

# Athlete Guide 2019



We are pleased to provide the 2019 Athlete Guide for the Amphibious Challenge Montreal swimrun. We recommend that you read this guide carefully before race day as it contains all of the important information about the event.

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Race Director

Défi amphibie de Montréal

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## Welcome Message

Dear Athletes, the Amphibious Challenge Montreal is fast approaching. The Amphibious Challenge is Canada's original swimrun and models itself after the famous Ötillö race in Sweden. We welcome you to this inaugural race, which will take place on July 6, 2019 at the Cap-Saint-Jacques Nature Park. This letter is intended to inform you of the details of the race and the latest updates. We hope that your preparation has been good and we wish you the best of luck on the day of the race.

Do not hesitate to contact us if you have questions.

## Welcome !

“

On behalf of myself and the Amphibious Challenge team, we would like to give you a warm welcome to the inaugural swimrun race in Montreal. We are looking forward to giving you a safe, fun, and memorable experience! See you all on RACE DAY!



Olivier Hubert-Benoit  
Race Director

“

Warm Welcome to Montréal! Swimrun has been growing steadily in North America and the Amphibious Challenge, which started in Sheenboro is Canada's most well known, and respected swimrun race.



Simon Donato  
Promoter

## Schedule:

Début	Fin	Event	Location
7 h 00	8 h 30	Breakfast and registration	Château Gohier
8 h 30	8 h 45	Assemble at the start on the beach	Beach du Parc-Nature du Cap-Saint-Jacques
8 h 45	8 h 55	Message from Directeur de course	Beach du Parc-Nature du Cap-Saint-Jacques
9H00		Long Course starts	Beach du Parc-Nature du Cap-Saint-Jacques
9H15		Short Course starts	Beach du Parc-Nature du Cap-Saint-Jacques
10H45		Medal presentation short course	Maison de la pointe
11 h00		Medal presentation long course	Maison de la pointe
11h00		Post race party	Maison de la pointe

The exhibitor's expo area will open at 09H30 at Maison de la pointe.

## Race Officials :

Olivier Hubert-Benoit (Race Director, Amphibious Challenge)

Josée Tremblay (City of Montreal, Parks)

Alberto Dias Medeiros (City of Montreal)

## Pre-Race Details :

**Emergency Numbers :** Before heading to the Cap-Saint-Jacques Nature Park, be sure to set up a communication plan with your family and friends at home. If these people are at the race site, make sure to establish a meeting point with them after the race.

**Athlete Registration :** Saturday July 6, 2019 : 7 h to 8 h 30 at château Gohier

Please bring photo ID to complete your registration. All participants must sign the waiver upon registration. Your hands and your swim cap will be numbered. You will receive your **timing chip**, and a **pair of socks** from our sponsor BV Sport ([www.bvsport.com](http://www.bvsport.com)).

\*\* If you do not register during the scheduled hours, you will not be able to participate in the event

## To go to Château Gohier :

Use the path in the back of the parking lot to go to Château Gohier (about two minutes walk).



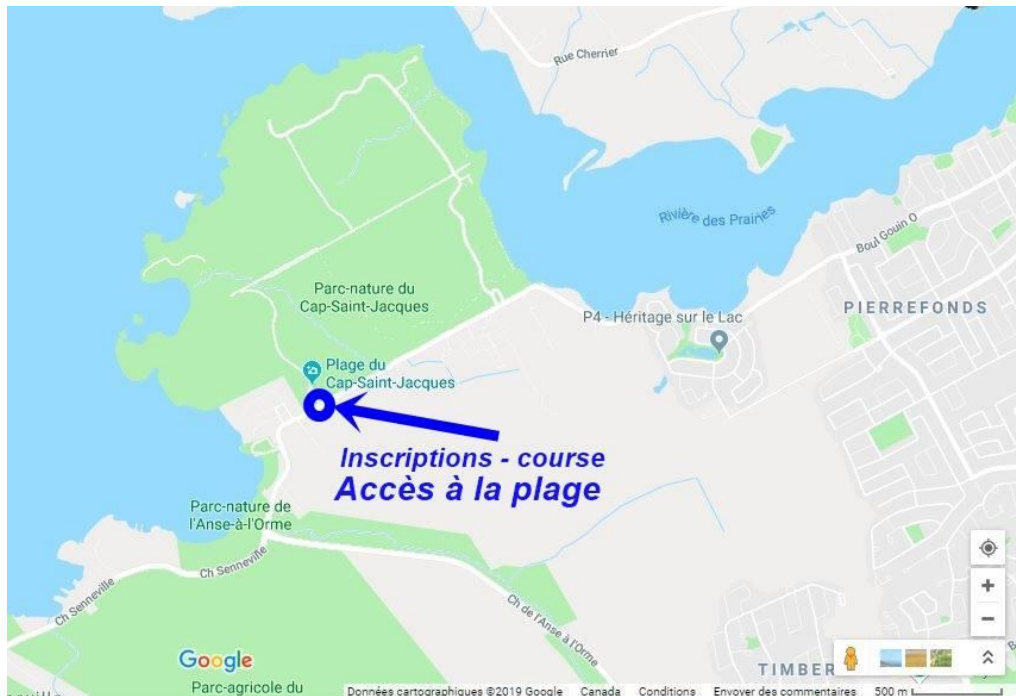
#### [Parking:](#)

There is a \$9.00 parking fee.

