

# RUNNER'S GUIDEBOOK

## A WORD FROM YOUR RACE DIRECTOR

It's with great enthusiasm that we are welcoming you to this 4th edition of the Ultra Trail des Chic-Chocs. Record numbers of runners are expected this year, and we're so thankful for your participation. We'll therefore make sure that you have the most wonderful weekend on our territory.

No matter which race you've registered for, the mountainous landscapes that surround you in the Parc National de la Gaspésie are certainly the most beautiful you'll see in Quebec. With several peaks above 1000 meters offering you panoramic views over the entire territory, even the fastest among you will take time to stop and contemplate.

During your race, you might share the trails with hikers, but also mooses and caribos. We ask that, in case of any encounter, you stay mindful and respectful of these exceptional animals and their environment.

You will run the entire race along the trails of the Parc de la Gaspésie. While some portions are well laid out and maintained by the Sépaq employees, the vast majority of your journey will lead you through a highly technical environment.

Be aware that this challenge is no small one! It's important that you do not underestimate this territory, which is different from anything you'll see elsewhere in Quebec.

Now run, breathe and enjoy the experience. And believe us, this race will leave its mark in your hearts...but also under your feet!

**Éric Lévesque, Race Director**

## **A WORD FROM YOUR RACE SECURITY DIRECTOR**

Are you ready for your journey through the Impenetrable Barrier? It is our security team's mission to support you for this 2022 edition of UTCC. This ultra technical terrain will definitely offer you a big challenge. Don't ever forget that it's not without risk that you venture in this territory.

You will find no less than 10 checkpoints (Point de Contrôle – PCs in french) with various services on all courses. These checkpoints allow us to stay in constant contact with our headquarters, located at the UTCC village, in order to follow your position on the course. Several teams, including our outstanding medical team, will be ready to intervene at any time. Our duty is to make your race safe, and we're laying out an effective and solid response plan for this.

Anything can happen, and that's why we want you to be as ready as we are. Remember that, in the backcountry, you are as much teammates as you are competitors. This means that you're the first person that can intervene on the course, and that you all have a responsibility towards each other.

All this being said, we wish you the best of experiences in our playground.

Oh, and don't forget to enjoy the view and have fun!

**Anthony Fontaine, Race Security Director**

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## **OUR ORGANIZATION**

The **Ultra-Trail des Chic-Chocs** is presented by **DYNAFIT**, in collaboration with the MRC de la Haute-Gaspésie, the Parc National de la Gaspésie - Sépaq, and the city of Sainte-Anne-des-Monts.

**Choc Événements** is a non-profit organization that hosts sports and cultural events to promote the exceptional playground that the Haute Gaspésie region offers.

## **REGISTRATION**

**On-site registration will be possible for the 5.5 km and 3 km races.**

**CLOSING DATE** : Sunday August 13<sup>th</sup>, 8:00 am.

Conditioned to remaining bibs available.

Debit or credit payment only.

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## **RUNNER CHECK-IN**

**Registration will take place at the UTCC Village only.**

### **BIB PICK-UP & GEAR CHECKS**

All participants to the following events must collect their bibs and go through their mandatory gear verification **on Friday, before 9:00 pm: 113 km, 78 km, 62 km, 45 km, and 23 km.**

Participants to **the 26 km** must collect their bibs and go through their mandatory gear verification no later than **Saturday 5:00 pm.**

Since all participants must personally report for an initial gear check, it will not be possible to pick up another athlete's bib for races from 23 km + .

Each bib will be given to the runner upon **presentation of a valid ID with photo** and **after gear verification.** The athletes must have with them all the mandatory equipment listed below.

The bib must be worn either on the thigh, chest or belly and the number must be clearly visible at all times for the entire duration of the race.

**Bibs cannot be placed in the back or on a backpack.**

### **GEAR CHECK**

Bags will also be checked randomly around mid-race at the following checkpoints:

- 45 KM - LA PARULINE
- 62 KM and 78 KM- LAC CASCAPÉDIA
- 113 KM - LAC THIBAULT

## **DROP BAGS**

**113 km, 78 km & 62 km**

You are allowed 1 drop bag that you can use once or twice at Lac Cascapédia. **It is important that you properly identify your bags and bring them** to the UTCC Village during check-in.

The organization will ensure the transportation of all drop bags to Lac Cascapédia.

**113 km** bags must be dropped **on Friday, not later than 3:00 pm**. Racers from the **78 km and 62 km** have **until 9:00 pm on Friday** to submit their drop bags.

