

RUNNER'S GUIDEBOOK

UTCC - 5TH EDITION - 2024

A WORD FROM YOUR RACE DIRECTORS

It's with great enthusiasm that we are welcoming you to this 5th edition of the Ultra Trail des Chic-Chocs. You will be 1,000 runners at the starting line this year, a record for the UTCC. We'll therefore make sure that you have the most wonderful weekend on our territory. For this occasion, two new events are being introduced: the 88 km race and the gigantic 170 km linear race.

No matter which race you've registered for, the mountainous landscapes that surround you in the Réserve Faunique de Matane and in the Parc National de la Gaspésie are certainly the most beautiful you'll see in Quebec. With several peaks above 1,000 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, caribos and maybe even some coyotes! We ask that, in case of any encounter, you stay mindful and respectful of these exceptional animals and their environment.

During our event, you will have the opportunity to explore the wild trails of the Chic-Chocs Mountains. While some sections are well-maintained and cared for by SÉPAQ and IAT staff, the vast majority of the kilometers will be in technical to very technical terrain, particularly in the Matane Reserve area. Runners in the long-distance races will reach the finish line via the International Appalachian Trail (IAT).

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 heart, but also under your feet!

Éric Lévesque and Pier-Alexandre Beaulieu, Race Directors

A WORD FROM THE SECURITY TEAM

Dear athletes,

You are about to embark on the UTCC, a true adventure in a remote region. This race will undoubtedly test your limits, and it is important to understand the reality of this terrain. But first, we must be clear with you: the UTCC is a genuine adventure, both engaging and risky. The terrain is technical, the weather is variable and can deteriorate rapidly. Additionally, you will likely find yourself alone, and even in the dark, at some point during your race.

The event's safety relies on a well-established safety plan and a dedicated and experienced team of first responders. However, the Chic-Chocs territory remains very difficult to access, and communications within the operational zone represent a significant challenge.

Throughout the course, we will have checkpoints (PCs in French) with various services depending on the location. These PCs will serve as communication hubs between the course and the headquarters at the UTCC Village. Our medical team will be stationed at several points along the route, and we have multiple search and rescue teams equipped to reach incidents on the ground. Despite all efforts, the geographical reality means that it is highly probable that it will take some time before they reach you (and possibly hours). It is essential that you carry the minimum required equipment for your race, so you can respond and protect yourself from environmental hazards if needed.

An adventure is not completed alone, and the safety of this event also depends on mutual assistance. As a participant in the UTCC, you share a responsibility with your fellow colleagues. In the event of an incident on the course, you are the first responders, the means of communication with the nearest checkpoint, and the means of transport. You may be called upon to assist in moving the injured person with a UTCC first responder team. Given the challenging access to the course, extractions will be carried out by land, either by your own means or carried on a stretcher. This could involve up to 10 km of walking. There are no helicopter evacuation possibilities from the trails. On certain peaks, you will have access to cellular network coverage. Be prepared to provide us with your GPS coordinates in the format: degrees minutes seconds (DD°MM'SS").

This adventure will undoubtedly be memorable. Take the time to enjoy it, have fun, and most importantly, help each other out!

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, with the support of the International Appalachian Trail (IAT) and the Réserve Faunique de Matane.

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

CHECK-IN SCHEDULE

THURSDAY	1:00 pm to 5:00 pm	UTCC Village	All races
FRIDAY	9:00 am to 12:00 pm	"Garage à Gab", 27 Levasseur St, Matane QC - G4W 1R5	170 km
FRIDAY	9:00 am to 9:00 pm	UTCC Village	All races
SATURDAY	10:00 am to 4:00 pm	UTCC Village	26 km, 10 km, 5.5 km, 3 km
SUNDAY	7:00 am to 8:00 am	UTCC Village	10 km, 5.5 km, 3 km

RUNNER CHECK-IN

BIB PICK-UP & GEAR CHECK

All participants in the 23 km race and longer events must collect their race bib and go through the bag check.

Since all participants must personally report for an initial gear check for safety measures, 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.

