.ca)



#### **PUBLIC TRANSIT**

We encourage you to take public transit to the Triathlon site. Visit the RTC website for details. [www.rtcquebec.ca](http://www.rtcquebec.ca)



## THANK YOU TO OUR HOTEL PARTNERS

We invite you to take full advantage of your experience by staying at one of our carefully selected partner hotels. Enjoy premium rates, quality service and comfortable accommodations to recharge before and after your races.

Book now and make your stay an experience to remember.

Link to all accommodation options: <https://www.quebec-cite.com/fr/hebergement-quebec>



# Explore Québec City, one neighbourhood at a time.



Discover the best addresses  
and nearby neighbourhoods.



**QUÉBEC** cité  
l'accent  
d'Amérique





# JE SUIS #Wendake

UNE DESTINATION UNIQUE, ENTRE TRADITIONS ET MODERNITÉ
 A UNIQUE DESTINATION, BETWEEN TRADITIONS AND MODERNITY

BASTIEN INDUSTRIE 	CASSE-CROÛTE L'USINE À FRITES 	LIBRAIRIE HANNENORAK 
BISTRO DE L'AMPHITHÉÂTRE 	ÉPICES DU GUERRIER 	MUSÉE HURON-WENDAT 
BOUTIQUE ONQUATA 	HÉLICOPTÈRES HÉLICARRIER 	ONHWA' LUMINA 
BOUTIQUE WENDAKE 	HÔTEL-MUSÉE PREMIÈRES NATIONS 	OUSHATA' 
CANOTS LÉGARÉ 	LA SAGAMITÉ 	RAQUETTES & ARTISANATS GROS-LOUIS 
	LE PÉDALIER 	RESTAURANT LA TRAITE 
		SITE TRADITIONNEL HURON ONHOÛA CHETEK8E 

YIHEH! BIENVENUE ! WELCOME!

[tourismewendake.ca](http://tourismewendake.ca)



**La Commission de la capitale nationale du Québec est très heureuse d'accueillir à la 2e édition du triathlon SAIL Challenge Cap Québec, propulsé par Argon 18.**

The Commission de la capitale nationale du Québec is very pleased to welcome the second edition of the SAIL Challenge Cap Québec triathlon, powered by Argon 18.

[capitale.gouv.qc.ca](http://capitale.gouv.qc.ca)



# Le site en un coup d'œil The Site at a Glance



## TIMING AND RESULTS

Your friends and family will be able to track each race live. They simply need to visit [sportstats.ca](https://sportstats.ca) or scan the QR code below to download the iPhone/Android app.

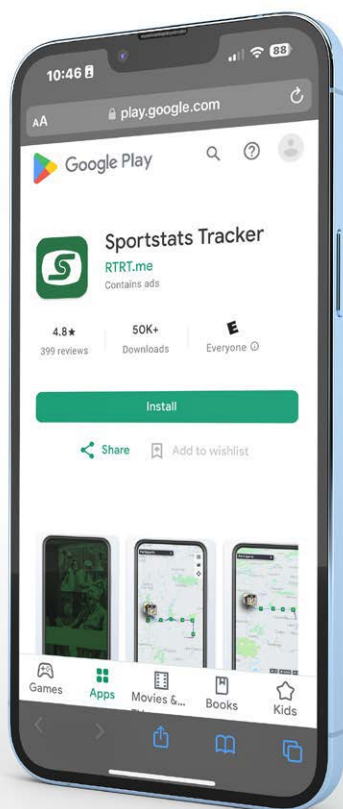
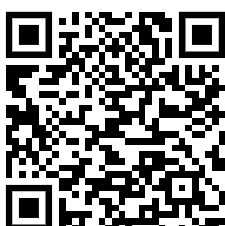
**The results will not be displayed on site.**

## QR CODE FOR THE SPORTSTATS APP

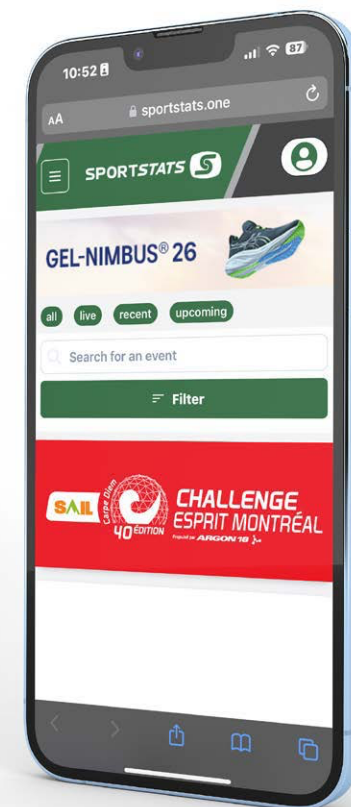
Android QR code to app



iOS QR code to app



## FOR SAIL CHALLENGE CAP QUÉBEC RESULTS.





## ELECTRONIC CHIPS

Participants will receive electronic chips at check in. Put your timing chip on your ankle before heading to the start area. If you do not have a chip, you will not have an official time!

The organization will provide one chip per team for athletes taking part in team relay races. Team members will have to exchange the chip at the bike rack between each discipline (e.g., swimmer to cyclist, cyclist to runner).

Volunteers will be in charge of removing chips at the finish line.

**THERE IS A \$75 FEE FOR CHIPS THAT ARE NOT RETURNED AFTER THE RACE.**



**IF YOU DO NOT HAVE A CHIP, YOU WILL NOT HAVE AN OFFICIAL TIME!**



## DAY OF THE EVENT

You will not be allowed to register or check in on the morning of your race.