The Choc Événements Team will make sure to bring all drop bags back to the UTCC Village.

**113 km** : available by the end of the day, Saturday.

**62 km and 78 km** : available on Sunday morning.

#### HOW TO IDENTIFY YOUR BAG :

<b>DROP BAGS IDENTIFICATION</b>
RACE
RUNNER'S NAME
BIB #
PHONE #

#### CHECK-IN SCHEDULE

<b>FRIDAY</b>	9:00 am to 9:00 pm	All races
<b>SATURDAY</b>	8:00 am to 5:00 pm	26 km, 10 km, 5,5 km, 3 km
<b>SUNDAY</b>	7:00 am to 8:30 am	10 km, 5,5 km, 3 km

## **MANDATORY EQUIPMENT**

<b>MANDATORY GEAR</b>	<b>113 KM, 78 KM, 62 KM</b>	<b>45 KM, 26 KM, 23 KM</b>	<b>10 KM, 5,5 KM, 3 KM</b>
WATER SUPPLY	M - 1,5 L	M - 1L	R - 500 ML
ENERGY SUPPLEMENTS (bars, gels, etc)	M	M	R
WATERPROOF JACKET	M	M	-
LONG-LEGGED PANTS <sup>4</sup>	M / R	R	-
CAP OR BUFF	M	M	-
BEANIE	M	M	-
WHISTLE	M	M	-
SURVIVAL BLANKET (140 cm x 200 cm)	M	M	-
HEAD LAMP WITH SPARE BATTERY	M	-	-
SECOND LAYER (fleece) <sup>4</sup>	M / R	R	-
GLOVES	M	M	-
WATER PURIFICATION TABS / BOTTLE WITH WATER FILTER	M	M	-
GLASS OR CUP (soft eco-cup) <sup>1</sup>	M	R	-
SPOON AND / OR FORK <sup>2</sup>	R	R	-
FIRST AID KIT	M	M	-
MOBILE PHONE IN A WATERPROOF POCKET <sup>3</sup>	M	M	-
WARM JACKET	R	-	-
SPARE SOCKS & SHOES	R	-	-
POLES	R	R	-

*M = mandatory R = recommended*

<sup>1</sup> Can be used for cold and hot liquids.

<sup>2</sup> There won't be any disposable utensils available.

<sup>3</sup> There is cell reception at the top of each mountain.

<sup>4</sup> Will be mandatory in case of cold weather forecast for the 113 km, 78 km, and 62 km. The information will be transmitted during registration.

### FIRST AID KIT

- **1 pair of latex-free surgical gloves** (could be replaced with cleaning gloves)
- **1 absorbent dressing 5" X 9"** (could be replaced with two pads)
- **1 compression bandage 6 cm X 1m min** (could be replaced with duct-tape)

## RACE INFORMATION

### 113 KM TEL-LOC

PROFILE	SCHEDULE
<b>DISTANCE</b> : 113 KM	<b>START TIME</b> : FRIDAY, AUGUST 18 - 4:00 PM
<b>ELEVATION GAIN</b> : 5470 M	<b>TIME LIMIT</b> : 29 HOURS
<b>ITRA POINTS</b> : 5	<b>CUT-OFF TIME</b> : SATURDAY 2:00 PM - CASCAPÉDIA SATURDAY 4:15 PM - LA PARULINE
<b>FORMAT</b> : ROUND TRIP & LOOP	<b>FINISH TIME</b> : SATURDAY, AUGUST 19 - 9:00 PM
<b>HIGHEST POINT</b> : 1067 M	<b>DROP BAGS</b> : LAC CASCAPÉDIA - KM-34 & KM-85
<b>AVERAGE HEIGHT</b> : 743 M	
<b>LOWEST POINT</b> : 192 M	
<b>LONGEST ASCENT</b> : 590 M	
<b>LONGEST DESCENT</b> : 910 M	
<b>MAX. RUNNERS</b> : 100	

### 78 KM

PROFILE	SCHEDULE
<b>DISTANCE</b> : 78 KM	<b>START TIME</b> : SATURDAY, AUGUST 20 - 4:00 AM
<b>ELEVATION GAIN</b> : 3800 M	<b>TIME LIMIT</b> : 19 HOURS
<b>ITRA POINTS</b> : 3	<b>CUT-OFF TIME</b> : SATURDAY 4:12 PM - CASCAPÉDIA SATURDAY 6:16 PM - LA PARULINE
<b>FORMAT</b> : ROUND TRIP & LOOP	<b>FINISH TIME</b> : SATURDAY, AUGUST 20 - 11:00 PM
<b>HIGHEST POINT</b> : 1050 M	<b>DROP BAGS</b> : LAC CASCAPÉDIA - KM-34 & KM-50
<b>AVERAGE HEIGHT</b> : 705 M	
<b>LOWEST POINT</b> : 198 M	

