

# Saint-Maurice Canoe Challenge

*Passion-Collaboration-Community*



**August 31 to September 2 2024**

Presented by

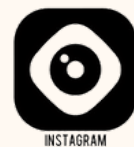


# **PADDLER'S BOOK**

Update 28-08-2024



# SPONSORS



philippe\_ayotte\_photography

# COLLABORATORS

Sûreté du Québec  
Marie-Louise Tardif - Députée de Laviolette  
St-Maurice  
Dany Carpentier - Conseiller municipal V3R  
Classique international de canot de la  
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Pierre-Luc Fortin- Conseiller municipal V3R  
Richard W Dober- Conseiller municipal V3R  
François-Philippe Champagne - Ministre de  
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# OFFICIAL PARTNERS



# PUBLIC PARTNERS



VILLE DE LA TUQUE





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# ORGANIZATION'S MESSAGE

The Saint-Maurice river is not just a watercourse; it is a symbol of our region, marking its identity through the canoe race. The Labor Day weekend is an opportunity to put to the test all the work accomplished during the year's training. It is a moment where we invest our time, heart, and passion into this sport.

When members of a community unite their strengths, they are capable of overcoming the greatest challenges and achieving ambitious goals. The Saint-Maurice Canoe Challenge is the result of this collaboration and an extraordinary will to keep the historic canoe race alive.

This event will highlight the team spirit and determination needed to overcome the challenges of tumultuous waters. This race will not only be a competition but also a celebration of the values of solidarity, resilience, and perseverance that unite the paddlers.

## READY TO FACE THE CHALLENGE!

Martin Saint-Laurent  
President



# CODE OF ETHICS

The following regulations must be respected by all paddlers for any activity and/or competition throughout the season. A breach of any of these rules will automatically result in a time penalty and may even lead to the disqualification of the paddlers or the offending team. NO REFUNDS WILL BE ISSUED for disqualification or expulsion from an event or association.

## POLICY

- Note that an act of physical violence results in the automatic disqualification of the offending competitors.
- The competitor must always respect the organizers of the various events and can only approach them through their association representatives.
- The competitor commits to respecting every volunteer, regardless of their status. No abusive language, threats, or acts of verbal or physical violence will be tolerated.
- Each competitor and team support member commits to respecting the competition venues, maintaining cleanliness both on and off the water. Respect for the facilities and equipment provided to the canoeists is essential. Each competitor, team, and support member is fully responsible for their own equipment and waste.
- For the DCSM event, you must proceed to the area specifically designated for competitors after each stage.
- The competitor participating in the competition represents the image of the DCSM, its partners, and its sponsors. Therefore, it is mandatory for each crew member to wear a competition jersey or tank top.
- Each competitor represents their entire group; for the image of everyone: let's act in a civilized manner and be respectful.





# BOURSES-PRIZE



## CATÉGORIE – CLASS C2

Positions Rank	Toutes catégories Overall
1ère	3500\$
2ième	2500\$
3ième	2000\$
4ième	1500\$
5ième	1000\$
6ième	750\$
7ième	500\$
8ième	250\$
9ième	225\$
10ième	200\$
11ième	175\$
12ième	150\$
Positions Rank	Mixte Mixed
1ère	700\$
2ième	500\$
3ième	300\$

## CATÉGORIE – CLASS R9

Positions Rank	Toutes catégories Overall
1ère	2500\$
2ième	1700\$
3ième	1200\$
4ième	600\$
5ième	400\$



**BOURSES POUR CHAQUE ÉTAPE**  
**MONEY PRIZE EACH STAGE**

Positions Rank	Toutes catégories C2 Overall
1ère	300\$
2ième	200\$
3ième	150\$
4ième	100\$
5ième	50\$
Positions Rank	Toutes catégories R9 Class R9
1ère	300\$
2ième	200\$
3ième	150\$

**ÉQUIPE COUP DE COEUR**  
**FAVORITE TEAM**

C2	200\$
R9	200\$

# COMPETITION SCHEDULE

## 2024

### STAGE I

Wednesday, August 31, 2024 - La Tuque - Quai Dénommé-Goyette

9:00 AM : Start of the R9 category

(pre-race meeting + delivery of the athlete's envelope - 7h30)

10:00 AM : Start of the C2 category

(pre-race meeting + delivery of the athlete's envelope - 8h30)

Expected arrival times of the first team in St-Roch-de-Mékinac :

R9 - 3:20 PM / C2 - 4:00 PM

PRÉSENTED BY



### STAGE 2

Sunday, September 1, 2024 - St-Roch-de-Mékinac

PRÉSENTED BY

**Paul G.**

10:00 AM : Start of the R9 category (pre-race meeting - 9h00)

11:00 AM : Start of the C2 category (pre-race meeting - 10h00)

Expected arrival times of the first team at Ile Melville, Shawinigan:

R9 - 1:45 PM / C2 - 2:45 PM

### STAGE 3

Monday, September 2, 2024 - Shawinigan-Sud, Avenue du Capitaine-Veilleux

10:30 AM : Start of the R9 category (pre-race meeting - 9h30)

12:00 PM : Start of the C2 category (pre-race meeting - 11h00)

Expected arrival times of the first team at Île Saint-Quentin, Trois-

Rivières : R9 - 1:30 PM / C2 - 3:00 PM

PRÉSENTED BY



**4:30 PM: Awards ceremony / 5:00 PM: Paddlers dinner**



# REGISTRATION PRICE

Category	Pre-sale (august 1 to 10 )	Registration (11 to august 30)
C2	250\$/team	300\$/team
R9	1200\$/team	1700\$/team



**The registration fee is non-refundable under any circumstances.**

**Online registration will be possible until Thursday, August 30, 2024, at 4:00 PM.  
No registrations will be accepted after this date.**

## REGISTRATION INFORMATIONS

- All payments must be made in Canadian currency.
- The 2024 registration form must be completed and fully paid. Otherwise, your registration will be returned and declared invalid.
- If a team withdraws before the registration deadline (August 30, 2024), and one of the team members re-registers with a new partner, a credit of 50% of the registration fee will be applied to the new team's registration. If both team members re-register with new partners, the credit will be applicable to each new team. This credit can only be applied to one person.
- A parent or guardian's signature is mandatory for any participant aged sixteen (16) years or younger. The minimum age to participate in the Saint-Maurice Canoe Challenge is 14 years old at the time of registration.
- Every participant, without exception, must complete the Physical Activity Readiness Questionnaire (PAR-Q) and notify in writing of any specific health conditions (medication, allergies, etc.). A list of your medications must accompany the form. This information will be forwarded to the medical team in case of an incident. Failure to submit the PAR-Q and medical form will result in the team not being allowed to start.

# INCLUSIONS

**The registration for the Saint-Maurice Canoe Challenge includes, for the 3 days of competition:**

- Snack served upon exiting the water at the end of each stage
- Secured and marked course
- End-of-competition meal (paddlers' dinner)

*The paddlers' dinner in Trois-Rivières is scheduled for Monday, September 2, between 4:30 PM and 5:30 PM. All registered participants will have a coupon for this dinner in their competition kit. It is mandatory to have your coupon to receive the meal.*

## SAFETY

Water safety is provided by the Shawinigan Canoe Club.

If a flotation vest and/or whistle is missing, the team will not be allowed to start.

Please note that each participant is responsible for their own safety and equipment. The DCSM team is not responsible for any damage, loss, or theft that may occur during the event.

*\*During the passage at Rapides des Forges, the water level will be maintained by Hydro-Québec to reduce the risk of collisions.  
Avoid paddling too close to the shore.*

## PARKING

### Parking permis

***Reserved for athletes/support crew***

Each team will receive 1 sticker (C2) / 2 stickers (R9) to place on their dashboard for access to athlete reserved parking areas. Only 1 vehicle per team will be allowed access to certain locations (e.g., on the road to Grand-Mère or at the Belgo portage). At the Gabelle portage, teams must park in the lot at the top of the hill. No vehicles will be allowed to go down.



# PARKING INDICATIONS

STAGE 1 - SATURDAY august 31 2024

Start at La Tuque

C2 - Parking on the grass.