## TRANSITION ZONE

**Transition area opens at 5:30 AM and closes at 8:15 AM on Saturday. This area opens at 5:30 AM and closes at 6:30 AM on Sunday. You must have your bracelet to access it. Arrive early to set up. Bike technicians will be available on site for minor adjustments, if needed.**

Before entering the transition area, ensure you have placed the bib number sticker on your helmet. **It's also important to have your bike helmet securely fastened on your head before entering the transition area so that volunteers can verify it is properly secured and safe.**

**Management of personal belongings in the transition area varies depending on the races.**

Only bags provided by the organization may be used. No personal belongings or bags will be allowed in the transition area and must be left with a loved one or in the car.

It is important not to leave any valuables in your bags.



## MANDATORY BIKE DROP-OFF

You must drop off your bike in the transition area between **12 p.m. and 8 p.m. on Friday, June 27** for the **C25 SPRINT** and **A51 OLYMPIQUE** events. You must drop off your bike in the transition area between **1:30 p.m. and 5:30 p.m. on Saturday, June 28** for the **PI13 DEMI** event.

Place your bike on the bike rack corresponding to your bib number. You are allowed to cover only the seat and handlebars of your bike.

Full bike covers with a case are NOT ALLOWED. Any cover left on a bike after the transition closes will be removed. You will not be allowed to remove your bike from the transition area before the start of the bike event.






## TRIATHLON QUEBEC REGULATIONS IN FRENCH

<https://www.triathlonquebec.org/officiels/reglements/>  
See the 2025-regles-de-compétition pdf

## TIMING AND MAXIMUM TIMES

Based on road closure permits and athlete safety, time limits must be adhered to for all Challenge Cap Québec events.

### C25 SPRINT

 <b>SWIM</b>	30 minutes after the last start
 <b>BIKE</b>	It will be essential to have completed the bike U-turn (10 km) by 8:50 AM
 <b>RUN</b>	3 hours after the start






The Challenge Cap Québec team may remove an athlete from the race if, based on location, weather conditions, and the athlete's average speed, it becomes impossible for them to finish the event within the prescribed time limits for each discipline (swim, bike, and run).




## TIMING AND TIME LIMIT

Stops at aid stations and in the transition area are included in your total time. You will receive a split time for each event.

### A51 OLYMPIQUE

 <b>SWIM</b>	1 hour after the last start
 <b>BIKE</b>	It will be essential to have completed the bike U-turn (20 km) by 11:05 AM and the 30 km by 11:35 AM. Crossing the disembarkation line: maximum 11:55 AM
 <b>RUN</b>	It will be essential to have completed the 5 km run before 12:30 PM

### P113 DEMI

 <b>SWIM</b>	1 hour and 10 minutes after the last start
 <b>BIKE</b>	It will be essential to have completed the 68 km turnaround at 12:05 p.m. Crossing the disembarkation line: and the 76 km at 12:35 p.m.
 <b>RUN</b>	It will be essential to have completed the 10.5 km run before 2:30 PM



## SWIMMING

All swims will start at the Oasis of Bassin Louise. The average water temperature is expected to be about 69,8°F/21°C. The swim ends at the Oasis of Bassin Louise near the transition area.

### WAVE STARTS

Swimmers will not be able to access Bassin Louise to warm up before the start.

They must go through the temporary shower set up by the Oasis and our volunteers.

Athletes will be grouped by age and must organize themselves according to their estimated swim time within each specific group.

The wave starts will be a group of two athletes every ten seconds.

It is mandatory to jump in the water. No dive will be permitted.





## SWIMMING

Here are some swimming instructions and recommendations:

- White swim caps are available for athletes who are weaker swimmers. These caps help lifeguards identify athletes who have difficulty swimming and need to be watched closely.

**Feel free to ask for a white cap at the start area or when you pick up your participant kit.**

- If you have trouble during the swim, you can signal to a lifeguard in a boat for help. You have the right to rest by holding on to the boat, but the lifeguard cannot move you forward in the water.

If you are unable to finish the race, a lifeguard will take you back to the swim exit and you can complete the remaining events if you're fit enough (as assessed by the lifeguard). Since you will not have completed the entire swim race, your result will be DSQ, but you will still have the opportunity to finish your triathlon.

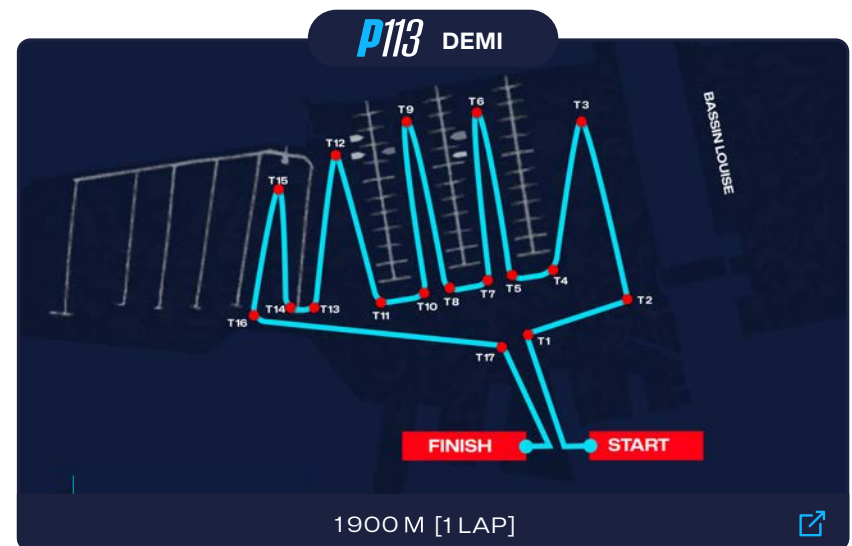
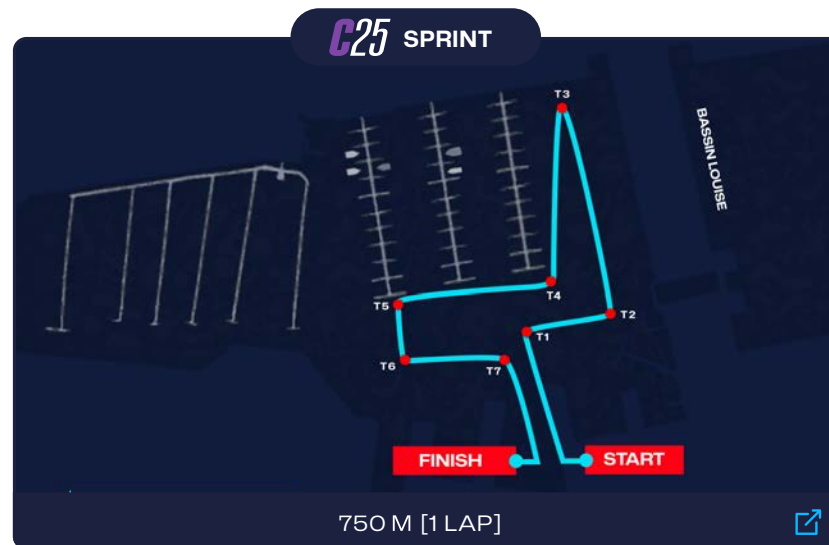