**LONGEST ASCENT** : 800 M

**LONGEST DESCENT** : 510 M

**MAX. RUNNERS** : 100

### **62 KM**

PROFILE	SCHEDULE
<b>DISTANCE</b> : 62 KM	<b>START TIME</b> : SATURDAY, AUGUST 19 - 5:00 AM
<b>ELEVATION GAIN</b> : 3200 M	<b>TIME LIMIT</b> : 17 HOURS
<b>ITRA POINTS</b> : 3	<b>CUT-OFF TIME</b> : SATURDAY 4:45 PM - LA PARULINE
<b>FORMAT</b> : ROUND TRIP & LOOP	<b>FINISH TIME</b> : SATURDAY, AUGUST 19 - 10:00 PM
<b>HIGHEST POINT</b> : 1067 M	<b>DROP BAGS</b> : LAC CASCAPÉDIA - KM-34.4
<b>AVERAGE HEIGHT</b> : 743 M	
<b>LOWEST POINT</b> : 192 M	
<b>LONGEST ASCENT</b> : 530 M	
<b>LONGEST DESCENT</b> : 910 M	
<b>MAX. RUNNERS</b> : 100	

### **45 KM ALTITUDE SPORTS**

PROFILE	SCHEDULE
<b>DISTANCE</b> : 45 KM	<b>START TIME</b> : SATURDAY, AUGUST 19 - 6:00 AM
<b>ELEVATION GAIN</b> : 2070 M	<b>TIME LIMIT</b> : 10 HOURS
<b>ITRA POINTS</b> : 2	<b>FINISH TIME</b> : SATURDAY, AUGUST 19 - 4:00 PM
<b>FORMAT</b> : ROUND TRIP	<b>DROP BAGS</b> : N/A
<b>HIGHEST POINT</b> : 1067 M	
<b>AVERAGE HEIGHT</b> : 697 M	
<b>LOWEST POINT</b> : 192 M	
<b>LONGEST ASCENT</b> : 530 M	
<b>LONGEST DESCENT</b> : 910 M	
<b>MAX. RUNNERS</b> : 150	

### **23 KM MONT-ALBERT**

<b>PROFILE</b>	<b>SCHEDULE</b>
<b>DISTANCE</b> : 23,3 KM	<b>START TIME</b> : SATURDAY, AUGUST 19 - 7:00 AM
<b>ELEVATION GAIN</b> : 1220 M	<b>TIME LIMIT</b> : 7 HOURS
<b>ITRA POINTS</b> : 1	<b>FINISH TIME</b> : SATURDAY, AUGUST 19 - 2:00 PM
<b>FORMAT</b> : LOOP	<b>DROP BAGS</b> : N/A
<b>HIGHEST POINT</b> : 1067 M	
<b>AVERAGE HEIGHT</b> : 552 M	
<b>LOWEST POINT</b> : 192 M	
<b>LONGEST ASCENT</b> : 640 M	
<b>LONGEST DESCENT</b> : 910 M	
<b>MAX. RUNNERS</b> : 250	

### **26 KM**

<b>PROFILE</b>	<b>SCHEDULE</b>
<b>DISTANCE</b> : 26 KM	<b>START TIME</b> : SUNDAY, AUGUST 20 - 7:00 AM
<b>ELEVATION GAIN</b> : 1290 M	<b>TIME LIMIT</b> : 8 HOURS
<b>ITRA POINTS</b> : 1	<b>FINISH TIME</b> : SUNDAY, AUGUST 20 - 3:00 PM
<b>FORMAT</b> : ROUND TRIP	<b>DROP BAGS</b> : N/A
<b>HIGHEST POINT</b> : 1130 M	
<b>AVERAGE HEIGHT</b> : 744 M	
<b>LOWEST POINT</b> : 192 M	
<b>LONGEST ASCENT</b> : 800 M	
<b>LONGEST DESCENT</b> : 1110 M	
<b>MAX. RUNNERS</b> : 150	

