



PARTICIPANT'S *guide 2023*



PENTATHLON
DES NEIGES  Sun Life

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Reception site : service tent

The main services of the Sun Life Pentathlon des neiges are based in the big tent located in front of the Musée national des beaux-arts du Québec : welcome, race bag distribution, electronic chip collection, boutique, medal distribution, post-race snack, coffee and bar. This is the place to go or to refer to for any need.

Drop-off and self-service check-in

A drop-off (2 minutes maximum) is available on February 18 and 19 (am) and February 25. 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 drop off your equipment at the self-service drop-off area near the big top. Once you have dropped off your equipment, you must leave the drop-off area to park your vehicle. Once parked, you can retrieve your equipment.

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

Equipment rental

It is possible to rent snowshoes and long blades from the Pentathlon until February 10, 2023. You can pick them up at the reception desk in the big tent. Please bring your ID and leave it in the locker. For cross-country ski and skate rentals, the Sun Life Pentathlon des neiges refers you to locations on its website in the "Equipment Rental" section. Bike rentals are not offered this year. Our long-time partner no longer offers this service, so we looked at all the sales and rental companies in the world and could not find any bikes available. If you're not happy, you can always try to find a kind-hearted person to lend you a bike by posting your request on our Facebook group "Teammates Wanted".

Parking

Participants and spectators are invited to park at Mérici College, located west of the Sun Life Pentathlon des neiges site, at 755 Grande Allée Ouest, Québec, QC G1S 1C1. A special rate of \$10.00 is offered to visitors of the Sun Life Pentathlon des neiges. Other parking lots are also available nearby or on the surrounding streets.

Race bag and electronic chip pick-up

Pouches and electronic chips will be handed out on race day in the big tent at the reception desk. A runner's kit 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, etc.). 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 your electronic chip at least 1 hour and a half before the start of your race. It is recommended that the team captain has all team members sign the waiver in advance. You will receive two (2) bibs per team, which

will allow you to exchange a bib while one of your teammates is on the course. It is important to remember to transfer the bib number and 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 on the Sun Life Pentathlon of the Snow website. It is your responsibility to read the rules before the day of the competition. Failure to follow the rules may result in penalties or disqualification by Triathlon Quebec officials. Unsportsmanlike conduct will also result in disqualification. Please refer to the Triathlon Quebec Code of Ethics and Rules.

Transition zone

Places selection

You must have your wristband or race number to enter the participants' area. No spectators are allowed in the transition area or in the participant area. There is no pre-assigned space in the transition area. First come, first served! Upon arrival in the transition area, you must select an open space and move into it. 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 people may think, each place is equivalent. No positioning in the area provides an advantage. Only one piece of equipment for each discipline may be placed in the area, as well as a small bag for your personal belongings. The corridors in the transition zone are identified by letters and colors. Make sure you know where you are and arrive early! This will allow you to identify your markers and optimize your transitions.

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

Participant's area

The participants' area is located near the transition area. This area is reserved for people with a bib or bracelet. Heated trailers, chemical toilets, refreshments and free physiotherapists are available to participants.

Transition zone schedule

The transition area opens 1.5 hours before the start of your race. Entrance and exit of equipment from 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 inspected by Triathlon Quebec officials at any time before, during and after the race. Please refer to the rules for restrictions and to ensure that your equipment is in compliance. 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, accompanying persons with "accompanying persons" bibs will be allowed access.

Transitions from one event to another are done exclusively at your chosen space in the transition area. 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 runner who will take place on the course. During the race, the electronic chip must be worn on the ankle at all times by the runner who is on the course.

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

Sequence of the race

Distances

The distances of each challenge are presented on the Pentathlon website under the "Find my challenge" tab. It is strongly recommended that you take note of the distances and the number of laps to be completed before arriving on the site. For the Family and Friends Challenge and the Social Integration Challenge, participants are free to complete, or not, the suggested number of laps.