 Continued on the next page



# COURSE

SWIM





## SWIM CAPS



BEGINNER



C25 - SPRINT



A51 - OLYMPIC

A51 - OLYMPIC - RELAY



P113 DEMI - LONG DISTANCE

P113 DEMI - LONG DISTANCE - RELAY

## IMPORTANT

**REMINDER:** White swim caps are available for athletes who are weaker swimmers. These caps help lifeguards identify athletes who have difficulty swimming and need to be watched closely.



## SWIMMING

### OFFICIAL WETSUIT SHOP

[laboutiquedulac.com](http://laboutiquedulac.com)



There will be an on-site service centre where you can rent a wetsuit, have yours repaired, and take advantage of the various wetsuit prep and maintenance services (lubricating the zipper, silicone treatment, etc.). The team will be in the Exhibitor Village to sell wetsuits and accessories, and offer personalized advice to athletes for the swim portion.

On the morning of the race, a tent will be set up near the start where we can help you put on and adjust your wetsuit, and where you can find last-minute items.

### WETSUIT RENTAL

You can rent your wetsuit online at the official shop website:

[laboutiquedulac.com/pages/location-de-wetsuit](http://laboutiquedulac.com/pages/location-de-wetsuit)

Fill out the form to submit your request, and a thermal wetsuit will be reserved in your name.

### **Tarifs:**

1 day - \$65

If you need to rent a wetsuit, we suggest getting your reservation in ahead of time. This improves your chances of finding the best one for you.

La Boutique du Lac will also have a wide selection of high-performance and performance wetsuits that will be available on site for the entire event.

Quantities are limited.

# WE GOT YOUR BACK



POUR VOUS PRÉPARER L'ESPRIT TRANQUILLE  
[WWW.CADOMOTUS.COM](http://WWW.CADOMOTUS.COM)







Un site enchanteur  
bordé de la Marina  
et de l'Oasis.

An enchanting setting,  
bordered by the Marina  
and the Oasis.





## WETSUIT RULES

Wetsuits must be used in accordance with Triathlon Québec **REGULATIONS**.

For more information (in French), please visit:

<https://www.triathlonquebec.org/lecons/natation-lecon-2-combinaison-isothermique/>

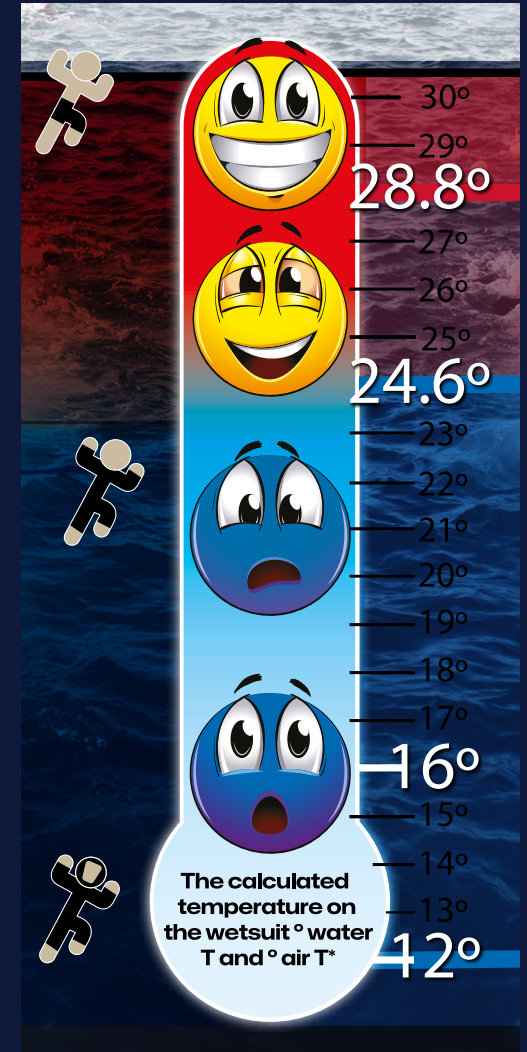
An official decision about the use of wetsuits will be made by Triathlon Québec officials one hour before the first start of the day. Therefore, if you ask us ahead of time whether wetsuits are allowed, we won't be able to answer. Announcers and officials will provide information the morning of the event.

