

# ULTRA-TRAIL HARRICANA DU CANADA

*Presented by*



## 2014 ATHLETES' GUIDE

5 km | 10 km | 28 km

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*Welcome to the Ultra-Trail Harricana du Canada (UTHC). We have prepared a short information guide that details this year's events and activities. Please follow the instructions set out below and act responsibly. This will ensure that the competition unfolds smoothly..*



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HARRI  
CANA

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## TRAIL RUNNING COMPETITION

Although the competition is open to all, we take it very seriously and, regardless of your fitness level, each participant will be treated as an experienced athlete. Timekeeping for all races will be ensured by the firm Sportstats.

### EVENTS

#### 5 km event – 50 m D+, duration: 30 minutes to 1 hour

Performed on a road course, it is the lightning event of the competition.

#### SAIL 10 km event

- 200 m D+, duration: 50 minutes to 2 hours



This race takes place on cross-country ski trails as well as on the Orignac trail. There is only one refreshment station (water only).

#### Momentum Technologies 28 km event

- 1,000 m D+, duration: 3 hours to 5 hours and 30 minutes



The race kicks off with a 30-minute ascent of Mont Grand-Fonds. Do you think you can do faster than that? This course is challenging and diverse in nature, some of its legs can be completed rather fast while others are extremely technical (you might as well feel as if you're dancing sometimes). There will be three refreshment stations: one full refreshment station, another with water only and a third one, slightly farther, with water and food such as oranges, potatoes and pretzels. Please note that you may not leave your drop bags at any of the refreshment stations.

You will find the topographic maps for all events further below.

### RUNNER'S CODE

- Semi autonomy is a requirement.
- Make sure that you carry adequate equipment as this race takes place in the wild. You will be needing the following equipment: whistle, bell, survival blanket, 1 ½ liter of water, food, electrolytes, map of the course, sunscreen, adequate clothing and anti-chafing cream.
- Provide assistance at all times to any runner in danger.
- Spirit of cooperation is a requirement.
- Smile and enjoy the scenery.

## GENERAL RULES

Any competitor who fails to comply with UTHC rules may get a warning, a time penalty, or be disqualified.

- Make sure that your bib number is visible at all times on the front.
- Always remain on the marked course.
- All pacers must wear a race bib.
- Pick up your litter and dispose of it at the refreshment stations.
- Walking sticks are allowed for the 28 km event only.
- Under no circumstances are earbuds, iPods, radios, mp3 players or others allowed on the course.
- Sportsmanship is required from all participants. You may be disqualified in the event of unsportsmanlike conduct.
- The most basic rule is that each athlete must be autonomous; i.e., he or she may not receive any kind of assistance during the race.
- No animal is allowed on the trails.

## TRAIL MARKERS

At every 250 m, there will be a pink ribbon or a small flag showing the number of kilometers remaining. The unmarked course will be shown using orange water-based paint on the ground.

## SAFETY

Three organizations will be on location to cover all courses: GTI Medical, Air Medic (helicopter) and St. John Ambulance. These consist of a paramedical and medical group specialized in pre-hospital care with state-of-the-art equipment. Most refreshment stations will have such equipment and paramedics will be on location.

## REFRESHMENT STATIONS

### 28 km Event

#1 Orignac Station: water only

#2 BMR Split Station: water, sports drinks, pita bread, bagels, chips, peanut butter, bananas, oranges, dates

#3 Montagne Noire Station: water, Coca Cola, pita bread, hydrating drinks, pretzels, chicken broth, honey, peanut butter, bananas, oranges, dates, water melons, salt, boiled potatoes