	Deadline for race bib pickup and bag check
170 km	Friday 11:00 am - For those picking up their race bib at the UTCC Village Friday 12:00 pm - For those picking up their race bib at the "Garage à Gab"
88 km	Friday 9:00 pm
26 km	Saturday 4:00 pm
23 km	Friday 9:00 pm

GEAR CHECK

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

- 45 KM - LA PARULINE
- 88 KM - LAC CASCAPÉDIA
- 170 KM - PETIT SAULT

DROP BAGS

170 km & 88 km

Participants in the 170 km race are entitled to 4 drop bags, which will be accessible at the following checkpoints:

- Lac Matane km-37
- Petit Sault km-80
- Lac Thibault km-118
- Lac Cascapédia km-137

Participants in the 88 km race are entitled to 2 drop bags, which will be accessible at the following checkpoints:

- Lac Thibault km-38
- Lac Cascapédia km-57

It is important that you properly identify your bags.

You will need to drop them off at the designated tent at the UTCC Village during your registration or at the registration in Matane. The organizer will ensure the transportation of the drop bags to the various checkpoints.

All drop bags will be returned to the UTCC Village by the Choc Évènements team. They will be available on Sunday, starting at noon.

HOW TO IDENTIFY YOUR BAG :

DROP BAGS IDENTIFICATION
RACE
RUNNER'S NAME
AID STATION
BIB #
PHONE #

MANDATORY EQUIPMENT

This list represents the most recent version of the mandatory equipment. It will be used as the reference for the runner's check in.

MANDATORY EQUIPMENT	170 KM, 88 KM	45 KM, 26 KM, 23KM	10 KM, 5,5 KM, 3 KM
WATER SUPPLY	M - 1.5 L	M - 1 L	R - 500 ML
ENERGY SUPPLEMENTS (Bar, gels, etc)	M	M	R
WATERPROOF JACKET	M	M	-
CAP OR BUFF	M	M	-
HAT	M	M	-
WHISTLE	M	M	-
SURVIVAL BLANKET (140 cm x 200 cm)	M	M	-
HEAD LAMP WITH SPARE BATTERY	M	-	-
GLOVES	M	M	-
WATER PURIFICATION TABS / BOTTLE WITH WATER FILTER	M	M	-
GLASS OR CUP (soft eco-cup) ^{1 2}	M	R	-
SPOON AND / OR FORK	R	R	-
FIRST AID KIT ³	M	M	-
MOBILE PHONE IN A WATERPROOF POCKET ⁴	M	M	-
WARM JACKET	R	-	-
SPARE SOCKS & SHOES	R	-	-
POLES	R	R	-
LONG-LEGGED PANTS (Cold weather kit) ⁵	M - R	R	-
MID-LAYER (Cold weather kit)	M - R	R	-

M = Mandatory R = Recommended

¹ Can be used for cold and hot liquids.

² There won't be any disposable utensils available.

³ There is cell reception at the top of each mountain

⁴ **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)

⁵ The cold weather kit is mandatory at 170 km and will be required at 88 km only if the forecasted temperatures make it necessary. This information will be provided during the bib distribution.

RACE INFORMATION

170 KM TEL-LOC

PROFILE	SCHEDULE
DISTANCE : 170 KM	START TIME : FRIDAY, AUGUST 16 - 2:00 PM
ELEVATION GAIN : 9500 M	TIME LIMIT : 50 HOURS
ITRA POINTS : 6	CUT-OFF TIME : SATURDAY 1:00 AM - LAC MATANE SATURDAY 1:50 PM - PETIT SAULT SUNDAY 1:10 AM - HUARD SUNDAY 6:45 AM : CASCAPÉDIA
FORMAT : ONE-WAY	FINISH TIME : SUNDAY, AUGUST 18 - 4:00 PM
HIGHEST POINT : 1139 M	DROP BAGS : 4
LOWEST POINT : 122 M	
LONGEST ASCENT : 770 M	
LONGEST DESCENT : 850 M	
MAX. RUNNERS : 100	