### THERE ARE THREE POSSIBLE SCENARIOS:

- 1** Wetsuits are **ALLOWED** if the water temperature is between 16°C and 22°C (24.5°C for P113 - Middle and for all athletes age 60 and above).
- 2** Wetsuits are **NOT ALLOWED** if the water temperature is above 22°C for the Sprint and Olympic Triathlon or 24.5°C for the C25-A51 and P113 and for those age 60 and above.
- 3** Wetsuits are **MANDATORY** if the water temperature is below 16°C.



**No swimming below 12°C**







## SWIMMING/CYCLING TRANSITION

Any athlete who decides not to continue must immediately notify a referee. Our primary concern is the safety of each swimmer. A full course check will be completed after the last swimmer. Lifeguards, divers, canoes, kayaks, buoys and boats along the course are there to provide visual assistance.

After swimming, you will pass under the timing arch and be directed to the transition area. Washrooms where you can change clothes are available on site, as needed. Nudity is not permitted. Please make sure you are properly dressed before starting your bike race.

You can bring your own food and snacks for nutrition as long as you can carry them on your person or on your bike.





## CYCLING

From the Espace 400e Quatre cents, towards the Montmorency Highway. The section of the highway will be closed to traffic for the event. The route follows the river with a slight change in elevation (total elevation +84 m/-84 m) and runs close to majestic Montmorency Falls.

### NUMBER OF LAPS

	Sprint - C25 : 20 km (1 lap)
	Olympique - A51 : 40 km (2 laps)
	Demi - P113 : 90 km (4 tours)

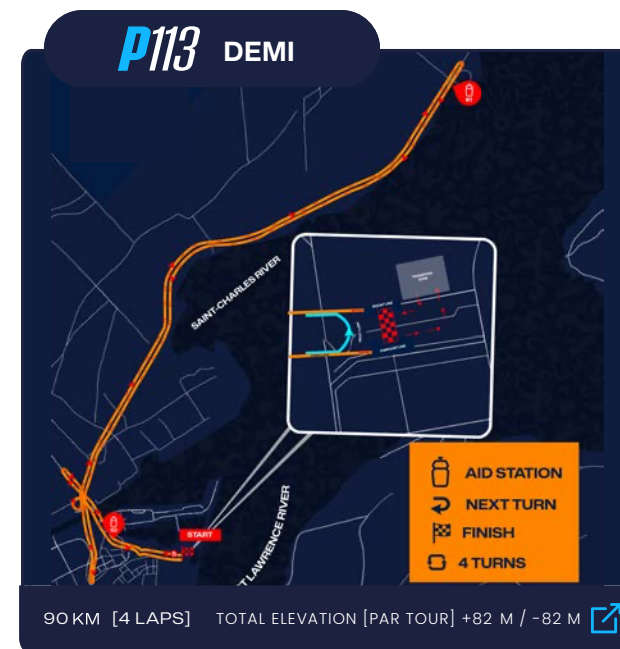
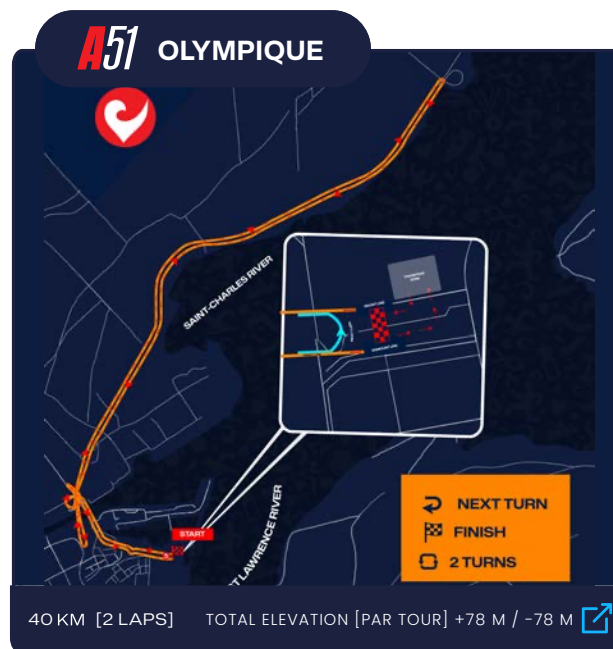
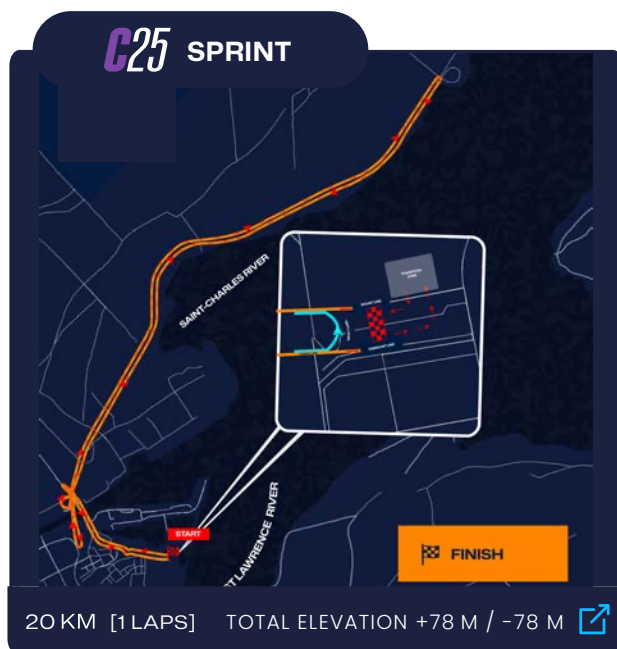


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# COURSE

## BIKE





**NOUS SOMMES FIERS DE COLLABORER AU SAIL  
CHALLENGE CAP QUÉBEC PROPULSÉ PAR ARGON 18**

Passez nous voir au kiosque Mathieu Performance  
pour un ravitaillement ou du soutien mécanique.