### 10 km Event

#1 Orignac Station: water only

#2 BMR Split Station: water, hydrating drinks

### 5 km Event

No refreshment station

## PACE CHART

XC 28km MOMENTUM TECHNOLOGIES				Temps pour franchir un KM							
Pace chart				00:05:30		00:07:00		00:13:00		00:19:00	
Ravito	Nom	km	Next ravit	Premier coureur	Coureur du milieu	Dernier coureur	Marcheur				
Départ	Mont Grand-Fonds	0	9	00:00:00	10:00:00 AM	0:00:00	10:00:00 AM	00:00:00	10:00:00 AM	00:00:00	10:00:00 AM
ravito #1	Ravito de l'Orignac	9	4	00:49:30	10:49:30 AM	01:03:00	11:03:00 AM	01:57:00	11:57:00 AM	02:51:00	12:51:00 PM
ravito #2	Ravito Split-BMR	13	7	00:22:00	11:11:30 AM	00:28:00	11:31:00 AM	00:52:00	12:49:00 PM	01:16:00	2:07:00 PM
ravito #3	Ravito de la montagne noire	20	8	00:38:30	11:50:00 AM	00:49:00	12:20:00 PM	01:31:00	2:20:00 PM	02:13:00	4:20:00 PM
Arrivé	Mont Grand-Fonds	28	-	00:44:00	12:34:00 PM	00:56:00	1:16:00 PM	01:44:00	4:04:00 PM	02:32:00	6:52:00 PM
Total				02:34:00	03:16:00	06:04:00	08:52:00				
<b>Tous les coureurs du 28km doivent franchir la ligne d'arrivée avant 6:00 PM</b>											
XC 10km SAIL				Temps pour franchir un KM							
Pace chart				00:05:00		00:07:00		00:13:00		00:19:00	
Ravito	Nom	km	Next ravit	Premier coureur	Coureur du milieu	Dernier coureur	Marcheur				
Départ	Mont Grand-Fonds	0	4	00:00:00	1:00:00 PM	0:00:00	1:00:00 PM	00:00:00	1:00:00 PM	00:00:00	1:00:00 PM
ravito #1	Ravito de l'Orignac	4	4	00:20:00	1:20:00 PM	00:28:00	1:28:00 PM	00:52:00	1:52:00 PM	01:16:00	2:16:00 PM
ravito #2	Ravito Split-BMR	8	3	00:20:00	1:40:00 PM	00:28:00	1:56:00 PM	00:52:00	2:44:00 PM	01:16:00	3:32:00 PM
Arrivé	Mont Grand-Fonds	11	-	00:15:00	1:55:00 PM	00:21:00	2:17:00 PM	00:39:00	3:23:00 PM	00:57:00	4:29:00 PM
Total				00:55:00	01:17:00	02:23:00	03:29:00				
<b>Tous les coureurs du 10km doivent franchir la ligne d'arrivée avant 6:00 PM</b>											

## POST-RACE SERVICES

After the race, Auberge des 3 Canards will provide athletes with a light snack; meat or vegetarian.

Furthermore, massage therapy treatments will be provided by Maseo. Please note that a fee is required for such services.

Additionally, four small outdoor showers will also be at the disposal of participants with propane-heated water (experimental).

Finally, two yoga sessions are scheduled for 10:30 a.m. and 2 p.m.

## PODIUM, CEREMONY AND PRIZES

The men's and women's categories are as follows. Please note that no prize will be awarded for the best times of each category; only a medal as a souvenir to all participants.

- 12-29;
- 30-39;
- 40-49;
- 50-59;
- 60 and above.

## PRIZE WINNERS – OVERALL RANKING

**5 km Event:** UTHC Special Edition Honorary Medal awarded to the top athletes with the three fastest times (men and women). All three prize winners will be invited on the podium during the ceremony.

**10 km-28 km Events:** The prizes awarded for the three fastest times (men and women) are as follows: UTHC Special Edition Honorary Medal, UTHC-engraved Opinel knife No. 8 and \$100 \$250 SAIL gift certificate, based on the spot clinched. All three prize winners will be invited on the podium during the ceremony.

All other athletes will receive a medal as a souvenir for their participation in the UTHC.

## ACTIVITIES SURROUNDING THE COMPETITION

The UTHC features various activities that take place during the competition. See below for the complete schedule.