88 KM

PROFILE	SCHEDULE
DISTANCE : 88 KM	START TIME : SATURDAY, AUGUST 17 - 7:00 AM
ELEVATION GAIN : 4380 M	TIME LIMIT : 22 HOURS
ITRA POINTS : 4	CUT-OFF TIME : SATURDAY 4:30 PM - HUARD SATURDAY 9:15 PM - CASCAPÉDIA
FORMAT : ONE-WAY	FINISH TIME : SUNDAY, AUGUST 18- 5:00 AM
HIGHEST POINT : 1139 M	DROP BAGS : 2
LOWEST POINT : 132 M	
LONGEST ASCENT :610 M	
LONGEST DESCENT : 970 M	
MAX. RUNNERS : 100	

45 KM ALTITUDE SPORTS

PROFILE	SCHEDULE
DISTANCE : 45 KM	START TIME : SATURDAY, AUGUST 17 - 6:00 AM
ELEVATION GAIN : 2070 M	TIME LIMIT : 10 HOURS
ITRA POINTS : 2	FINISH TIME : SATURDAY, AUGUST 17 - 4:00 PM
FORMAT : ROUND TRIP	DROP BAGS : N/A
HIGHEST POINT : 1067 M	
AVERAGE HEIGHT : 697 M	
LOWEST POINT : 192 M	
LONGEST ASCENT : 530 M	
LONGEST DESCENT : 910 M	
MAX. RUNNERS : 150	

23 KM MONT-ALBERT

PROFILE	SCHEDULE
DISTANCE : 23,3 KM	START TIME : SATURDAY, AUGUST 17 - 8:00 AM
ELEVATION GAIN : 1220 M	TIME LIMIT : 7 HOURS
ITRA POINTS : 1	FINISH TIME : SATURDAY, AUGUST 17 - 3:00 PM
FORMAT : LOOP	DROP BAGS : N/A
HIGHEST POINT : 1067 M	
AVERAGE HEIGHT : 552 M	
LOWEST POINT : 192 M	
LONGEST ASCENT : 640 M	
LONGEST DESCENT : 910 M	
MAX. RUNNERS : 250	

26 KM

PROFILE	SCHEDULE
DISTANCE : 26 KM	START TIME : SUNDAY, AUGUST 18 - 7:00 AM
ELEVATION GAIN : 1290 M	TIME LIMIT : 8 HOURS
ITRA POINTS : 1	FINISH TIME : SUNDAY, AUGUST 18 - 2:00 PM
FORMAT : ROUND TRIP	DROP BAGS : N/A
HIGHEST POINT : 1130 M	
AVERAGE HEIGHT : 744 M	
LOWEST POINT : 192 M	
LONGEST ASCENT : 800 M	
LONGEST DESCENT : 1110 M	
MAX. RUNNERS : 150	

10 KM IGA LAFONTAINE

PROFILE	SCHEDULE
DISTANCE : 10.4 KM	START TIME : SUNDAY, AUGUST 18 - 10:00 AM
ELEVATION GAIN : 224 M	TIME LIMIT : 2 HOURS
ELEVATION LOSS : 668 M	FINISH TIME : SUNDAY, AUGUST 18 - 12:00 PM
FORMAT : ONE-WAY	
MAX. RUNNERS : 100	

3 KM & 5,5 KM

PROFILE	SCHEDULE
DISTANCE - 1 LOOP : 2.8 KM	START TIME : SUNDAY, AUGUST 18 - 8:30 AM
ELEVATION GAIN / LOSS : 121 M	START TIME : SUNDAY, AUGUST 18 - 9:00 AM
FORMAT : LOOP	
MAX. RUNNERS : 50	

SUPPORT CREW, PACER

Support teams can meet their athlete only at these designated stations. To minimize disturbance to wildlife, only one vehicle per team is allowed.

PACER

For the 170 km and 88 km race, one person known as a "Pacer" is allowed.

170 km

Pacers are allowed for the following segments :

- From Lac Matane (km 37) to Petit-Sault (km 80), which will mostly take place at night;
- From Lac Cascapédia (km 137) to the finish line.