Pour prendre rendez-vous en magasin avant l'événement  
ou à notre kiosque pendant l'événement, écrivez à  
[c.dionne@mathieupformance.com](mailto:c.dionne@mathieupformance.com)



**Trois boutiques  
pour mieux vous servir**

**QUÉBEC**

1re Avenue  
418 524-2650

**LÉVIS**

5690 Rue Saint-Georges  
418 837-2493

**SAINT-AUGUSTIN**

3679 Rue de l'Hétrière  
418 871-0333

[mathieupformance.com](http://mathieupformance.com)



**MINT'N DRY**

BIKE CLEANING PRODUCTS



Proudly Canadian—  
Tested and Trusted  
by Triathletes from  
Here.

MINT'N DRY is proud to partner  
with Challenge Family events.  
We salute all triathletes—local  
and international—and wish  
you performances as strong  
and inspiring as the dedication  
that brought you here.



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## OFFICIAL BIKE SHOP

[mathieupformance.com](http://mathieupformance.com)

[argon18.com](http://argon18.com)



Propulsé par **ARGON 18**

Mathieu Performance will run a bike shop right on site and provide mechanical service before the event. Athletes will be able to fix all their last-minute issues, and spectators can check out all the latest products and innovations.

## BIKE RENTAL

We encourage you to visit the store before the event to have your bike checked. Make arrangements in advance and schedule an appointment to ensure availability:

### Mathieu Performance

496, 1<sup>re</sup> Avenue, Québec, QC G1L 3J8

Contact person: Carl Dionne

Mathieu Performance

418-524-2650



**SPARK**  
SPORTS NUTRITION

## REFRESHMENT AREA

A refreshment area on the bike course will be available for P113 participants only. Participants will be offered water, electrolyte drinks, sports gels and bananas. Reusable bottles will be handed out to P113 athletes in the refreshment area.

## CYCLING/RUNNING TRANSITION

The athlete must leave his bike on the rack corresponding to the bag change bag for bib number

You must store all bicycle equipment (helmet, etc.) in your bike bag. You can keep your cycling shoes attached to the pedals or stored in the bag. Use your running bag and get ready for the run.







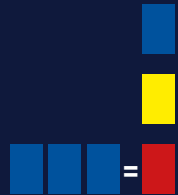
## RULES:

- Passing: On the day of the event, participants must ride on the right and pass on the left. A participant who violates these guidelines may receive a penalty for blocking.
- Your bike helmet must be fastened at all times (as soon as the bike is removed from the transition rack).
- Headphones and cell phones are not permitted.
- Cycling warm-up is not permitted on the day of the race on the Dufferin-Montmorency Highway.
- Drafting is prohibited. Athletes must keep more than 12 metres and 25 seconds between each bike except to pass. Athletes who want to pass will have 25 seconds to pass the cyclist in front of them. Athletes who have been passed will have 25 seconds to move back 12 metres before attempting to pass again.





# DRAFTING PENALTY



**Officials on the bike course may issue penalties and will issue cards as follows.**

<b>Drafting</b>	Blue card, <b>30 seconds (Sprint and less), 1 minutes (Olympique), 2 minutes (Middle)</b> You must stop at the penalty tent.
<b>Blocking, littering or other</b>	Yellow card, 10 seconds <b>(Sprint and less)</b> , <b>15 seconds (Olympique), 30 seconds (Middle)</b> will be added to your final time.
<b>Red card or three blue cards</b>	If an official shows you a red card or if you get a total of three blue cards <b>you will be disqualified from the race.</b>

The DRAFTING penalty is 1 minute for Sprint distances, 2 minutes for Olympic distances and 5 minutes for P113- MIDDLE distances. For more information on drafting, see the Triathlon Québec **REGULATIONS** (in French) here:

<https://www.triathlonquebec.org/lecons/velo-le-con-3-video-sillonnage/>



## RUNNING

### COURSE

The race course is a journey through 400 years of history, and world heritage recognized by UNESCO.

A running course celebrating nature in the heart of Quebec City. The running course follows the Saint-Charles River Linear Park, which rises in the Laurentian Mountains and flows into the majestic St. Lawrence River. You'll enjoy a unique experience where nature and the urban center blend harmoniously.

Your run will be fast, and the finish, we guarantee, will be magnificent!