### **10 KM IGA DESROSIERS LAFONTAINE**



PROFILE	SCHEDULE
<b>DISTANCE</b> : 10.4 KM	<b>START TIME</b> : SUNDAY, AUGUST 20 - 10:00 AM
<b>ELEVATION GAIN</b> : 224 M	<b>TIME LIMIT</b> : 2 HOURS
<b>ELEVATION LOSS</b> : 668 M	<b>FINISH TIME</b> : SUNDAY, AUGUST 20 - 12:00 PM
<b>FORMAT</b> : ONE-WAY	
<b>MAX. RUNNERS</b> : 500	

### **3 KM & 5,5 KM**

PROFILE	SCHEDULE
<b>DISTANCE - 1 LOOP</b> : 2.8 KM	<b>START TIME</b> : SUNDAY, AUGUST 20 - 8:30 AM
<b>ELEVATION GAIN / LOSS</b> : 121 M	<b>START TIME</b> : SUNDAY, AUGUST 20 - 9:00 AM
<b>FORMAT</b> : LOOP	<b>FINISH TIME</b> : SUNDAY, AUGUST 20 - 12:00 PM
<b>MAX. RUNNERS</b> : 500	

### **SUPPORT CREW**

Support crew - meeting points:

- 62 KM: Lac Cascapédia KM-34
- 78 KM: Lac Cascapédia KM-34 and KM-50
- 113 KM: Lac Cascapédia KM-34, Lac Thibault KM-59, and Lac Cascapédia KM-85.

Only 1 vehicle per participant allowed - LIMITED PARKING SPACE AVAILABLE.

### **PACER**

A Pacer is allowed for the 78 km and 113 km races.

The following rules apply :

- The pacer must register via sportchrono.com
- He or she must wear a pacer bib that will be handed at registration. The bib must be visible at all times.
- Just like the support crew, the pacer can stay at each aid station.

- He or she may pace you from km-85 at Lac Cascapédia, for the last section of 28 km.
- The pacer must stay with the runner and cannot arrive before he or she at a check-in point to start resupplying, except in case of emergency.
- In case of emergency, the pacer may go and get assistance.
- Under no circumstance may the pacer carry the runner's personal effects (bag, water bottle, etc).
- He or she cannot assist the runner, except in case of emergency.

## **COURSE MARKERS**

Each course is marked **with flags and/or coloured tape**. Direction signs will be placed at all junctions to guide runners towards the right direction.

Should you miss a junction, you will have to turn back to complete the entire course.

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## **WITHDRAWAL AND REPATRIATION**

If you decide to drop out of a race, you **must notify a controller at the nearest checkpoint**, identifying yourself through your bib number. It is your responsibility to inform someone from the event personnel of your intention to withdraw. Repatriation of participants is subject to service vehicle availability. You may have to wait for some time depending on where you decide to drop out.

Checkpoints where you can withdraw: La Paruline, Lac Cascapédia and Lac Thibault.

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## **AID STATIONS - FOOD**

	VILLAGE	SERPENTINE	PARULINE	CASCAPÉDIA	PIC-DE-L'AUBE	THIBAUT	LAC AUX AMÉRICAINS
<b>WATER</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>GATORADE</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>XACT ELECTROLYTES</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>COKE</b>		<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>INSTANT COFFEE</b>			<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	
<b>VEGETABLE BROTH</b>			<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	
<b>LIPTON SOUP</b>			<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	
<b>XACT PROTEINS</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	
<b>XACT ENERGY</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>BANANAS</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>ORANGES</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>WATERMELON</b>	<b>X</b>		<b>X</b>	<b>X</b>		<b>X</b>	<b>X</b>
<b>CHIPS</b>	<b>X</b>		<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	
<b>JUJUBES</b>	<b>X</b>		<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	
<b>SALTED POTATOES</b>			<b>X</b>	<b>X</b>		<b>X</b>	
<b>CHEESE CURDS</b>			<b>X</b>	<b>X</b>		<b>X</b>	
<b>TORTILLAS</b>			<b>X</b>	<b>X</b>		<b>X</b>	
<b>PEANUT BUTTER</b>			<b>X</b>	<b>X</b>		<b>X</b>	
<b>JAM</b>			<b>X</b>	<b>X</b>			
<b>HUMMUS</b>			<b>X</b>	<b>X</b>			
<b>MACARONI BOLOGNESE</b>			<b>X</b>	<b>X</b>		<b>X</b>	