### LA COURSE PIRATE PRÉSENTÉE PAR LA CLINIQUE DU COUREUR

The Pirate Race is organized by The Running Clinic, exclusively for kids aged 12 and below. The race takes place on a 1-km loop and times will be recorded. Parents may participate in the race if they wish to encourage their children to rise to the challenge. Although there will be no medal awarded, winners will be invited on the podium. You can register your children to the race on the day of the event.

### YOGA SESSIONS

**Don't forget to bring your yoga mat** and a bottle of water for the yoga sessions.

### CHUTES FRASER CAMPGROUND

The Chutes Fraser Campground is known for the beauty of its landscapes, not to mention the quality of the services offered and the warmth of its staff. The entire team at Chutes Fraser Campground will cater to your every need and make your stay an unforgettable experience. Reserve your spot today and discover the many possibilities offered.

**REMINDER! If you wish to take full advantage of the discount offered, you are required to show a proof of registration (race bib or Eventbrite invoice).**

- Tents: 2 nights: \$35 (1 night: \$20)
- Trailers: 2 nights: \$50 (1 night: \$25)
- Visitors: \$2 to \$5

### CONFERENCES

**Daniel Gaudet: COMME SUPERMAN, Voir les épreuves comme des défis**

**Jacques Aubin REMINDER:** Go to the Youth Hostel located downtown La Malbaie

### MONT GRAND-FONDS PARTY

The show will take place in the auditorium of the ski lodge. Totally free of charge, this show is a courtesy of the Mont Grand-Fonds ski resort. It will be a short night!

## AVAILABLE SERVICES AND ADDITIONAL INFORMATION

- A day care service will be offered at \$5 per child. Only available for children of participating athletes and volunteers. Please make sure to bring food for your children and enough material to keep them entertained. The day care service is operated by our volunteers.
- Food will be sold on location (cash only). However, we suggest you bring your own to ensure more variety.
- Limited inventory. Buff headwear (\$30), beer mugs (\$10) and The North Face technical T shirts with the Harricana wolf (\$30) (cash only).
- Please note that, this year, we finally have a cellular network signal reaching the ski center.
- Please make sure to bring cash for all on-site purchases.

### WHERE TO EAT IN LA MALBAIE

Your best dinner option on Saturday night is **Café Chez-Nous** located in La Malbaie. A special menu has been prepared for Harricana runners. Be sure to make reservations ahead of time! The table d'hôte includes: a soup, and a choice from oyster mushroom ravioli, gluten-free local sausages (2) served with couscous and vegetables or a smoked salmon salad from Fumoir St Antoine, located in Baie St-Paul. Coffee and dessert are also included. Furthermore, get a complimentary drink upon presentation of your promo card, which you can find in the runners' kit (1075 Richelieu Street, Pointe-au-Pic, (418) 665-7861). Deliveries can also be made for groups of six or more.

On Sunday morning, make sure you go to the bakery **Pains d'exclamation** for breakfast. You will receive a free, biological, fair trade coffee upon presentation of the coupon that you will find in the runners' kit (398 Saint-Étienne Street, La Malbaie, (418) 665-4000).





## SCHEDULE

Please visit the schedule on our website ([Harricana.info](http://Harricana.info)) for any last-minute change.

### FRIDAY SEPTEMBRE 12TH

12h00 Site opening

12h00 to 21h00 bib pickup for the 65 and 80km. This will be the only time you may get your bib number. Identity card required to pickup your bib.

12h00 to 21h00 Bib pickup for the 5, 10 and 28km. Identity card required to pickup your bib.

18h00 to 19h00 MANDATORY meeting for the 65 and 80km participants.

19h30 Daniel Gaudet presents "COMME SUPERMAN, Voir les épreuves comme des défis" (presented in French)

### SATURDAY SEPTEMBER 13TH

02h00 Shuttle departure from the Office of Tourism's parking (downtown La Malbaie) to the Mont Grand-Fonds ski resort.

03h00 Shuttle departure for the 65 and 80km from the Mont Grand-Fonds ski resort. Participants may not use their own means of transportation to reach the race's start location. The start of the race will be given at 5 am.

08h00 to 11h00 Bib pickup for the 1, 5, 10 and 28km. You must have your bib at least 30 minutes prior to your race start.