### NUMBER OF LAPS

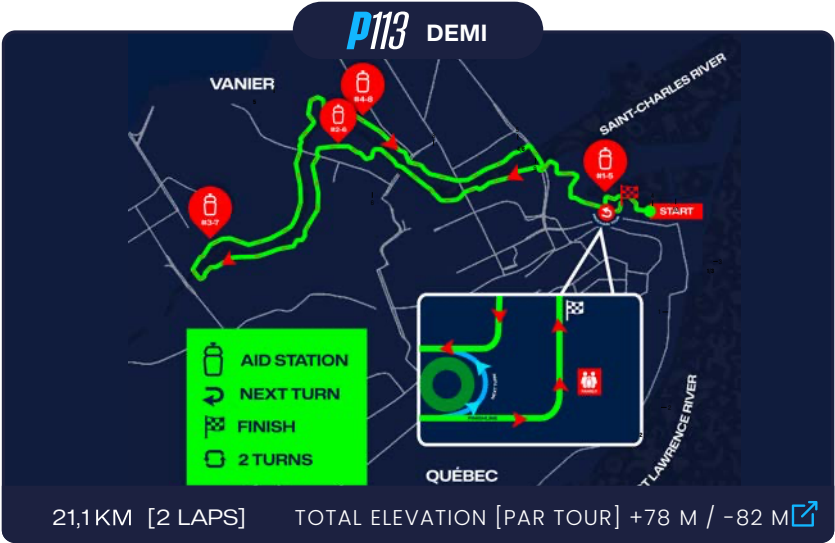
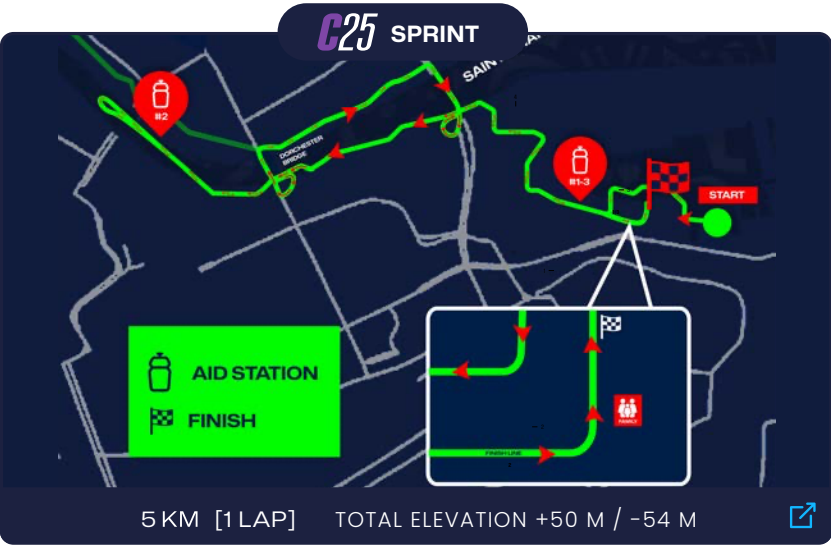
	Demi P113 - 21.1 km (2 laps)
	Olympique A51 - 10 km (2 laps)
	Sprint C25 - 5 km (1 lap)



 Continued on the next page

# COURSE

RUN







NOUVEAUTÉS 2025



NOUVEL EMBALLAGE    NOUVEAU FORMAT    + 40 MG DE CALCIUM  
700 GR    PAR PORTION



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www.sparksportsnutrition.com



# We know all about going the extra mile.

Congratulations to all participants of the Cap Québec Challenge 2025!



2125, Frank-Carrel St., Quebec City  
lavalvw.com



No fuss since 1968



## REFRESHMENT AREA

The running course has 3 refreshment stations on Saturday and 6 stations on Sunday. Participants will find water, gels, and electrolyte drinks there. For P113 athletes only, there will also be bananas and cola available. The refreshment stations will also have portable toilets for participants.



**We recommend avoiding single-use bottles and bringing your own reusable bottles that you can fill at the 4 refreshment stations.**

**No single-use plastic water bottles will be available on site on the day of the event. However, the Challenge Cap Québec team has prepared by opting for recyclable cardboard cups.**



**SPARK**  
SPORTS NUTRITION



## RULES:

- Passing: Run on the right, pass on the left.
- Cell phones and headphones are prohibited at all times during the run.
- You must wear your race bib at all times.
- You are not allowed to warm up on the running course.
- Throwing trash on the ground is not permitted, except at locations provided for that purpose in the refreshment areas.

**TRIATHLON**  
**QUÉBEC**



## RELAY RACES (TEAM)

Participants in relay events must follow the same guidelines as other participants for all events. The organization will provide ONE timing chip per team.

Team members must exchange the timing chip at the bike support area in the transition zone (swimmer to cyclist, cyclist to runner) between each discipline. Team members who have completed their leg of the race must exit the transition zone. Participants in the team triathlon can cross the finish line together and collect their medals.



## FOOD

The athletes' refreshment tent will be open on Saturday from 8 AM to 1:30 PM and on Sunday from 10:30 AM to 4 PM. Access is restricted to athletes wearing a bracelet.

We are delighted to inform you that after the event, a delicious meal will be served for all participants of the Challenge Cap Québec. Whether you are a meat lover or vegetarian, there will be something for everyone!

### PLEASE NOTE:

Unfortunately, we will not be able to accommodate food allergies. We therefore recommend that you take the necessary precautions if you have specific allergies.

Our goal is to provide you with a delicious and culinary experience everyone can enjoy, so you can focus on your performance and get the most out of the event.

Bon appétit!





# GETTING LOUD WITH THE CROWD?



RED BULL GIVES YOU WIIINGS. 

# FINISH LINE

## AT THE FINISH LINE



Friends and/or family members (maximum of 4) can cross the finish line with the athlete at the appropriate moment. A designated area will be set up near the finish line for families to wait for their athlete. We want the athlete to share this moment with loved ones who have supported them throughout their journey.

This policy ensures that each competitor has sufficient time to celebrate their achievement without interfering with other finishers, and it ensures the safety of all athletes, volunteers, and spectators.

## MEDALS AND JERSEYS

Jerseys and participation medals will be available to all participants. The jerseys will be handed out at the participant kit and medals will be given out at the finish line.

\* Please refer to the schedule for details about the medal ceremonies.



## DATEV CHALLENGE ROTH 2026 LOTTERY

The Challenge Family team is pleased to announce a unique opportunity to participate in a lottery—and have a chance to reserve your spot for the incredible Datev Challenge Roth 2026 if you are registered for Middle on June 29, the 20 winners will be announced in a random draw—regardless of time or performance. **You must be present at the BUZZ LAVAL Volkswagen stage on Saturday at 4:30 p.m.** If called, you'll be given instructions on how to make your payment and secure your spot, and you'll be given a ROTH 2026 certificate of participation.

At the legendary Datev Challenge Roth triathlon, held yearly since 1984, the world's best triathletes compete in 3.8 km of swimming, 180 km of cycling and 42.2 km of running in the heart of the German countryside. This is your chance to check it off your bucket list and proudly wear the bib for this race of lifetime.