R9 - Park along the street - only 2 priority vehicle per team.

Parking on both sides of the street, in the same direction (blue arrow).

Other vehicles must park in neighboring streets.

Mise à l'eau  
Boat launch

Stationnement C2  
(gazon)  
Parking C2 (grass)



# PARKING INDICATIONS

STAGE 1-2 - SATURDAY, August 31, and SUNDAY, September 1, 2024

## Arrival (Stage 1) and Start (Stage 2) in St-Roch-de-Mékinac

Blue rectangle: all vehicles have access  
- C2 and R9.

Parking is prohibited on the right side  
of the street - the area is reserved for  
the organization (red rectangle).

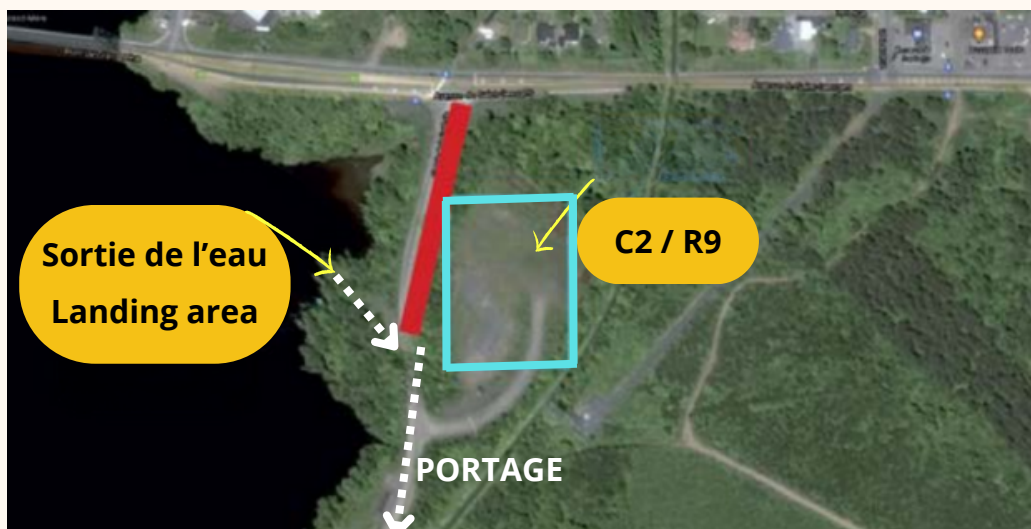


## STAGE 2 - SUNDAY, September 1, 2024

### Portage at Grand-Mère

Only vehicles with a trailer (R9) will be allowed to park at the bottom (red rectangle). No parking is allowed in the other direction (left side of the street in this image). C2 and R9 support crew can park in the lot at the top (blue rectangle) or in the surrounding streets.

Only those with a permit can park on the site.





# PARKING INDICATIONS

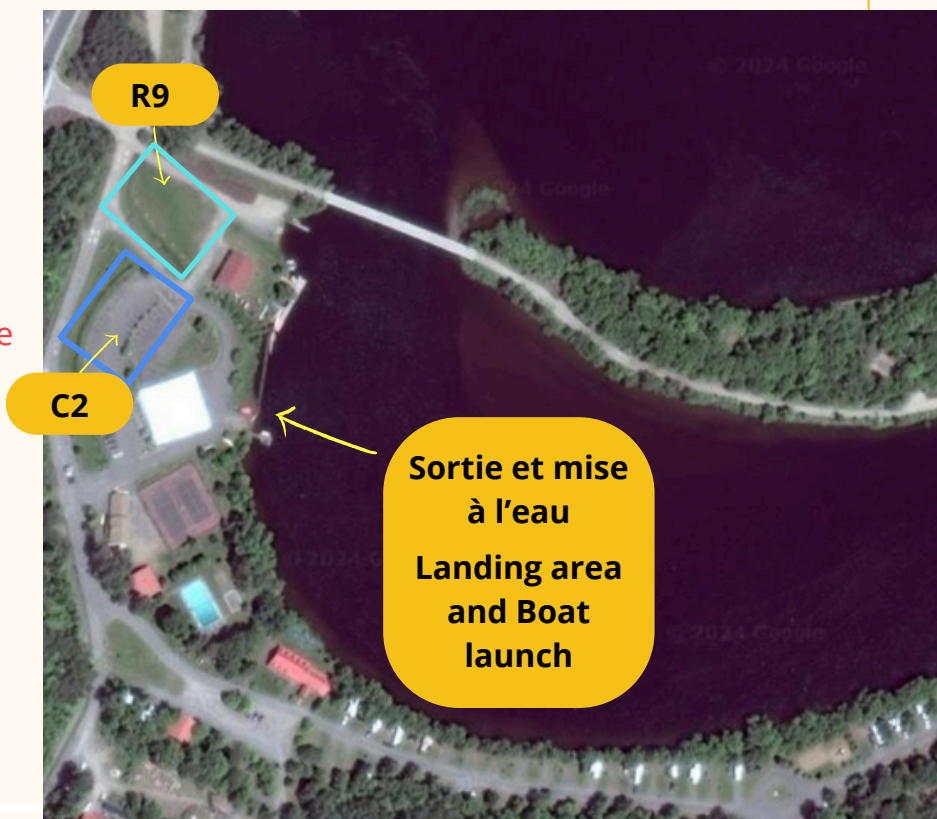
STAGE 2 and 3 - SUNDAY September 1 and MONDAY September 2 2024

Arrival (Stage 2) and launch (Stage 3) at Ile Melville, Shawinigan

Blue rectangle: R9 access

Blue rectangle: C2 access

The launch for Stage 3 is at Ile Melville for C2 and at Espace Shawinigan for R9.

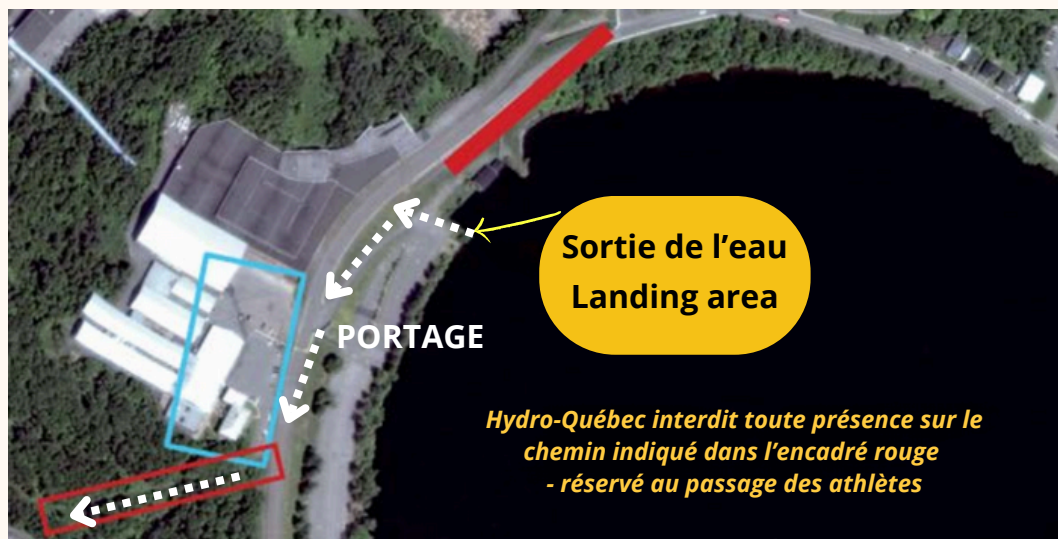


## STAGE 3 - MONDAY SEPTEMBER 2 2024

Portage - Shawinigan, Espace Shawinigan

R9: 2 priority vehicles per team must go to the Espace Shawinigan portage to park in the direction to exit onto Cascade Street (red rectangle).

Only priority vehicles are allowed to park in this area.