## AID STATION DISTANCES

AID STATION	113 KM	78 KM	62 KM	45 KM	26 KM	23 KM
VILLAGE UTCC	0 KM	0 KM	0 KM	0 KM	0 KM	0 KM
LAC AUX AMÉRICAINS PARKING*	-	-	-	-	7 KM & 18 KM	-
LA SERPENTINE SHELTER	11,5 KM	11,5 KM	11,5 KM	11,5 KM	-	11,5 KM
LA PARULINE HUT	26 KM	26 KM	26 KM	26 KM	-	-
LAC CASCAPÉDIA	34 KM	34 KM	34 KM	-	-	-
PIC-DE-L'AUBE JCT (Mésange)	49 KM	-	-	-	-	-
LAC THIBAUT (Huard)	59 KM	-	-	-	-	-
PIC-DE-L'AUBE JCT (Mésange)	70 KM	-	-	-	-	-
LAC CASCAPÉDIA	85 KM	50 KM	-	-	-	-
LA PARULINE HUT	93 KM	58 KM	43 KM	-	-	-
UTCC VILLAGE	113 KM	78 KM	62 KM	45 KM	26 KM	23 KM

\*Aid station for 10 km and 26 km races only.

**You will be on your own between each aid station, so plan your water supplies accordingly.** Since most trails and accesses in the park do not allow us to deliver other emergency supplies to certain specific locations, note that the distance between 2 aid stations could be as long as 19 km (depending on your race). **It is your responsibility to carry enough fluids and food.** Should your water supplies run empty, you could resupply from a natural spring along the trail.

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## SAFETY POINTS

In addition to the aid stations, you will find various safety points along the course. Note that these points serve as **medical support stations** and are connected to the UTCC village via radio communication. You won't find any aid stations there.

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## CHECK POINTS

A controller will take note of your bib number and race time at each of the aid stations and safety points. It is up to you to properly identify yourself to ensure your safety on course.

## **WEATHER CONDITIONS**

Weather can **change very quickly** in the mountains and conditions can vary a lot from the bottom to the top. In the event of bad weather conditions or any other reason affecting the safety of runners, the organization reserves the right to cancel the event, modify the route or cut-off times before and during the event.

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## **DISQUALIFICATION**

Race staff and volunteers have instructions to follow. They are empowered **to enforce the rules** and report an offense to the race director. Runners could risk disqualification for non-compliance with any rule listed below :

- Missing item from the mandatory safety equipment
- Refusal to show equipment
- Failure to respect the environment (littering, running off-trail, destroying natural elements, etc)
- Deviance or short cuts from the marked route
- Alteration of marking and race tags
- Deliberate lack of respect towards the organization, the volunteers and the other runners
- Deliberate non-assistance to a person in trouble
- External assistance received outside designated areas
- Cheating (e.g using a vehicle, sharing a race number, etc.)
- Non-visible race bib or incorrect location (after several warnings)
- Refusal to obey an order from the race staff, a volunteer, a race official, a doctor or a paramedic

Disqualification means immediate removal of the participant from the race. The disqualified runner will not be allowed to continue on the trail. Any other violation of the rules will be subject to sanctions decided by the race director.

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## **SCHEDULE**

<b>FRIDAY AUGUST 18th</b>	
9:00 am	Opening of UTCC Village Opening of check-in/registration kiosk
3:45 pm	Instructions for the 113 km race
4:00 pm	<b>113 km Tel-Loc</b> race start
9:00 pm	Closing of registration kiosk
<b>The Village will be open all night to follow the 113km race runners.</b>	

SATURDAY, AUGUST 19th	
3:30 am	Opening of UTCC Village
3:45 am	Instructions for the 78 km race
4:00 am	<b>78 km</b> race start
4:45 am	Instructions for the 62 km race
5:00 am	<b>62 km</b> race start
5:45 am	Instructions for the 45 km race
6:00 am	<b>45 km Altitude Sports</b> race start
6:45 am	Instructions for the 23 km race
7:00 am	<b>23 km Mont-Albert</b> race start
8:00 am	Opening of check-in/registration kiosks
1:00 pm	<b>23 km Mont-Albert</b> awards
2:00 pm	<b>45 km Altitude Sports</b> awards
3:00 pm	<b>62 km</b> awards
4:00 pm	<b>78 km</b> awards
5:00 pm	<b>113 km Tel-Loc</b> awards
5:00 pm	Closing of registration kiosk
11:00 pm	Closing of UTCC Village