How many laps and 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. A green dot is positioned at the point where you must make a decision; whether to continue for another lap or head to the 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 you make the transition or head to the finish.

Course of the Pentathlon

For those who are used to it, there is a new feature this year. The Pentathlon disciplines now follow in this order: cycling, snowshoeing, skating, cross-country skiing and running.

The Sun Life Pentathlon des neiges begins with the cycling stage. After the pre-race meeting, you must place your bike on the barriers before heading to the start 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 must 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!

Cycling leg

The course takes place on the paved roads surrounding the site except for two (2) snowy areas. In the snowy areas, you can ride, walk or run with your bike. On the road course, security will be ensured by the Quebec 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 your driving to the condition of the road. It's winter!

Some important reminders about the bike stage:

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

Snowshoeing leg

The snowshoeing course is marked by blue flags on the ground on your right. In some sections of the course, red flags are also positioned on your left. 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 transition area.

Skating leg

All types of skates are accepted (except for the Iceman Ultra Videotron Challenge - see rules). Wearing a helmet is mandatory. You can use a skate, bike, ski or field hockey helmet. When you enter the ice ring, you must give way 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 rink is one-way. It is forbidden to skate in the opposite direction. If you go straight past the exit you must make a complete turn to return.
- Passing is always done from the right, never from the left. Always drive to the left (inside the ring). This is the shortest way! And it allows the faster drivers 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.

One of the difficulties of the skating stage is counting your turns. There are a number of tricks to help you do this: a clicker, rubber bands, a friend at the side of the rink, etc. Find the one that works best for you. 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.

XC skiing leg

Classic style and skate step are available. 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 to the transition zone and then go to your gate with your skis and poles in hand. When moving through the transition zone, for safety reasons, you must move with the tips of your poles pointing to the ground and the tips of your skis pointing to the sky.

Running leg

The running event takes place entirely on snow. There are no restrictions if you wish to use crampons for this event. Run between the blue trestles on the ground or by following the blue flags on the ground to the right of the course. On your last lap and to get to the finish, you will have to go straight across the gallery of the chalet. Watch for the signs!

Finish line

Cross the finish line as a team! Once your runner is on the track, head to the finish line. Accompany your runner for the last 50 meters to complete your Pentathlon as a team. Access the race course at the reserved entrance (near the Sun Life Terrace and the arch). Smile for the photo!

Time limit

In general, everyone has plenty of time to complete their pentathlon/triathlon/duathlon. To ensure the smooth running of the activities, time limits are applied to certain challenges. In the bike event, if after sixty (60) minutes (long distance) or forty-five (45) minutes (short distance) of racing you have not started your last lap, volunteers and officials will force you to move to the transition area. Following the start, if after 2 hours 45 minutes (short distance) or 3 hours 45 minutes (long distance), you have not started your last lap of the race, the volunteers and officials will force you to move towards the finish.

Course of the duathlon

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

Course of the triathlon

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

Refreshments

There is no running water at the Pentathlon site. Bring your own full water bottle for the event. To protect the environment, and by popular demand, no glasses are available at the refreshment stands. This way, we eliminate the 9,000 or so glasses that we used every year. There will be a main refreshment station

in the transition zone and a few stations on the course during the Iceman Ultra Vidéotron. 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 in real time on the Sportstats website. They are also displayed on the televisions located inside the tent and on the Sun Life Snow Pentathlon website. Protests may be made within fifteen (15) minutes of the last participant crossing the finish line. The formalities for lodging a protest are those set out in the Triathlon Quebec rules.

Medal ceremony

Medals will be awarded in the big tent. 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 a scholarship. If you are absent, you will lose this privilege. The scholarships will be given by bank transfer only. No cheques will be issued.

Post-race snack

Keep the colored bracelet that will be given to you in your race bag. This will serve as your pass to access the participants' area and to obtain your post-race snack included with your registration. It will also be possible to purchase additional meals on site. Post-race snack distribution will take place in the marquee.