PORTAGE

# PARKING INDICATIONS

## STAGE 3 - MONDAY SEPTEMBER 2 2024

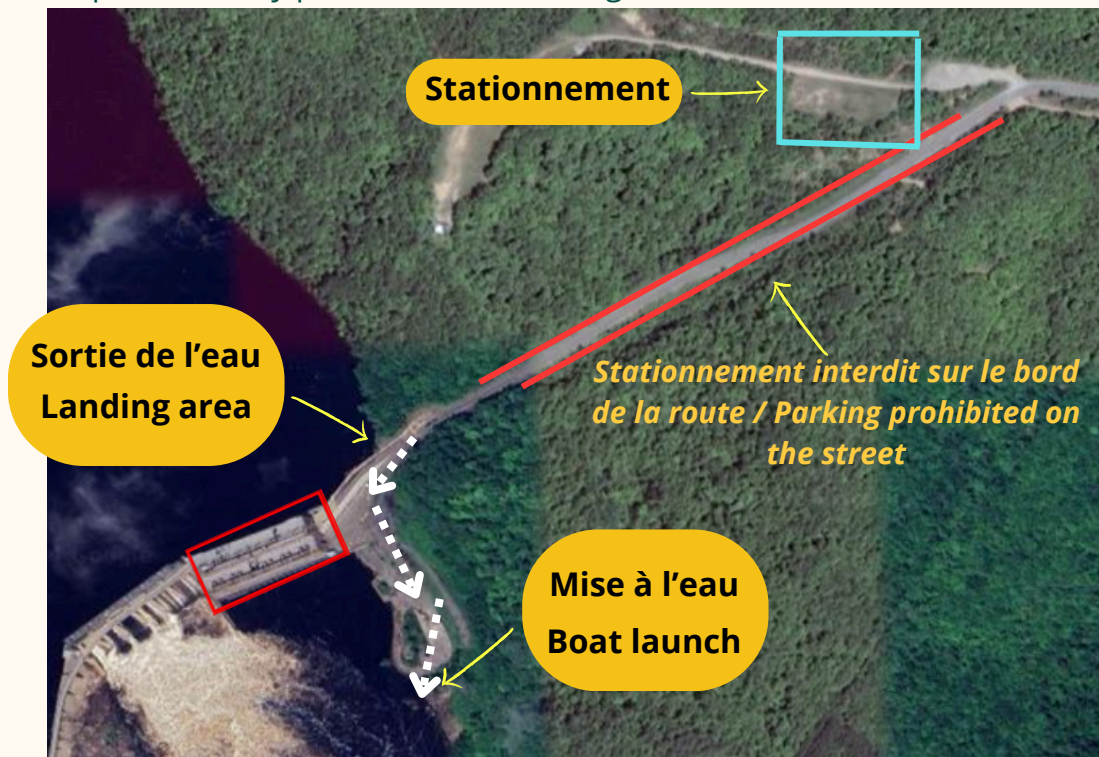
### Portage at La Gabelle - Notre-Dame-du-Mont-Carmel

No vehicles will be allowed to go down the hill.

A shuttle should be available to transport participants from the parking lot to the portage.

Arrive via the Mont-Carmel side, as the cross-river link on the dam will be closed.

Hydro-Québec prohibits any presence on the bridge (red box)



### Finish - Trois-Rivières, Île Saint-Quentin

Parking on the grassy area.

PARKING FEES APPLY FOR VEHICLES.



# COMPETITION RULES

## CONTACT BETWEEN BOATS

In the event of contact between one or more boats, it is strictly forbidden to touch, push, or hold back a participant or an opposing boat with your hands.

Failure to comply with this rule will result in a 5-minutes penalty.

## PENALTIES

### Contact or Obstruction Penalty

It is prohibited to :

- Intentionally hinder another team, particularly during a resupply or portage.
- Intentionally make contact with another boat (i.e., demonstrating intentions to hinder).
- Touch the boat, paddle, or a member of another team in a way that hinders that team or member.

To impose a penalty, it must be clearly demonstrated (by officials or the team requesting the sanction) that such an act genuinely hindered the team and was intentional. While accidental contacts are part of the sport, they must not be done intentionally to hinder.

Any team or competitor who does not comply with the provisions of this article will be subject to a penalty, which may include disqualification.

### Discretionary Penalty

Any team or competitor who does not comply with a provision of these regulations, for which no specific penalty is provided, will be subject to a two (2) minutes penalty for each infraction. If such a penalty is imposed under this article, it will be the duty of the Saint-Maurice Canoe Challenge Committee to examine the infraction and amend the regulations accordingly to address it.



# COMPETITION RULES

## INFRACTION AND DISQUALIFICATION

Any competitor or support crew member who commits one of the following infractions will see their team penalized and/or disqualified from the competition:

1. Responsibility for support crew : the competitor is responsible for their support crew. If the support crew uses abusive language, or verbal or physical violence towards other competitors, volunteers, or organizers, the competitor will automatically be penalized and/or disqualified. Choose your support crew carefully.
2. Personal Flotation Device (PFD) requirement : PFDs are mandatory in the boat for each race sanctioned by the DCSM team. Failure to comply with this rule will result in a penalty, which may lead to disqualification in the case of repeated offenses.
3. Respect for competitors : competitors must always respect other competitors. No abusive language, threats, or acts of verbal or physical violence will be tolerated. Physical violence will result in the automatic disqualification of the offending participants and their exclusion from competitions and the association for the season.
4. Respect for organizers : competitors must always respect the event organizers and may only interact with them through their association representatives. Misconduct towards organizers will result in automatic disqualification from the competition without the possibility of a refund.
5. Respect for volunteers : competitors must respect all volunteers, regardless of their status. No abusive language, threats, or acts of verbal or physical violence will be tolerated. Offenders will be penalized and/or disqualified.
6. Respect for competition venues : competitors and their support crew must respect the competition venues, ensuring cleanliness both on and off the water. They must respect the facilities and equipment provided for the canoeists. Each competitor, team, and support crew is fully responsible for their equipment and waste. Failure to comply with this rule will result in a penalty.



# COMPETITION RULES

## SANCTIONS AND SANCTION PROCEDURES

Two (2) types of infractions may be applied during a race or competition sanctioned and/or approved by the Saint-Maurice Canoe Challenge team:

- Infraction related to the application or interpretation of the regulations
- Any violation concerning the application or interpretation of these rules

### Procedure for Sanctioning an Infraction

- Only canoeists who participated in the competition and were victims of a rule violation have the right to file a protest
- Any request for a sanction must be submitted within thirty (30) minutes after the arrival of the last team.
- A sanction request can be made verbally to a member of the DCSM team.

### Sanction committee decision process : Convene the sanction committee

- The DCSM team member who received the sanction request is responsible for convening the sanction committee.
- The sanction committee meets as soon as it is convened.

### Decision Making

- Any DCSM team member who is part of a team involved in the sanction request is automatically excluded from the sanction committee.
- The team involved in the sanction request and the team that filed the request may participate in the discussions of the sanction committee. These teams must be duly convened by the DCSM team member who received the sanction request. However, these teams do not have the right to vote.
- The sanction committee votes on the sanction request: it either accepts or rejects it.
- If the members of the sanction committee reach a deadlock during the vote, the DCSM team members may call upon a neutral candidate.

### Response of the Sanction Committee

- Any decision of the sanction committee will be communicated verbally to the team that filed the request. This decision will be made as soon as possible on the same day the race or competition takes place.



# COMPETITION RULES


## RESPONSABILITY

The DCSM team cannot be held responsible for any material damages that may occur during a race or competition to property belonging to a competitor and/or a team.

## WITHDRAWAL – DNF

A team or competitor who withdraws from the course before its completion will be disqualified and must notify the DCSM team as soon as possible.

In the event of a boat breakage, teams will be allowed to continue with a new boat, provided it meets the standards and has been previously measured and approved by the officials.



# C2





# C2 CATEGORY



## CATEGORY

- **Female** - for women's teams
- **Male** - for men's teams
- **Mixed** - for mixed teams

## COMPETITION

Both athletes registered on the same boat must complete the entire course together; no partner substitution is allowed, otherwise, the team will be disqualified. Each crew is responsible for their boat and their safety.