88 km

Pacers are allowed for one segment only:

- From Lac Cascapédia (km 57) to the finish line.

The following rules apply :

- The pacer must wear a "PACER" bib, which will be provided at registration. The bib must be visible at all times.
- The pacer may stay at each aid station just like the support crew.
- Pacers are only allowed on the segments specified below. It will not be possible to accompany the runner for a longer or shorter distance to ensure that race conditions are the same for everyone.
- The pacer is responsible for their own transportation to the starting point.
- The pacer must check in with the controller at both the starting and finishing line.
- The pacer must stay with their athlete at all times and cannot arrive at an aid station before the athlete starts resupplying, except in emergencies.
- Under no circumstances may the pacer handle the athlete's personal belongings.
- In case of emergency, the pacer must seek assistance.
- The pacer cannot physically assist the athlete, except in emergencies.

AID STATION	170 KM	88 KM
LAC MATANE	KM-37	-
PETIT SAULT	KM-80	-
HUARD (LAC THIBAUT)	KM-118	KM-38
LAC CASCAPÉDIA	KM-137	KM-57

REST AREA

For all athletes participating in the 170 km and 88 km race, if you feel the need to take a few minutes to recharge, rest areas will be available at the following 4 aid stations:

- Lac Matane
- Petit-Sault
- Huard (Lac Thibault)
- Cascapédia

COURSE MARKERS

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

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

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 and notify your intention to withdraw. It is your responsibility to inform a race official of your withdrawal. 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. All participants will be transported to the finish line at the UTCC Village.

Checkpoints where you can withdraw :

- Lac Matane
- Petit Sault
- Lac Thibault (Huard)
- Lac Cascapédia
- La Paruline*

*Withdrawals should be made only in emergencies. The wait times for departure from this point may be very long due to the location of the aid station.

AID STATIONS - FOOD

	PITO UNE	TOMBE REAU	MATA NE	GROS RUISSE AU	MONT BLAN C S	BEAU LIEU	PETIT SAULT	NYCTALE	CAROU E	HUARD	CASCAP ÉDIA	PARULIN E	SERPENT INE	LAC AUX AMÉRI CAIN	VILLAGE
WATER	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
GATORADE	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
XACT ELECTROLY TES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
XACT PROTEINS	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
XACT ENERGY	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
COKE	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
COFFEE			X	X	X	X	X	X	X	X	X	X	X		
CHICKEN BROTH	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
LIPTON SOUP	X	X	X	X	X	X	X	X	X	X	X	X	X		X
BANANAS	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
ORANGES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
WATERMEL ON			X				X			X	X	X		X	X
CHIPS	X	X	X	X	X	X	X	X	X	X	X	X	X		X
GUMMIES			X				X			X	X	X			X
RICE	X	X	X	X	X	X	X	X	X	X	X	X			
SALTED POTATOES			X				X			X	X	X			
CHEESE CURDS			X				X			X	X	X			
TORTILLAS			X				X			X	X	X			
PEANUT BUTTER			X				X			X	X	X			
JAM			X				X			X	X	X			
HUMMUS			X				X			X	X	X			
PROTEIN-RI CH MEAL SOUP			X				X			X	X	X			

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.

AID STATION	170 KM	88 KM	45 KM	23 KM	26 KM
LAC AUX AMÉRICAINS	-	-	-	-	7 KM - 18 KM
RUISSEAU PITOUNE	12 KM	-	-	-	-
LAC TOMBÉREAU	25 KM	-	-	-	-
LAC MATANE	37 KM	-	-	-	-
LAC GROS RUISSEAU	47 KM	-	-	-	-
MONT-BLANC	59 KM	-	-	-	-
LAC BEAULIEU	66 KM	-	-	-	-
PETIT SAULT	80 KM	-	-	-	-
RUISSEAU BASCON*	87 KM	7 KM	-	-	-
NYCTALE	108 KM	18 KM	-	-	-
CAROUGE	108 KM	28 KM	-	-	-
HUARD - LAC THIBAUT	118 KM	38 KM	-	-	-
MÉSANGE - PIC DE L'AUBE	123 KM	43 KM	-	-	-
PIC-DU-BRÛLÉ*	132 KM	52 KM	-	-	-
LAC CASCAPÉDIA	137 KM	57 KM	-	-	-
LA PARULINE	147 KM	67 KM	25,5 KM	-	-
LA GRANDE CUVE*	158 KM	78 KM	15 KM -36 KM	15 KM	-
LA SERPENTINE	161 KM	81 KM	11,5 KM	11,5 KM	-
RABOUGRIS*	-	-	38 KM	17 KM	-
XALIBU*	-	-	-	-	23 KM
UTCC VILLAGE	170 KM	88KM	45 KM	23 KM	26KM