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 near the transition area, can be used for this purpose.

Additional information

Lost and found

The reception area located in the marquee is the place where lost and found items are collected. Please bring back any items you may find or come and retrieve your lost item. After the event, lost items will be kept for up to sixty (60) days at the Pentathlon Group office.

Spectators

There are multiple areas for spectators to watch the race unfold, both along the ice oval and the other courses. Spectators have access to the big tent to visit the store or to get supplies. They are also invited to visit the facilities of the various partners where many surprises await them.

Souvenir toque

Each registered participant in the Sun Life Pentathlon des neiges is entitled to a souvenir toque for their participation in the event. Have a proof of registration on hand to pick up your toque at our partner Decathlon in the following participating stores Sainte-Foy, Laval, Brossard, Eaton Center and PEPS Laval University.

First aid

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

Workshop

The Decathlon workshop, located near the service tent, 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 PentathLetters and Facebook page, which will keep you informed if there are any changes to the schedule. Unless you receive special notice from us, please assume that the races will take place as scheduled.

Sanitary measures

Wearing a mask is recommended in busy areas¹.

Ethics and courtesy

Be courteous to other participants and politely ask to yield if you are faster than them. In exchange, 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

Challenge	Race bag pick-up	Transition zone open	Pre-race meeting	Race start
SATURDAY, FEB 18 2023				
LD* Solo and tandem	7 : 00 AM	7 : 30 AM	8 : 35 AM	9 : 00 AM
CD* Solo and tandem	8 h 05 AM	8 h 05 AM	9 h 05 AM	9 h 35 AM
CD* Team	12 : 00 PM	12 : 00 PM	13 : 05 PM	13 : 30 PM

¹ <https://www.quebec.ca/en/health/advice-and-prevention/accidents-injuries-and-diseases-prevention/mask-or-face-covering/wearing-mask-or-face-covering>

SUNDAY, FEB 19 2023				
Family and friends	8 : 00 AM	8 : 00 AM	9 : 05 AM	9 : 30 AM
Social integration	8 : 00 AM	8 : 00 AM	9 h 05 AM	9 : 35 AM
LD* Team Eye-Am	11 : 00 AM	11 : 00 AM	12 : 05 AM	12 : 30 AM
TUESDAY, FEB 21 2023				
School tournament RSEQ- QCA (Primary)	9 : 00 AM	9 : 00 AM	10 : 05 AM	10 : 30 AM
WEDNESDAY, FEB 22 2023				
School tournament RSEQ-QCA (Secondary)	9 : 00 AM	9 : 00 AM	10 : 05 AM	10 : 30 AM
THURSDAY, FEB 23 2023				
WKND Night Race on Snow	17 : 00 PM	17 h 00 PM	18 : 05 PM	18 : 30 PM
SATURDAY, FEB 25 2023				
College and university	8 : 00 AM	8 : 00 AM	9 : 05 AM	9 : 30 AM
SSS	8 : 00 AM	8 : 00 AM	9 : 05 AM	9 : 30 AM
Initiation Team	8 : 00 AM	8 : 00 AM	9 : 05 AM	9 : 30 AM
Corporate	12 : 00 PM	12 : 00 PM	13 : 05 PM	13 : 30 PM
SUNDAY, FEB 26 2023				
Iceman – Sprint Videotron	7 : 30 AM	7 : 30 AM	8 : 35 AM	9 : 00 AM
Iceman – Ultra Videotron	8 : 00 AM	8 : 00 AM	9 : 05 AM	9 : 30 AM
Duathlon – Sprint and Discovery	8 : 30 AM	8 : 30 AM	9 : 35 AM	10 : 00 AM
Iceman – Classique Videotron	12 : 00 PM	12 : 00 PM	13 : 05 PM	13 : 30 PM

*CD : short distance - LD : long distance

Enjoy your Pentathlon/triathlon/duathlon !