# COMPETITION RULES – C2



## DIMENSIONS AND SPECIFICATIONS OF A C2 BOAT

### Technical Specifications – C2 Boat

- Maximum Length :18 feet 6 inches
- Minimum Width : 33 inches at the top, 27 inches at 3 inches from the bottom towards the center of the canoe
- Minimum Height : Bow: 15 inches, center: 10 inches, stern: 10 inches
- The 33-inch and 27-inch measurements at 3 inches from the bottom can be separated by a maximum of 14 inches.
- The 33-inch and 27-inch measurements at 3 inches from the bottom can be at most 14 inches forward or backward from the actual center of the canoe (9 feet 3 inches).
- A concave curve of up to  $\frac{1}{4}$  inch depth is allowed between the 33-inch and 27-inch measurements at 3 inches from the bottom.
- No concave shapes are allowed below the waterline (hull). However, minor imperfections from repairs or sanding will be tolerated but must be minimal to comply with regulations.
- All measurements are verified from the outside of the hull. A team that does not comply with the specified dimensions and regulations for a C2 canoe will be disqualified.



# COMPETITION RULES – C2

## PERSONAL FLOTATION DEVICE (PFD)

### Mandatory

All boats participating in the Saint-Maurice Canoe Challenge must have a personal flotation device (PFD) on board for each participant. The PFDs used by competitors must be easily accessible at all times.

Inflatable, self-inflating PFDs, and those worn around the waist are not approved by Transport Canada for whitewater. Therefore, they cannot be worn when required in rapids. You must wear PFDs approved for whitewater, made from non-submersible material.

**Wearing a PFD is mandatory for the entire 3rd stage.**

**Participants aged 16 and under who participate in the DCSM must wear their PFD at all times.**

## LAND SUPPORT CREW

**Passing through the support zones is mandatory**

Canoeists are allowed to resupply only at designated points along the course.

Only team members and identified support crew will be admitted to the sites.

For your safety, resupply must be done within the defined zones, within  $\pm 100$  meters of the buoy. Only one buoy will be installed for the resupply zone.

Resupply must be done on land or in the water, provided both feet are touching the bottom. (PFDs are permitted for safety.)

Courtesy is essential for teams arriving first. No person or object that could intentionally or unintentionally hinder the canoe is allowed in the resupply zone (buoy, pole, board, canoe, etc.)

A dip net is allowed to collect any debris that may end up in the water.

Flags and signs are allowed to clearly identify the team but must not hinder the athletes or other support crew.

No waste should be left in the water or at the resupply sites by athletes or support crew. A team that does not comply with this provision will be penalized two (2) minutes for each infraction.



# R9





# COMPETITION RULES – R9



## DIMENSIONS AND SPECIFICATIONS OF R9 BOAT

### Technical specifications – Rabaska

All measurements are taken from the outside of the hull. Gunwales are not considered in the measurement. The unit of measurement is inches.

- Maximum Length: 302 inches
- Minimum Length: 298 inches
- Minimum Width at Center, Top (at the gunwales): 48 inches
- Minimum Width at Center, 6 Inches from the Bottom: 38 inches
- Minimum Height : Bow: 24 inches, Center: 18 inches, Stern: 22 inches

A team that does not comply with these specified dimensions and regulations for an R9 canoe will be disqualified.



# COMPETITION RULES – R9

## FEEDING AND MEMBER SUBSTITUTIONS

**Passing through the support zones is mandatory.**

Rabaska teams are allowed to perform feeding and member substitutions

No feeding or member substitution can be carried out outside the zones designated by the organization.

Feeding is allowed during portages.

A Rabaska team may have a maximum of 5 different support crew members for a single stage. Feeding on the water from another boat is prohibited.

Only team members and support crew are allowed to touch the Rabaska during feeding

Support crew members are not allowed to help transport or move the Rabaska during portages, launches, or exits from the water. However, they are permitted to touch or push the Rabaska during feeding that takes place in the water.

At no time during resupply should team members or support crew hinder another team.

## PERSONAL FLOTATION DEVICE (PFD)


### Mandatory

PFDs used by competitors must be accessible at all times and in good condition.

They must be worn and properly fastened when required.

Inflatable, self-inflating PFDs, and those worn around the waist are not approved by Transport Canada for whitewater. Therefore, they cannot be worn when required in rapids.

You must wear PFDs approved for whitewater, made from non-submersible material.

- Stage 2: Before the electric pylons located upstream of the Hêtres rapid and until downstream of this rapid.
  - Stage 3: Before the iron bridge which is located before the Gabelle dam and until the end of the rapid des Forges. Boaters boarding from the La Gabelle dam must wear their P.F.I. before boarding.
- 

# COMPETITION RULES – R9

## PORTAGES



After a portage, each team is responsible for managing its transport cart ("buggy").

### Portage at Grand-Mère (Stage 2)

- Only one (1) team member is allowed to go down to the disembarkation site with the transport cart ("buggy").
- The other team members must wait at the top of the hill, on the other side of the guardrail, or at any other point along the portage route.
- During this portage, passing is allowed only until the beginning of the final descent.
- If a team is being followed, it must move to one side of the path to allow the other team to pass.

### Portage at Belgo (Shawinigan, Stage 3)

- If the downstream dock (on the left, towards Trois-Rivières) is free, any team must prioritize it to leave the way clear for another Rabaska behind.
- It is forbidden for one team to pass another from the railway (before the descent) until after the fence at the bottom of the hill.
- Be careful, the descent is very steep and slippery.
- A minimum distance of one (1) Rabaska must be kept between your Rabaska and that of the team ahead.

### Portage at La Gabelle (Notre-Dame-du-Mont-Carmel, Stage 3)

- Only one (1) team member is allowed to go down to the disembarkation site with the transport cart ("buggy").
- The other team members must wait at the top of the hill, on the other side of the fence, or at any other point along the portage route.
- On the descent, passing is allowed but must be done safely. The team in front upon arriving at the barrier before the launch site has priority for launching.
- No passing is allowed after this barrier.



# GENERALS RULES – C2/ R9



## COURSE ROUTE, CURVES AND BUOY TURNS

Teams must respect the course established by the competition organizers.

They must complete the entire distance of the competition using their equipment and cannot leave the watercourse except at designated portage sites.

When the course includes buoys, boats must round the buoys on the course.

A team that does not fully round a buoy must backtrack and properly round the buoy.

A team that fails to round a buoy will receive a 5-minutes time penalty. The team can avoid this penalty by immediately turning around (or backing up) to fully round the buoy.

Any team that does not follow the course (buoy or route) will be relegated to the last place in the competition with a minimum time penalty of 10 minutes or could be disqualified if it is a severe infraction (at the discretion of the officials or the sanction committee).

Disqualification removes the team's right to receive any prize money for the race, and there will be no refund of the registration fee.

## PORTAGES

Portages are allowed only at locations designated by the competition organizers.

All team members must complete the portage on foot, starting from the point where their team's canoe exits the water

No assistance is permitted.

Any team that does not comply with this provision will be disqualified.





# GENERAL RULES – C2/ R9

## ASSISTANCE TO COMPETITORS

### At Any Time

If a competitor drops a paddle or any other object, anyone may retrieve and return it to them immediately.

### On the Water

Only team members may move the canoe on the water using human physical strength.

A team may not receive any assistance, except in the case of capsizing.

In the event of capsizing, a team assisted by another boat must resume the course from the point where they capsized.

Any team that does not comply with this provision will be disqualified.

## STARTING LINE PROCEDURE

Step 1 and 2: The start procedure will be explained at the pre-race meeting.

Step 3: All teams must be lined up on the starting cable. The rear boater must be in contact with the cable at all times (hold with your hand).

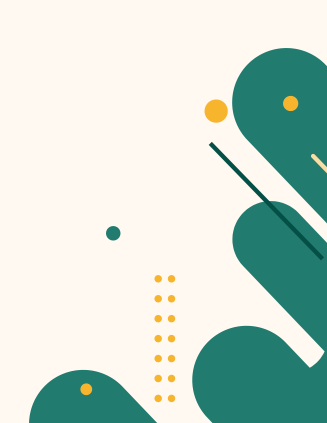
A competitor who attempts to gain an unfair advantage at the start will be penalized by two minutes. After being caught for the first offense, a second offense will result in disqualification.