## THE CHAMPIONSHIP

CHALLENGE Cap Québec is one of the qualifying races for THE CHAMPIONSHIP. A total of 72 slots are available for the 2025 edition.

One slot is allocated for each of the top six competitors in each age group (men and women) in the CHALLENGE FAMILY Middle and Long Distance races. Slots will roll down to 12th place in each category.

Athletes will have four weeks after completing their qualification race to confirm their slot. They will receive their time slot via email after the race.

## SLOTS FOR CHALLENGE FAMILY PROFESSIONAL ATHLETES

One slot is allocated for each of the top six male professional competitors in all Challenge Family Middle and Long Distance races during the qualification period (six slots per race).

One slot is allocated for each of the top six female professional competitors in the Challenge Family Middle and Long Distance races (six slots per race).

**No transfers.**







**THE CHAMPIONSHIP**  
**SAMORIN-SLOVAKIA**

**QUALIFY NOW!**  
**24 MAY 2026**  
[www.thechampionship.de](http://www.thechampionship.de)

**CHALLENGE FAMILY**

**x-bionic® sphere**  
the universe of sports, leisure and innovation



# CHALLENGE FAMILY

## CALENDRIER DES COURSES 2025

 <b>CHALLENGE SIR BANI YAS</b> ABU DHABI, 3-7 AVRIL 2025	Ⓞ LONGUE MOYENNE	 <b>CHALLENGE ÉTAT DU NEW JERSEY</b> ÉTATS-UNIS, 20 JUILL 2025	OLYMPIQUE
 <b>CHALLENGE FLORIANÓPOLIS</b> BRÉSIL, 6 AVRIL 2025	MOYENNE	 <b>CHALLENGE TURKU</b> FINLANDE, 27 JUILL 2025	MOYENNE
 <b>CHALLENGE TAIWAN</b> TAÏWAN, 26 AVRIL 2025	Ⓞ LONGUE MOYENNE OLYMPIQUE	 <b>CHALLENGE SAMARKAND</b> OUBÉKISTAN, 24 AOÛT 2025	MOYENNE
 <b>CHALLENGE MOGÁN-GRAN CANARIA</b> ESPAGNE, 26 AVRIL 2025	MOYENNE	 <b>CHALLENGE MALAYSIA</b> MALAISIE, 31 AOÛT 2025	MOYENNE
 <b>CHALLENGE GALLIPOLI</b> TURQUIE, 4 MAI 2025	MOYENNE	 <b>CHALLENGE FORTALEZA</b> BRÉSIL, 31 AOÛT 2025	MIDDLE
 <b>CHALLENGE CESENATICO</b> ITALIE, 11 MAI 2025	MOYENNE	 <b>CHALLENGE BEIJING</b> CHINE, SEP 2025 (DATE À CONF.)	OLYMPIQUE
 <b>CHALLENGE SALOU</b> ESPAGNE, 11 MAI 2025	MOYENNE	 <b>SAIL CHALLENGE ESPRIT MONTRÉAL</b> CANADA, 7 SEPT 2025	MOYENNE OLYMPIQUE
 <b>LE CHAMPIONNAT</b> SLOVAQUIE, 18 MAI 2025	Ⓞ LONGUE MOYENNE	 <b>CHALLENGE ALMERE-AMSTERDAM</b> PAYS-BAS, 13 SEPT 2025	Ⓞ LONGUE MOYENNE
 <b>CHALLENGE ST PÖLTEN</b> AUTRICHE, 25 MAI 2025	MOYENNE	 <b>CHALLENGE SANREMO</b> ITALIE, 21 SEPT 2025	MOYENNE
 <b>CHALLENGE GUNSAN-SAEMANGEUM</b> CORÉE, 2025 (DATE À CONF.)	Ⓞ LONGUE	 <b>CHALLENGE VIEUX BOUCAU</b> FRANCE, 11 OCT 2025	MOYENNE OLYMPIQUE
 <b>LOTTO CHALLENGE GDAŃSK</b> POOGNE, 22 JUIN 2025	MOYENNE	 <b>CHALLENGE PEGUERA MALLORCA</b> ESPAGNE, 18 OCT 2025	MOYENNE
 <b>CHALLENGE KAISERWINKL-WALCHSEE</b> AUTRICHE, 29 JUIN 2025	MOYENNE	 <b>CHALLENGE FORTE VILLAGE SARDINIA</b> ITALIE, 26 OCT 2025	OLYMPIQUE
 <b>SAIL CHALLENGE CAP QUÉBEC</b> CANADA, 29 JUIN 2025	MOYENNE OLYMPIQUE	 <b>CHALLENGE BARCELONA</b> ESPAGNE, OCT 2025 (DATE À CONF.)	OLYMPIQUE
 <b>CHALLENGE SANDEFJORD</b> NORVÈGE, 29 JUIN 2025	MOYENNE	 <b>CHALLENGE XIAMEN</b> CHINE, 2 NOV 2025	MOYENNE OLYMPIQUE
 <b>DATEV CHALLENGE ROTH</b> ALLEMAGNE, 6 JUILL 2025	Ⓞ LONGUE	 <b>CHALLENGE CANBERRA</b> AUSTRALIE, 15-16 NOV 2025	MOYENNE OLYMPIQUE
 <b>CHALLENGE ISRAMAN</b> ISRAËL, 30 JAN 2026	Ⓞ LONGUE MOYENNE	 <b>GALLAGHER INSURANCE CHALLENGE WĀNAKA</b> NOUVELLE-ZÉLANDE, 21 FÉVR 2026	MOYENNE

 **LE CHAMPIONNAT SAMORIN-SLOVAKIE**  
TOUTES LES COURSES SONT DES  
COURSES DE QUALIFICATION  
POUR LE CHAMPIONNAT

[www.challenge-family.com](http://www.challenge-family.com) #EveryAthleteEveryChallenge #AllAboutTheAthlete

## PICKING UP YOUR BIKE AND EQUIPMENT

You can retrieve your bike and equipment in the transition area (please check the schedule for retrieval times). You must wear your athlete bracelet to access the transition area. If you are unable to personally retrieve your bike and equipment, a family member or friend can do so on your behalf using the ticket provided with your race kit (as a proxy). You must fill out this proxy form with all required information and sign it.