*First aid and checkpoint control only.

For all athletes in the 170 km and 88 km race who arrive between Saturday at 9:00 PM and Sunday at 7:00 AM, the finish line aid station will be relocated to the volunteer headquarters under the tent. The organizing committee and volunteers will be there to welcome you with blankets to warm you up, food, and a beer to celebrate your achievement!

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.

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.

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.

WILDLIFE ENCOUNTER BEST PRACTICE GUIDE

What is the status of the Gaspé caribou population?

The Gaspé caribou population has decreased from about 700 to 1,500 individuals in the early 1950s to around 30 individuals in 2021. The two main causes of this decline are linked to the regeneration of mature coniferous forests and the predators that benefit from it.

Why is it important to adapt one's behavior in the mountains to contribute to the conservation of the Gaspé caribou?

The caribou is considered an umbrella species, meaning that its habitat requirements are such that protecting it also helps safeguard the species that share the same ecosystem.

Why is the coexistence of mountain hiking/trail running and caribou a conservation challenge?

Engaging in hiking and trail running in habitats where caribou feed, ruminate, raise young, or rest can startle and disturb the animals, causing them to move to other habitats. These secondary habitats may be suboptimal for caribou, with less food and reduced protection from the elements.

Additionally, these movements lead to unnecessary energy expenditure for the animals, as the time spent relocating is time not spent feeding or resting. Increased movement also heightens the risk of encounters with predators.

Finally, although each individual reacts differently, human presence can induce stress and hypervigilance with multiple negative effects on metabolism: neurological disorders, reproductive issues, loss of appetite, and stunted growth.

It is not the act of hiking or running itself that causes the decline in the caribou population, but rather it adds to other causes of the species' decline (such as logging and predation).

All sources of disturbance accumulate and reduce the quality of caribou habitat. Efforts to reduce each of these sources are therefore essential and everyone's responsibility; each of us at our own level. By adapting our behaviors to current guidelines, we can contribute to the preservation of this iconic species in the region.

Are recreational activities the only ones implementing mitigation measures and conservation efforts to reduce impacts on the Gaspé caribou?

No. For example, since 2019, measures have been imposed on the forestry industry, including a ban on harvesting in essential caribou habitat areas, as well as a buffer zone around these areas, covering a total of over 2,056 km².

For a harmonious and sustainable coexistence with the Gaspé Caribou and other threatened or vulnerable species

[Click here for more information](#)

What behavior should you adopt to reduce disturbance to the Gaspé caribou?

- Plan your hikes by checking current guidelines and avoid areas where caribou presence has been reported.
- Go out in small groups (fewer than 10 people).
- In the event of encountering caribou:
 1. Maintain a respectful distance from caribou or other wildlife (at least 500 meters) to prevent changes in their behavior (as wild animals, their reactions are unpredictable!).
 2. Back away and change your route/trail.
 3. When observing wildlife, be discreet and divide your group into smaller sub-groups (3-4 people) to minimize impact.
 4. Keep quiet.
 5. Never attempt to approach or feed the animals.
 6. Carry out all your trash (including organic waste; boreal animals do not eat bananas!).
- After your outing, if you observe a caribou, report the information using the MELCCFP observation form available online and through QR codes on caribou awareness signs.

WARNING

This mountain best practices guide is intended as a tool that aligns with and supports the policies, action plans, and laws related to the recovery of the Gaspé caribou. It does not replace the three legal measures already implemented by provincial or federal governments concerning this species.