Officials may interrupt the starting procedure if the alignment compromises a fair start for all. Any team that is not on the starting line at the signal cannot participate in the stage and will be disqualified.

## FINISH LINE

No object or obstacle may be placed between the two (2) physical points of the finish line.

A boat is considered to have crossed the finish line when its bow touches the imaginary line between the two (2) physical points marking the finish line.



# EXTREME WEATHER

## "CLAUSE CHARETTE"



### Extreme Weather - Storms - Safety Instructions

In the event of weather conditions that endanger the safety of the athletes, the safety team will communicate instructions to the athletes in the race to reach a safe location as quickly as possible.

### Intermediate Times / Ranking

If the activation of this safety measure results in the end of the race for the day, a ranking will be established based on the intermediate times recorded for each team at the designated check points.

#### Check Points for Stage 1:

- Cowboy
- Rivière-aux-Rats
- Grand-Anse
- Mattawin

#### Check Points for Stage 2:

- Federal Dock Grande-Piles
- Grand-Mère Portage

#### Check Points for Stage 3:

- Espace Shawinigan
- La Gabelle Portage

### Ranking

Timekeepers will be present at each checkpoint to record team times. If the race is stopped for safety reasons, the intermediate times recorded at checkpoints will be used to establish the final classification of the stage. For a checkpoint to be considered valid for the purpose of establishing a stage classification, a minimum of 12 teams must have passed it before the race is stopped. If a checkpoint has been crossed, but by fewer than 12 teams, the previous checkpoint will serve as a reference for the classification of the stage. Teams that were unable to safely pass a checkpoint before the race was stopped will be assigned the same time as the last team whose time was recorded.

# RACE ROUTE

## C2 / R9

### LEGEND



Start / Finish



Feeding Zone



Portage



Rapids

Start  
Stage 1  
La Tuque



1

Cowboy  
km 101



2

Rivière aux Rats  
km 85

3

Grande Anse  
km 65

4

Matawin  
km 47



Finish Stage 1  
Start Stage 2  
Saint-Roch-de-Mékinac

1

Grandes-Piles



2

Portage Grand-Mère



C2 Portage du Rapide  
des Hêtres



Finish  
stage 2  
île Melville



Start  
Stage 3  
Boul. du Capitaine  
Veilleux



Portage Espace  
Shawinigan

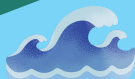
1



Portage Gabelle

2

Rapide Des Forges



Arrivée / Finish  
Trois-Rivières  
Étape 3

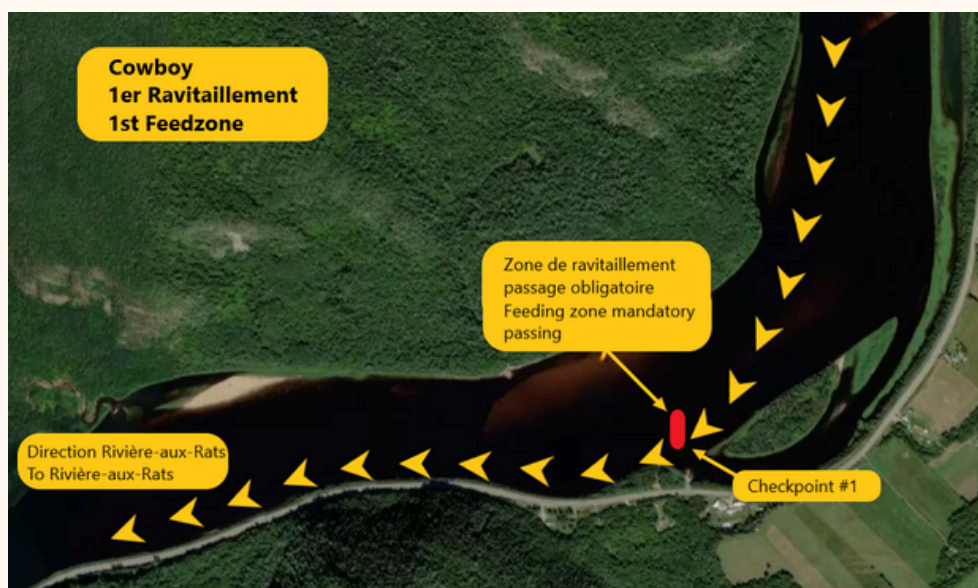
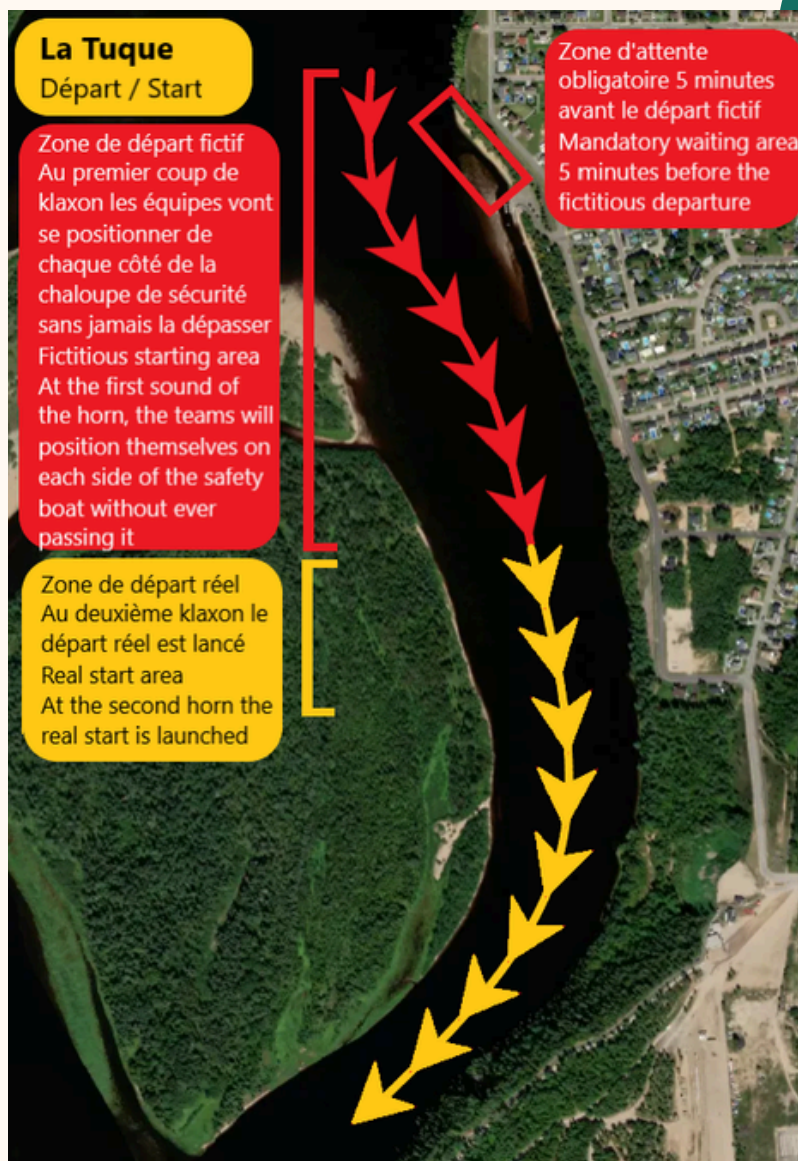