08h00 Booths opening.

09h00 Day care opening.

09h00 Clinique du Coureur's 1km Pirate-Race start.

10h00 Momentum Technologies 28km race start.

10h30 Yoga session

12h00 Auberge des 3 Canard's post-run lunch (for participants only).

13h00 Sail's 10km race start.

13h30 5km race start.

14h00 Yoga session

15h00 Podium for the 1, 5, 10 and 28km races.

16h30 Podium for the 65 and 80km races.

17h00 to 19h00 Laytime – small pause to recover.

19h30 Mont Grand-Fond's closing celebration.

### SUNDAY SEPTEMBER 14TH

09h00 Brunch-conference hosted by Jacques Aubin at L'Auberge de Jeunesse, downtown La Malbaie. (presented in French)

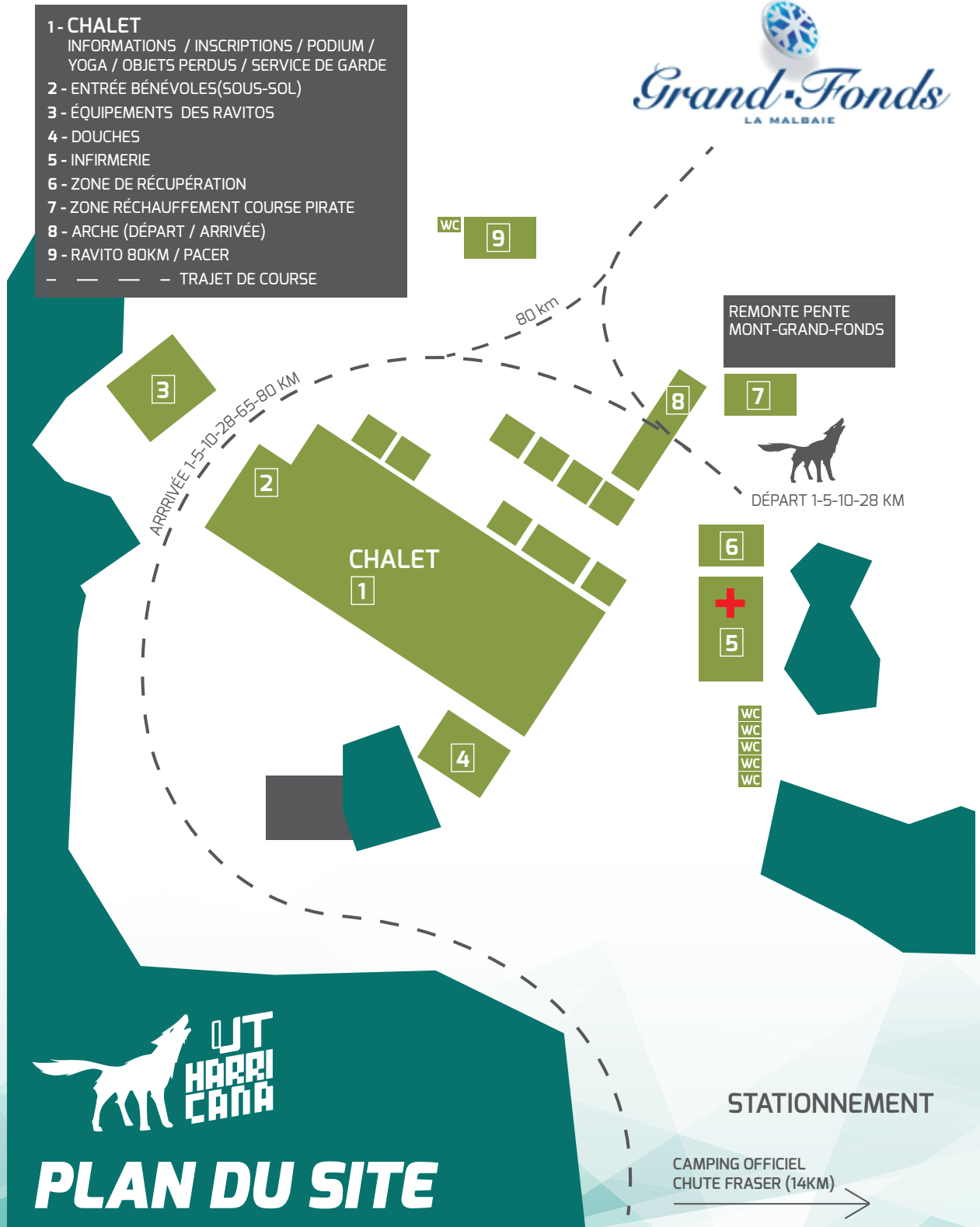
We'll see you again on September 19th 2015