**See the schedule for pick-up times.**

## LOST AND FOUND

Lost items will be held at the cruise ship terminal during the event weekend.

We suggest you label your equipment with your race bib number. Challenge Cap Québec cannot be held responsible for lost items.

Any items not retrieved within 30 days will be given to a local charity.

## PROXY FORM

Your friend or relative must have this proxy form to collect your equipment and must present a photo ID. This rule is a safety measure.



## RACE PHOTOS

A lot of photographers will be at the end of the swim course, along the bike course and the running course and, of course, at the finish line!

### How to order your photos:

- You must register at [www.finisherpix.com](http://www.finisherpix.com). You will be notified once your photos are available online for you to view and purchase. If you order your photos in advance, you will receive them a few days after the event.
- Have your athlete number visible at the FRONT of your bike helmet so you can be identified during the event.
- Wear your race bib at the FRONT during the running race and at the finish line so you can be easily identified.
- Smile and celebrate when you cross the finish line!





## LIST OF EXHIBITORS

- Mathieu Performance Argon 18
- Brava
- Boutique du Lac
- Spark
- Eye am
- Mint & Dry
- Telus
- PCN physio
- SAIL
- Cutibase
- Nutritioniste Catherine Bélanger
- Zizu
- PodiumZ
- Ekoi
- Kheros
- Royale Nutrition
- VolksWagen
- Café de l'artisan
- Le Verso
- Grazy
- Magnan
- Canadian Armed Forces Air Force
- Canadian Armed Forces Navy
- Boutique Challenge Family
- Tri Travel
- Nutrition Excel On Inc
- Triathlon Québec





## PARTNERSHIP WITH FONDATION FAMILLE JULES-DALLAIRE

Dear Cap Québec Challenge Participants,  
This year, we have the opportunity to make a big difference beyond the race itself.

In an effort to support the local community and provide valuable assistance to those in need, we are launching a special initiative in partnership with the Fondation famille Jules-Dallaire.

We invite you to join us by bringing running shoes that you no longer use. Although these shoes may have already covered many kilometres of roads and trails, they can now find a new life and bring comfort to those who need it.

Fondation famille Jules-Dallaire is committed to redistributing your donations equitably to disadvantaged people in our community. Your acts of generosity can have a real impact on someone's life by providing comfort and dignity.

As you get your gear ready for the Challenge Cap Québec, remember to include running shoes you no longer use. Together, we can turn our steps into hope and support for those who need it most.



Thank you for your contribution and commitment to this noble cause. Together, let's make every step a step towards a better future for all.



Giving back is good for both the recipient and the giver.  
Donate a pair of shoes you no longer wear and give them a second life for someone in need.

Bring a pair of shoes to donate when you check in and drop them in the bin for the Jules Dallaire Family Foundation



## JOIN OUR MOVEMENT AND HELP IT SUCCEED

- 1** Choose public transit and carpooling
- 2** Practice recycling and on-site composting
- 3** Reduce excess packaging and waste
- 4** Use water refill stations
- 5** Download paperless digital tools

**Will you join us for a  
healthier planet?**

**SAIL**  **CHALLENGE  
CAP QUÉBEC**  
PROPOSÉ PAR ARGON 18



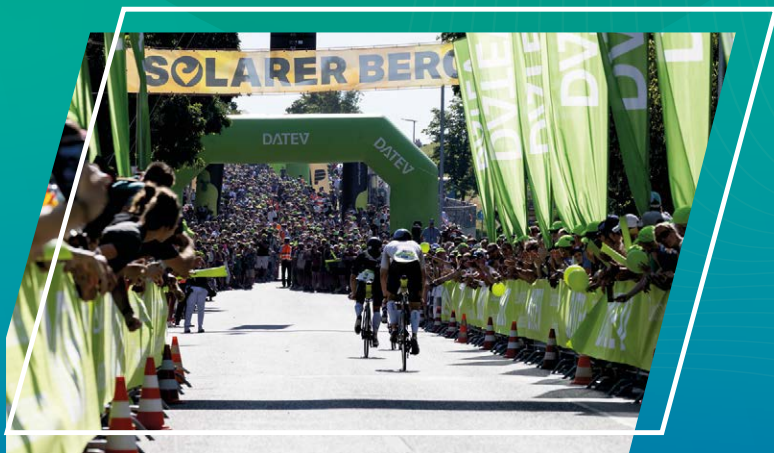
DATEV



CHALLENGE  
ROTH



20 SLOTS



FOLLOW US TO THE HOME OF TRIATHLON

@challenge Roth

TOGETHER,  
WE ARE A TEAM



PCN  
Physio

## THANK YOU TO OUR VOLUNTEERS

Remember to thank the volunteers! The event would not be possible without them.

For more information or to join the volunteer team:

[www.capquebec.com/benevoles](http://www.capquebec.com/benevoles)

[benevoles@challengecapquebec.com](mailto:benevoles@challengecapquebec.com)





For more items please visit the online store or event expo



NAME SHIRT



QUEBEC



MONTREAL

## TITLE PARTNER



## PRESENTING PARTNER



## INSTITUTIONAL PARTNERS



## SERVICE PARTNER

### GOLD



### SILVER



### BRONZE







# SEE YOU IN 2026!

June 26-27-28, 2026

Registration for athletes  
From June 26, 2025

[challengecapquebec.com](http://challengecapquebec.com)