# RACE ROUTE STAGE I

PRESENTED BY MARIE-LOUISE TARDIF

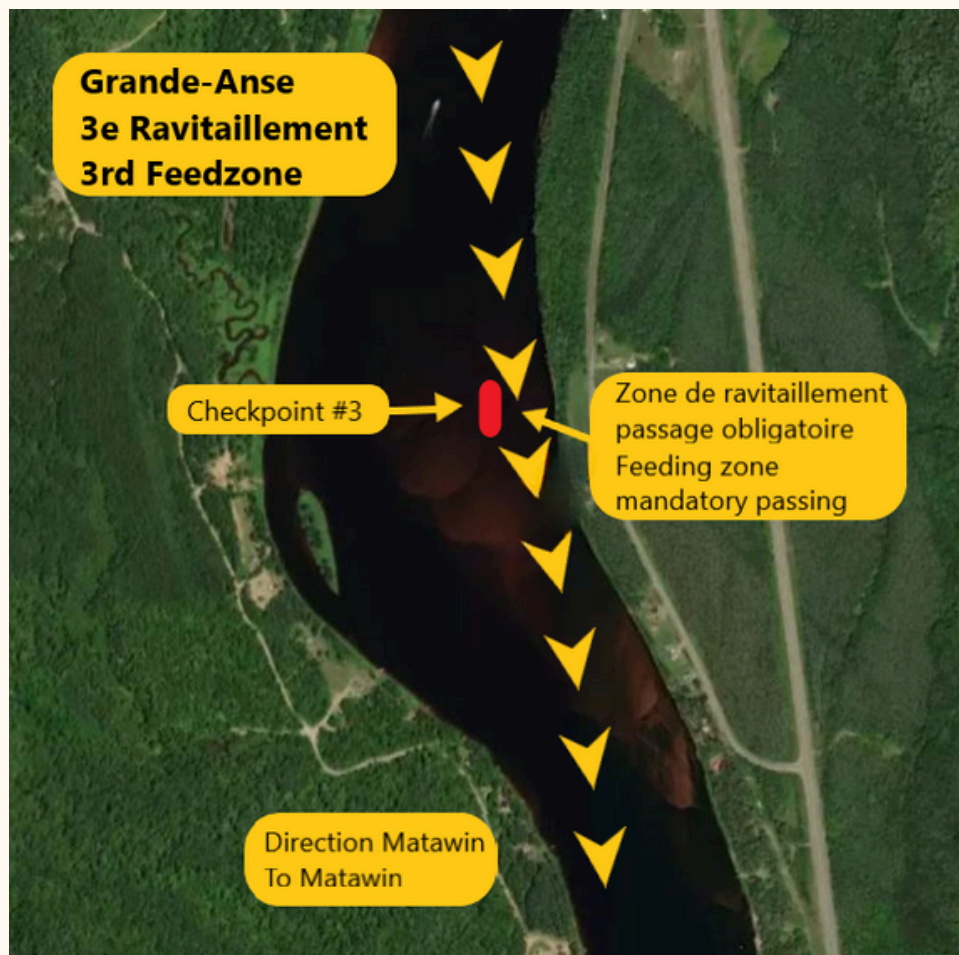
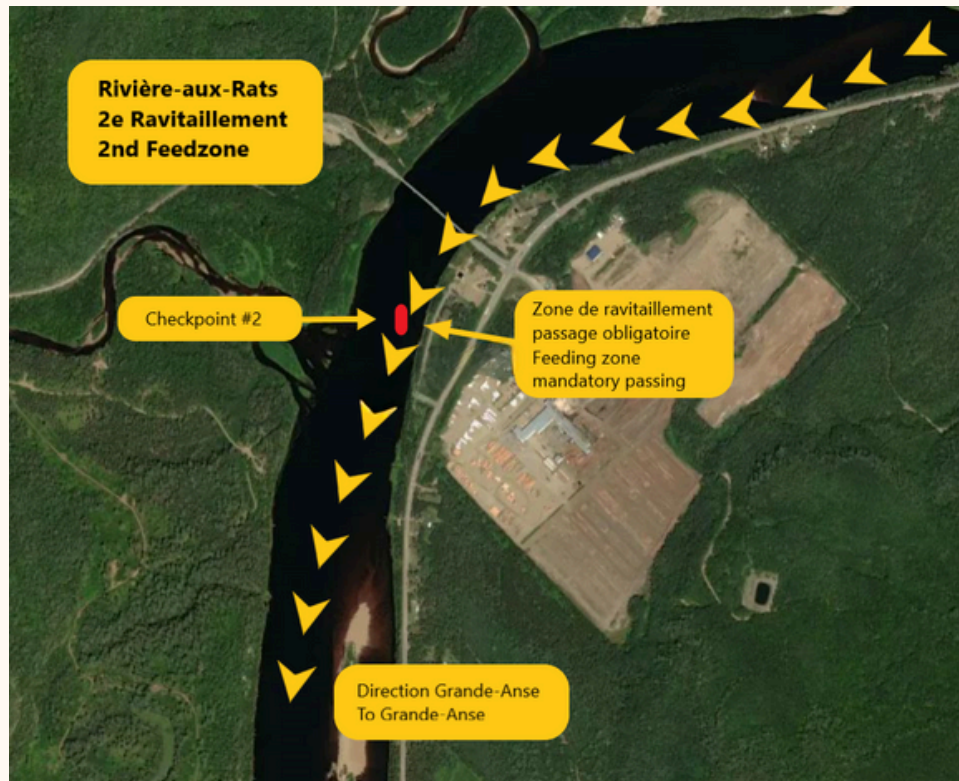