\*please note this schedule is subject to change.



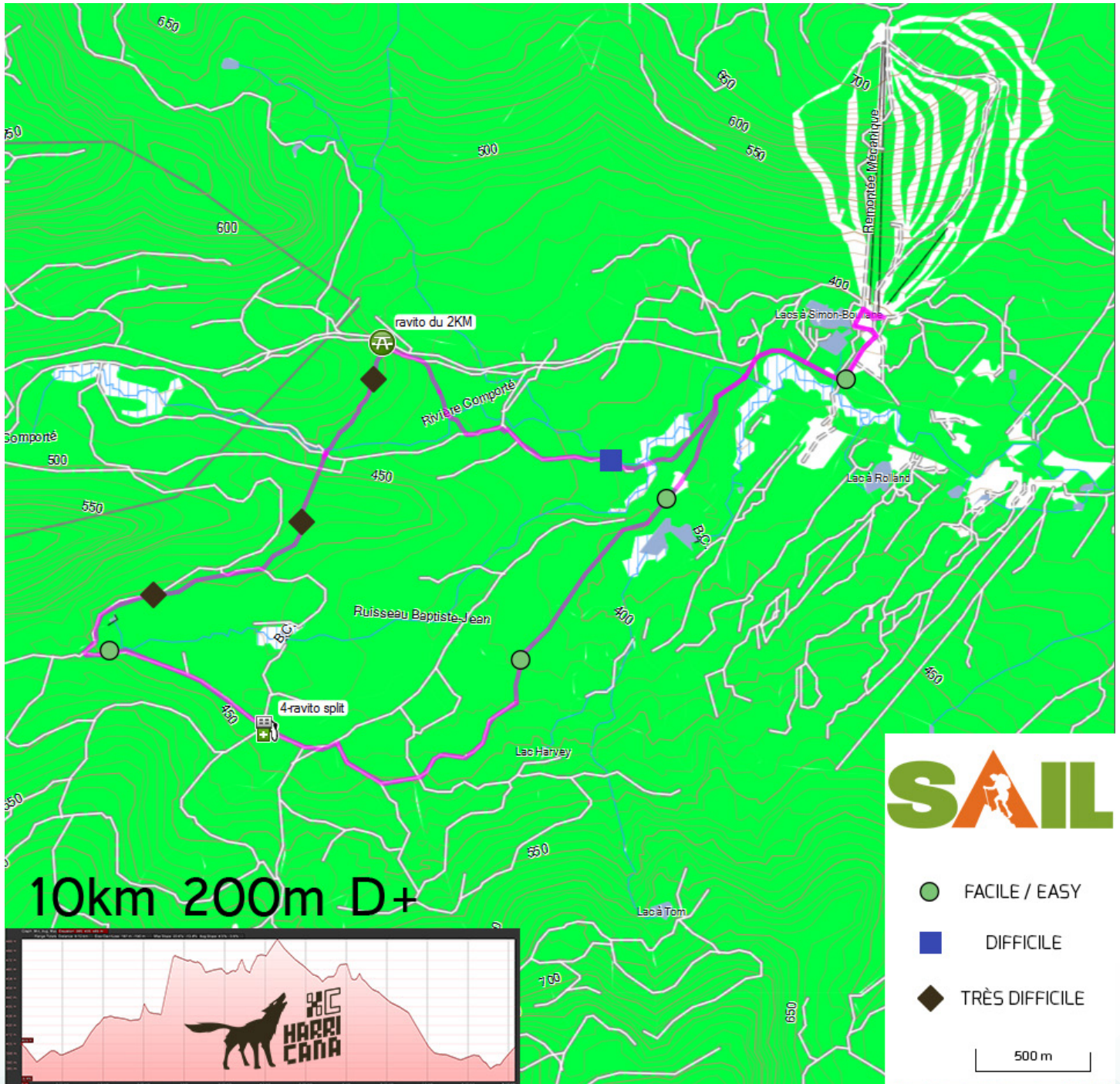
UT HARRELANA

MAPS - Site

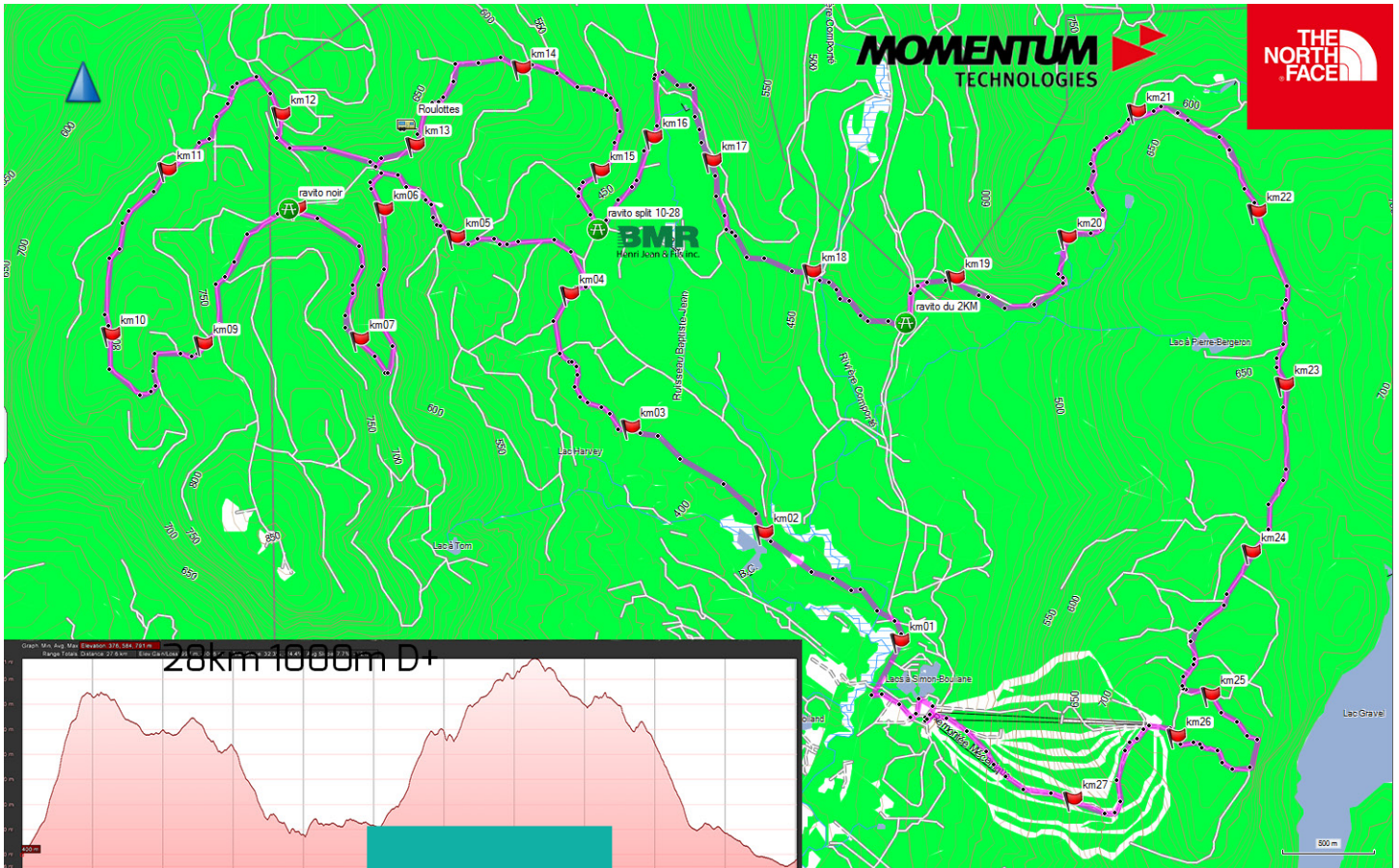


**PLAN DU SITE**

# MAPS - 10 km



## MAPS - 28 km



**28 km**

### ÉLÉVATION

Minimum : 376 m  
Moyenne : 584 m  
Maximum : 791 m

### INTERVALLES

Distance : 27,6 km  
Élev. gain/perte : 997 m, -1006 m  
Pente maximale : 32,3 %, -24,4 %  
Pente moyenne : 7,7 %, -6,2 %



**1**  
Ravito #1  
9 km  
ORIGNAC

**2**  
Ravito #2  
13 km  
SPLIT BMR

**3**  
Ravito #3  
20 km  
MONTAGNE NOIRE

- Eau
- Premiers soins
- Toilettes
- Nourriture
- Réseau cellulaire
- Équipe soutien

SOLEIL Lever : 5 h 20 | Coucher : 18 h 01 | MÉTÉO NORMALE DE SAISON Minimum moyen : 3°C | Maximum moyen : 15°C

## DESCRIPTIONS DES PARCOURS

### SAIL 10 KM EVENT



#### 1st to 3rd km

Difficulty level: Hard

Wide and clear cross-country ski trail (ascent), muddy and swampy in some areas.

#### 3rd km to 6th km

Difficulty level: Very hard