SWAP YOUR GEAR

In collaboration with RECYC-QUÉBEC, we invite you to participate in our gear swap table. Bring your trail running equipment that you no longer use but is still in good condition, and trade it for items from others!

LET'S ALL CONTINUE TO TAKE SMALL ACTIONS FOR THE ENVIRONMENT SO WE CAN KEEP ENJOYING OUR SPORT IN THE MOUNTAINS.

SCHEDULE

FRIDAY AUGUST 16th	
9:00 am	Opening of UTCC Village Opening of check-in/registration kiosk
11:15 am	Shuttle boarding 170 km race
11:30 am	Shuttle departure 170 km race
1:45 pm	Instructions for the 170 km race
2:00 pm	170 km race start
9:00 pm	Closing of registration kiosk

SATURDAY AUGUST 17th	
4:30 am	Opening of UTCC Village
4:45 am	Shuttle boarding 88 km race
5:00 am	Shuttle departure 88 km race
5:45 am	Instructions for the 45 km race
6:00 am	45 km race start
6:45 am	Instructions for the 88 km race
7:00 am	88 km race start
7:45 am	Instructions for the 23 km race
8:00 am	23 km race start
10:00 am	Opening of check-in/registration kiosks
2:30 pm	23 km awards
3:00 pm	45km awards
4:00 pm	Closing of registration kiosk

9:00 pm	Relocation of the aid station's finish line to under the tent
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SUNDAY AUGUST 18th	
6:00 am	Opening of UTCC Village
6:45 am	Instructions for the 26 km race
7:00 am	26 km race start
7:00 am	Opening of check-in/registration kiosk
8:00 am	Closing of registration kiosks
8:15 am	Instructions for the 3 km and 5,5 km race
8:30 am	3 km race start
9:00 am	5,5 km race start
9:00 am	Shuttle departure #1 10 km race
9:30 am	Shuttle departure #2 10 km race
9:45 am	Instructions for the 10 km race
10:00 am	10 km race start
10:30 am	3 km awards
10:45 am	5,5 km awards
12:00 pm	10 km awards
12:15 pm	26 km awards
12:30 pm	88 km awards
12:45 pm	170 km awards
5:00 pm	Closing of UTCC Village

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

To view the race results, [click here](#)

The results will be posted online as soon as the last athlete crosses the finish line. Due to the lack of network coverage in the Chic-Chocs Mountains, it will not be possible to track athletes in real time. It's truly an adventure in the wild beauty!

Shuttle Service

The shuttles are reserved for athletes with a bib number for the 170 km, 88 km, or 10 km events.

Due to limited capacity, pacers and supporters will not be allowed on board.

170 KM	
MEETING POINT	UTCC Village
BOARDING	Friday 11:15 am
DEPARTURE	Friday 11:30 am

88 KM	
MEETING POINT	UTCC Village
BOARDING	Saturday 4:45 am
DEPARTURE	Saturday 5:00 am

10 KM	
MEETING POINT	Discovery and Visitors Centre (SÉPAQ)
BOARDING SHUTTLE #1	Sunday 8:45 am
DEPARTURE SHUTTLE #1	Sunday 9:00 am
BOARDING SHUTTLE #2	Sunday 9:15 am
DEPARTURE SHUTTLE #2	Sunday 9:30 am

10 km athletes will receive an email a few days before the event to find out which shuttle has been assigned to them (#1 or #2).

VILLAGE - PARKING MAP

- You must **PARK** your vehicle on **ROUTE 14**.
- Please do not leave your vehicle at the Discovery and Visitors Centre.
- **NO VEHICLES WILL BE ALLOWED IN THE UTCC VILLAGE.**
- Please park your vehicles on the **NORTH SIDE** of the road, i.e., the **SIDE OPPOSITE THE UTCC VILLAGE**. **NO VEHICLES** are permitted **BETWEEN THE TWO ENTRANCES TO THE SITE**; this space is reserved for emergency vehicles.