**WATCH THE ROUTE**



# RACE ROUTE

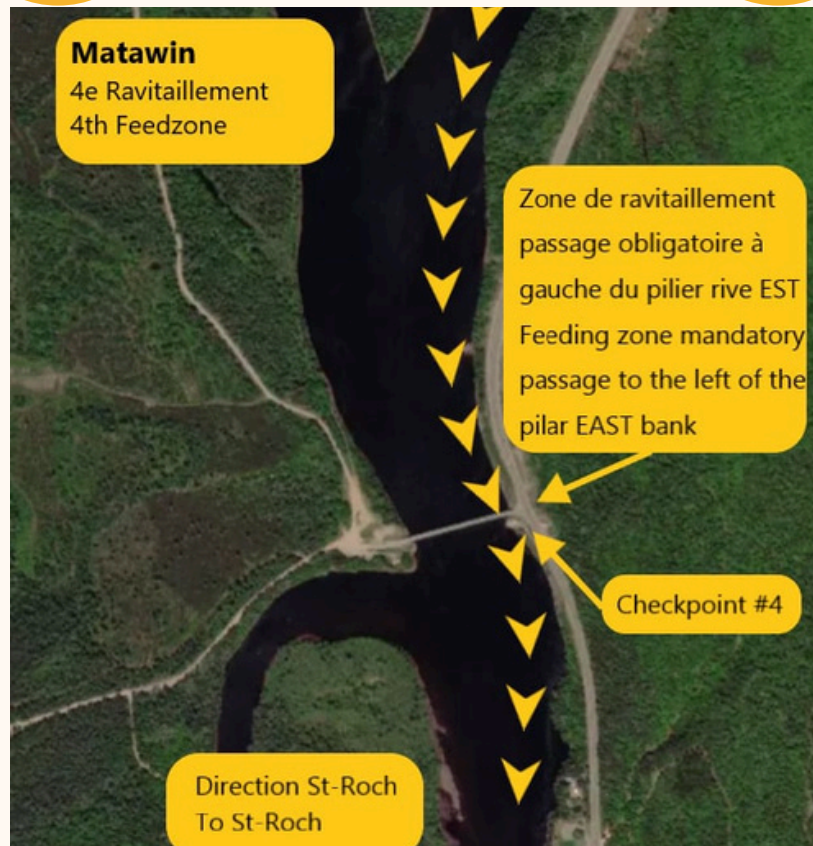
## STAGE I





# RACE ROUTE

## STAGE I



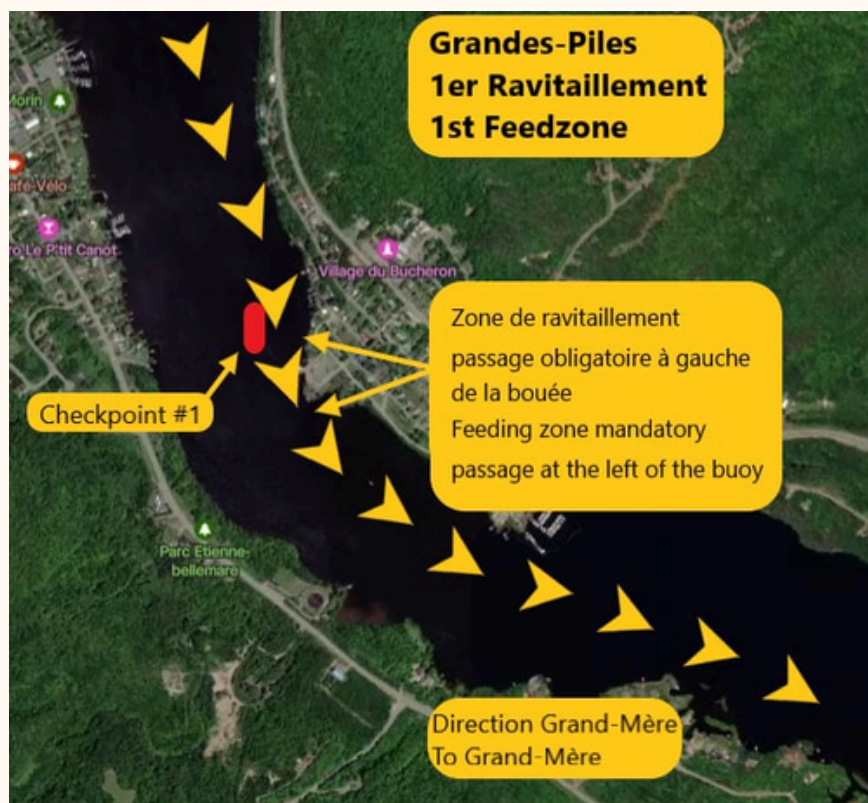
# RACE ROUTE

## STAGE 2

PRESENTED BY PAUL G.