Narrow, technical, dance-like leg (rocks, stones and roots). Not much acceleration possible.

#### 6th km to 10th km

Difficulty level: Easy

Wide, fast-paced trail (descending slope). Muddy and swampy in some areas.

### MOMENTUM TECHNOLOGIES 28 KM EVENT



#### Start to 26 km

Difficulty level: Very hard

Steep 2 km climb up a downhill ski trail, with 300 meters of elevation gain.

#### 26 km to 21 km

Difficulty level: Hard

Quad trail, technical in some areas with large round stones.

#### 21 km to 18.5 km

Difficulty level: Easy

Very wide rideable road, be mindful of trucks and other vehicles! Sharp descent.

#### 18.5 km to 16.5 km

Difficulty level: Very hard

Very narrow, technical, dance-like leg (rocks, stones and roots). This section of the race will take you in dense forest so you won't get much acceleration going

#### 16.5 km to 15.5 km

Difficulty level: Easy

Fast-paced quad trail

#### 15.5 km to 12 km

Difficulty level: Very hard

Single, ascending track up La Montagne Noire facing Mont Grand-Fonds

#### 12 km to 9 km

Difficulty level: Easy

Superb lichen trail

#### 9 km to 8 km

Difficulty level: Easy

Very wide rideable road, be mindful of trucks and other vehicles! Sharp descent.

#### 8 km to 6 km

Difficulty level: Hard

Former quad trail reopened with a view of Mont Grand-Fonds

#### 6 km to 4 km

Difficulty level: Easy

Very wide rideable road, be mindful of trucks and other vehicles! Sharp descent.

#### 4 km to 2 km

Difficulty level: Easy

Wide, fast-paced cross-country ski trail (descending slope). Muddy and swampy in some areas.

#### 2 km to finish line

Difficulty level: Easy

Very wide rideable road, be mindful of trucks and other vehicles! Sharp descent.

## NOS PARTENAIRES

### OFFICIAL PRESENTERS



### MAJORS



LEBLANC MARTINEAU-ST-HILAIRE  
www.conseillersencplacement.ca



### MEDIA



### SUPPORTING



### FINANCIALS



### OFFICIAL SUPPLIERS





INFOGRAPHIE: ERIKA POTVIN