SUNDAY, AUGUST 20th	
6:00 am	Opening of UTCC Village
6:45 am	Instructions for the 26 km race
7 :00 am	Opening of check-in/registration kiosks
7:00 am	<b>26 km</b> race start Opening of check-in/registration kiosk
8:15 am	Instructions for the 5,5 km and 3 km races
8:30 am	<b>3 km</b> race start
8:30 am	10 km shuttle boarding
8:30 am	Closing of registration kiosk
9:00 am	<b>5,5 km</b> race start
9:45 am	Instructions for the 10 km race
10:00 am	<b>10 km IGA Desrosiers</b> race start

11:30 am	<b>3 km</b> awards
11:40 am	<b>5,5 km</b> awards
11:50 am	<b>10 km IG Desrosiers</b> awards
12:00 pm	<b>26 km</b> awards
3:00 pm	Closing of UTCC Village

N.B Awards ceremony schedule is subject to modification depending on the arrival of participants.

### RACE STARTS

Continuous wave departures will ensure fluidity on the trails.

You will have to step over a guardrail and cross route 299 at the start of the race and when returning to the UTCC village.

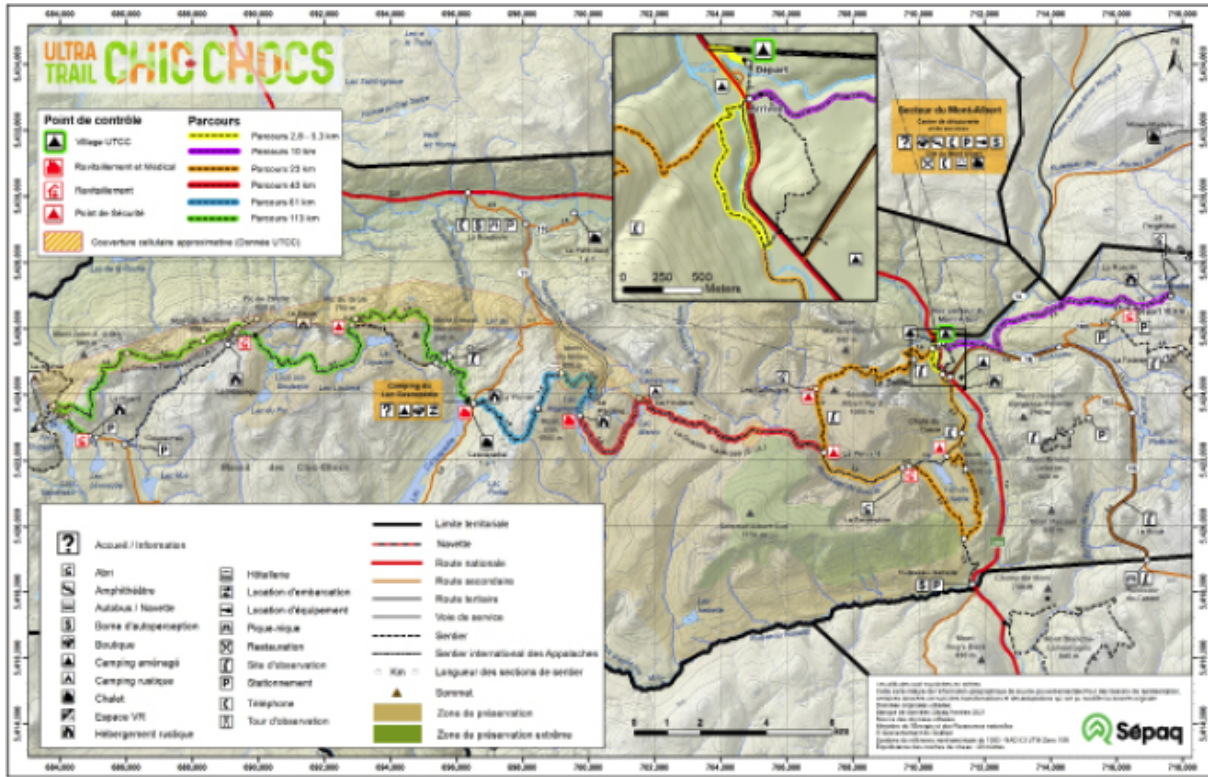
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### VILLAGE - PARKING MAP

- You must **PARK** your vehicle on **ROUTE 14**.
- **Please do not leave your vehicle at the Visitors Centre.**
- Runners of the 45 km and 23 km races : plan for a short walk.



## GENERAL RACE MAP



Scan this QR code to download the digital map on the Avenza app :