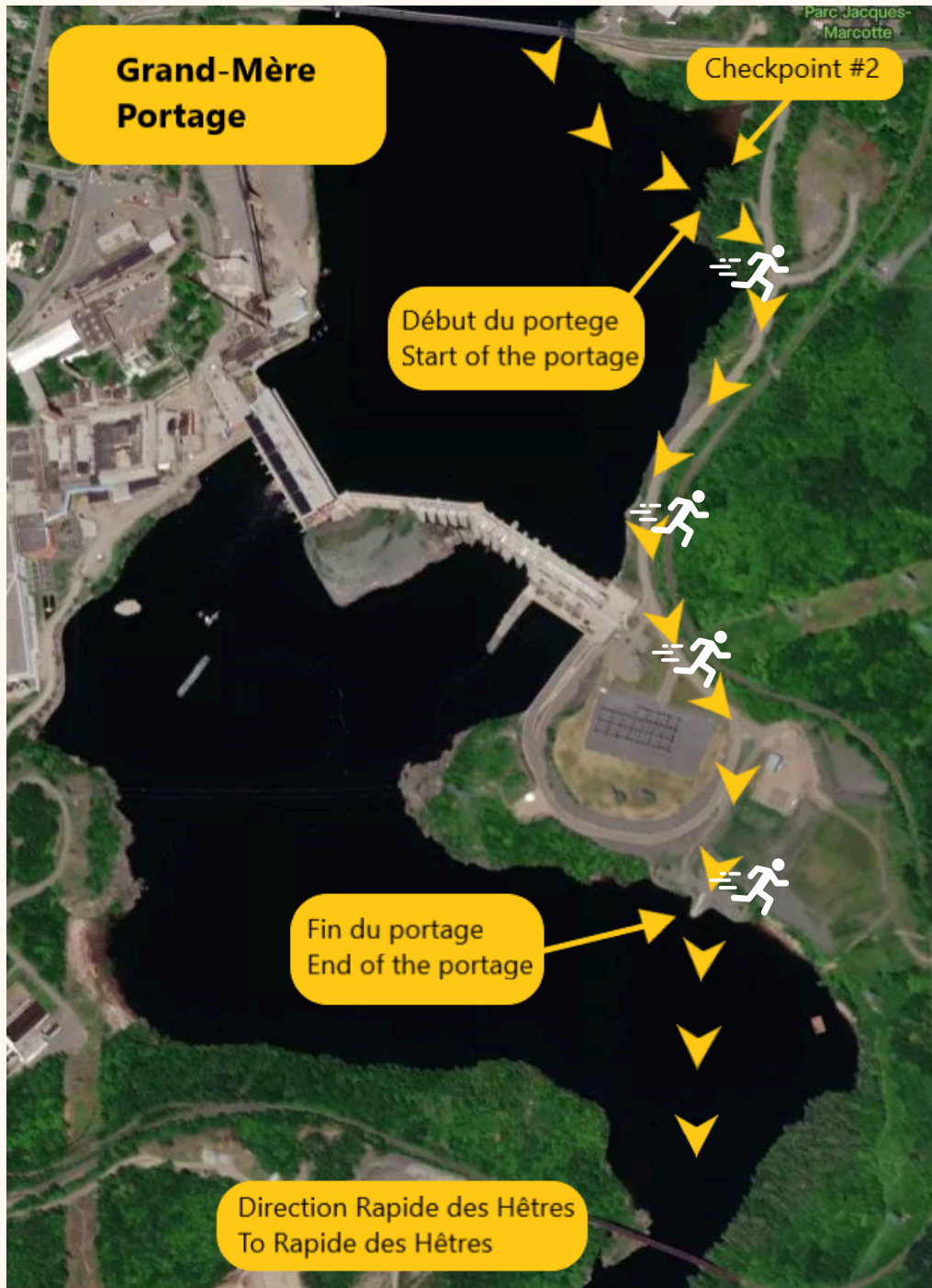
WATCH THE ROUTE





# RACE ROUTE

## STAGE 2



# RACE ROUTE

## STAGE 2



**WATCH THE ROUTE**  
**END OF 2ND STAGE**



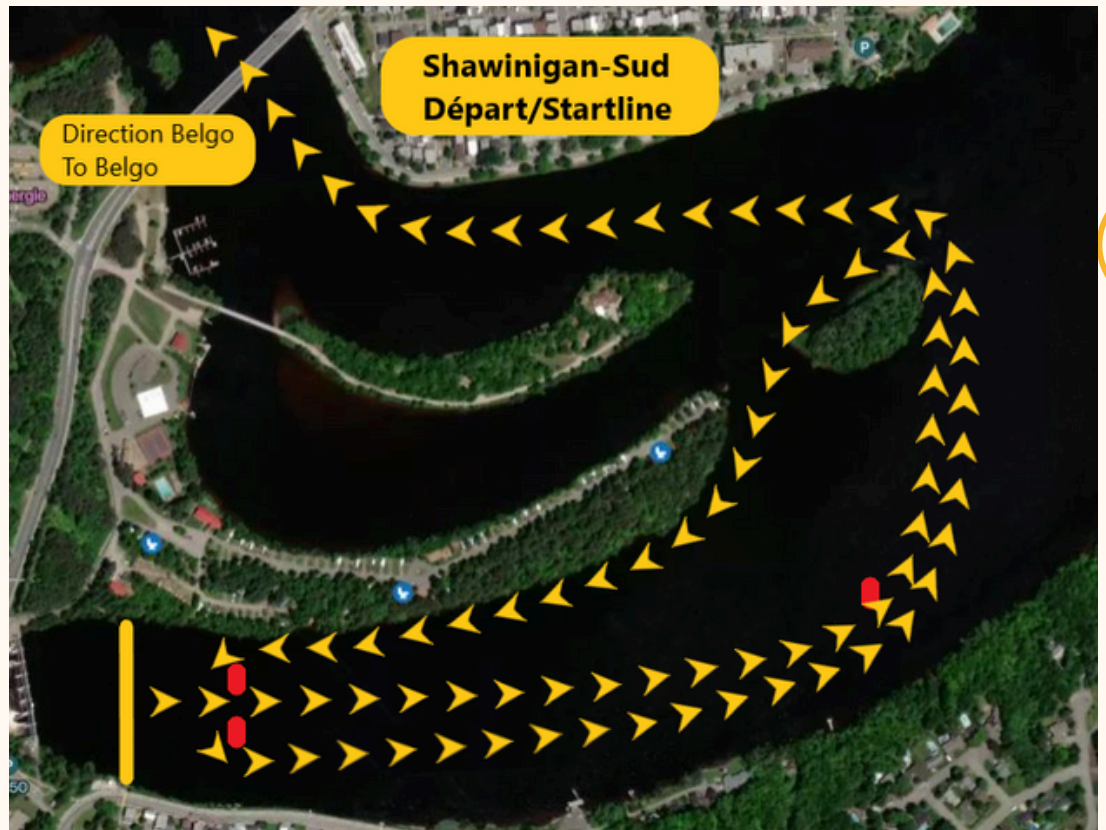
# RACE ROUTE STAGE 3

PRESENTED BY HYDRO QUÉBEC

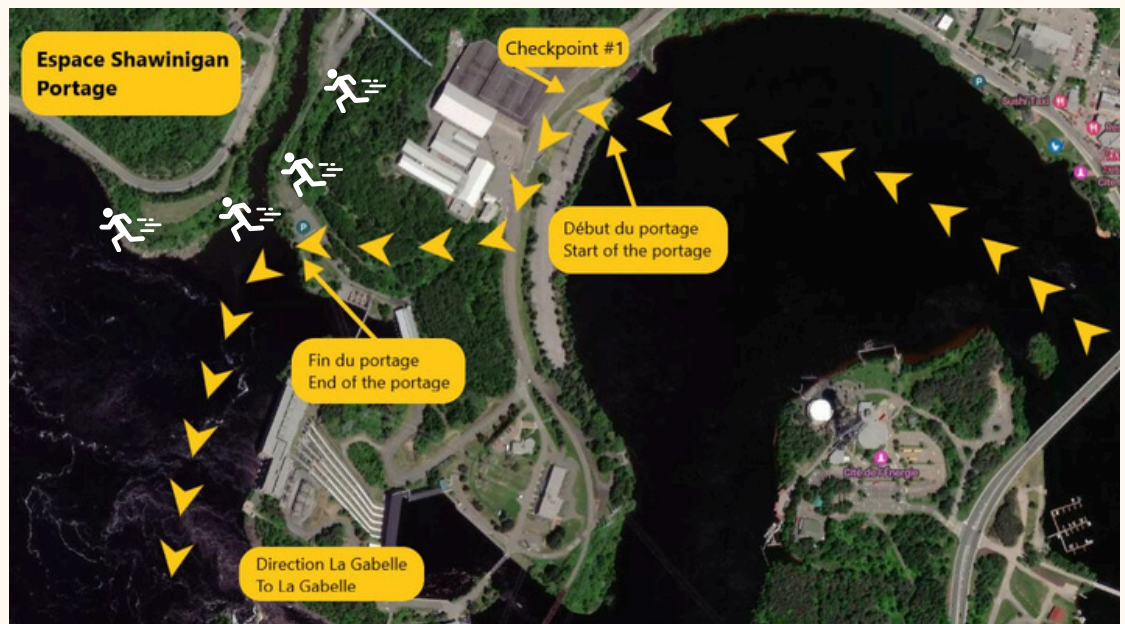
MANDATORY WEARING OF LIFE JACKETS



WATCH THE ROUTE  
START 3RD STAGE



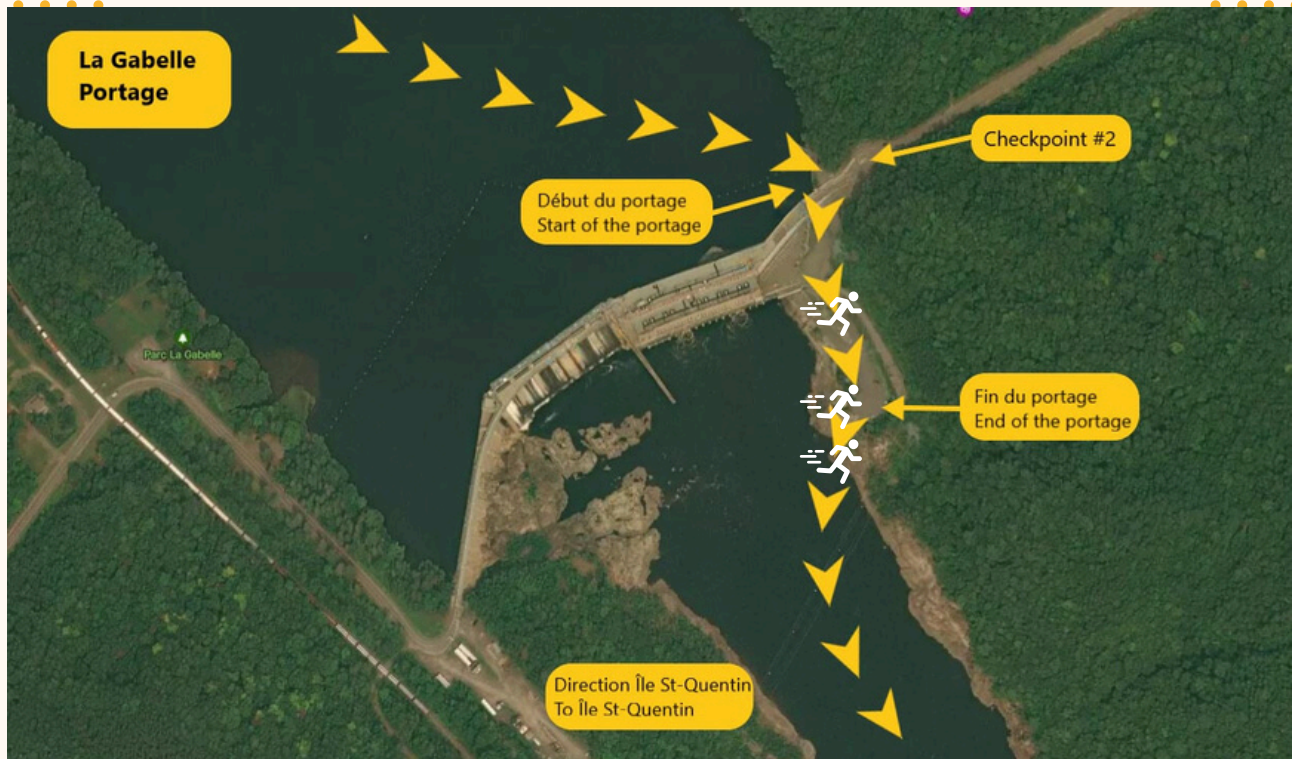
WATCH THE ROUTE



# RACE ROUTE

## STAGE 3

MANDATORY WEARING OF LIFE JACKETS FOR C2







# THE TEAM



**MARTIN SAINT-LAURENT**  
PRESIDENT



**THINA PHAM**  
COMMUNICATION



**SHIRLEY TRUDEL**  
RELATIONS



**THIERRY DUFOUR**  
TREASURER



# THE TEAM



**DAVE PETIT**  
R9 RACE DIRECTORS

**JONATHAN LACHANCE**  
SECURITY



**CHRISTIAN CHARETTE**  
C2 RACE DIRECTOR

**ALEX BORDELEAU**  
HYDRO-QUEBEC COMMUNICATION

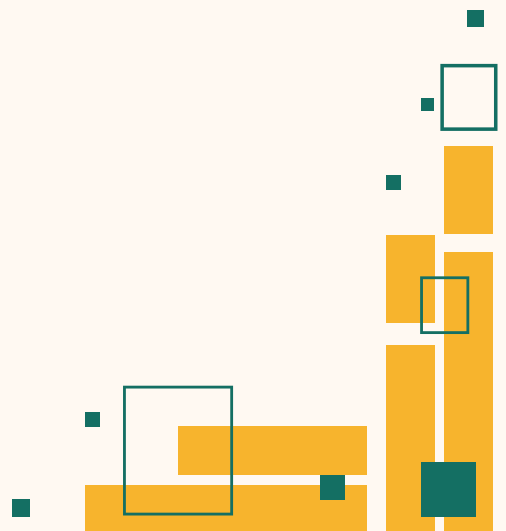




# CONTACT US

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# HAVE A GREAT RACE!