#### [Travel directions to Amphibious Challenge Montreal, Parc Nature du Cap-Saint Jacques :](#)

Public transport: Bus 68

Event Address: 21115 boulevard Gouin Ouest



### Changerooms:

Two tents (temporary man-woman cloakroom) will be available in the parking lot near the beach. These tents are loaned by one of our partner CRYO races. Please keep the tents clean at all times. To learn more about CRYO races visit: <https://www.coursescryo.com/>



### Car Key Drop :

We will have an attendant available to keep your keys during the race. They will be set up close to the start of the race (the arch) near the life-guard station.

### Wetsuit Rental :

The Oke Triathlon team will be on site. For more details contact:

T 514-351-8653 or T 855-551-8653 (toll-free)





### Breakfast :

An oatmeal breakfast will be served courtesy of Stoked Oats between 7:00 am and 8:30 am at Château Gohier. In an effort to reduce waste, we are encouraging everyone to bring their own reusable bowl, spoon, and coffee mug. <https://www.stokedoats.com/>



### Pre-race meeting and message from the race director:

There will be a mandatory pre-race meeting at 8:45 am near the starting arch.

### Lyme disease and ticks :

Ticks can carry lyme disease. Ticks tend to inhabit tall grass, so it's important to stay in the middle of the trails.

As a precaution:

- Use mosquito repellent with DEET;
- Avoid tall grass (so stay in the trails)
- Check yourself when you finish the event for ticks (armpits, groin, hairline)

### Teammates Wanted:

We have several registered athletes looking for a teammate (teammate). If you know someone who wants to race and does not have a teammate, please send us an email as soon as possible so that we can proceed with the match [info@amphibiouschallenge.ca](mailto:info@amphibiouschallenge.ca).

### Race Details :

#### Water Temperature :

The latest temperature readings show a water temperature of 20 C in the shallow water. The temperature will be colder in the deeper water, but not significantly. Based on this, wetsuits are optional, however we still recommend them during this race as they will help with buoyancy, and definitely warmth on the longer swims.



## Mandatory Equipment :

Wetsuit : based on current and predicted water temperatures wetsuits are optional. The air temperature on race day will be hot, and is forecasted to reach 28 C.

1 Whistle per person

## Recommended Equipment :

- Pull-buoy: You swim with your shoes on, so wearing pull-buoy helps you float and gain speed.
- Hand paddle: You swim with your shoes on, swimming with hand paddles helps you gain speed.
- Ties or leashes: Leashes are not mandatory (they are recommended), however, team members must stay together and within 10 m of each other at all times for safety reasons. If you have never used a leash, but plan to do so, please first practice with your teammate. The day of the race is not the time to use anything for the first time.

## Aid Stations :

There will be 3 aid stations on the course.

Hydration:

Water and sports drink will be served at all aid stations

Nutrition:

- Xact nutrition bar
- Gel has maple BRIX
- Strong bar
- Banana
- Chips

## Trail Marking :

- With the rain predicted earlier in the week, expect the trails to be in a variety of levels of dryness - from slick and muddy to dry and tacky. Choose your footwear appropriately. You will run everything from asphalt, sand, to bare rock and man-made docks.

-The courses will be marked with pink pin flags and neon pink ribbons in the trees.

- In addition, there will be white signs along the course in more open areas marking the direction of travel.

- On straight roads, you should see a flag every 100 to 200 m.

- DO NOT FORGET - IF YOU HAVE NOT SEEN A FLOAT, FLAG, OR PINK RIBBON IN MORE THAN 1/2 KM, THIS MEANS THAT YOU ARE OFF COURSE. RETURN TO THE LAST SPOT WHERE YOU SAW A COURSE MARKING AND RESTART FROM THERE.

### Course Marking – Swimming Section :

- Swimming segments will be marked with orange buoys. To prevent swimming in shallow areas. Please, swim to the left of the buoys all times.
- If you do not feel good while swimming, no problem. Swim to shore and take a break. You will not be disqualified for swimming to the shore or shallows to rest although you must complete all swimming legs in the water, and by swimming.

\*\* Our first goal is to run a very safe event. You will be swimming in a river that will also have recreational boaters. We will have safety boats on the water for your protection and assistance, and river is much quieter at this time of year, however, if you wish to use a safety float for added visibility while you are swimming, you will have to carry it through the entire racecourse. You will need to carry it from the start through the swims, which extend all the way to the finish. Long Course athletes may do the same.



### Safety and Teamwork:

We will have paramedics on course, and boats on the water for most swims to provide an added element of safety. If you see another athlete in distress, it is imperative that you assist them as much as you are able. While we race to test ourselves, our first priority is to each other, and ensuring that we all make it home safely so that we can race again in the future. Please take responsibility for your fellow competitors if they are in need of help.

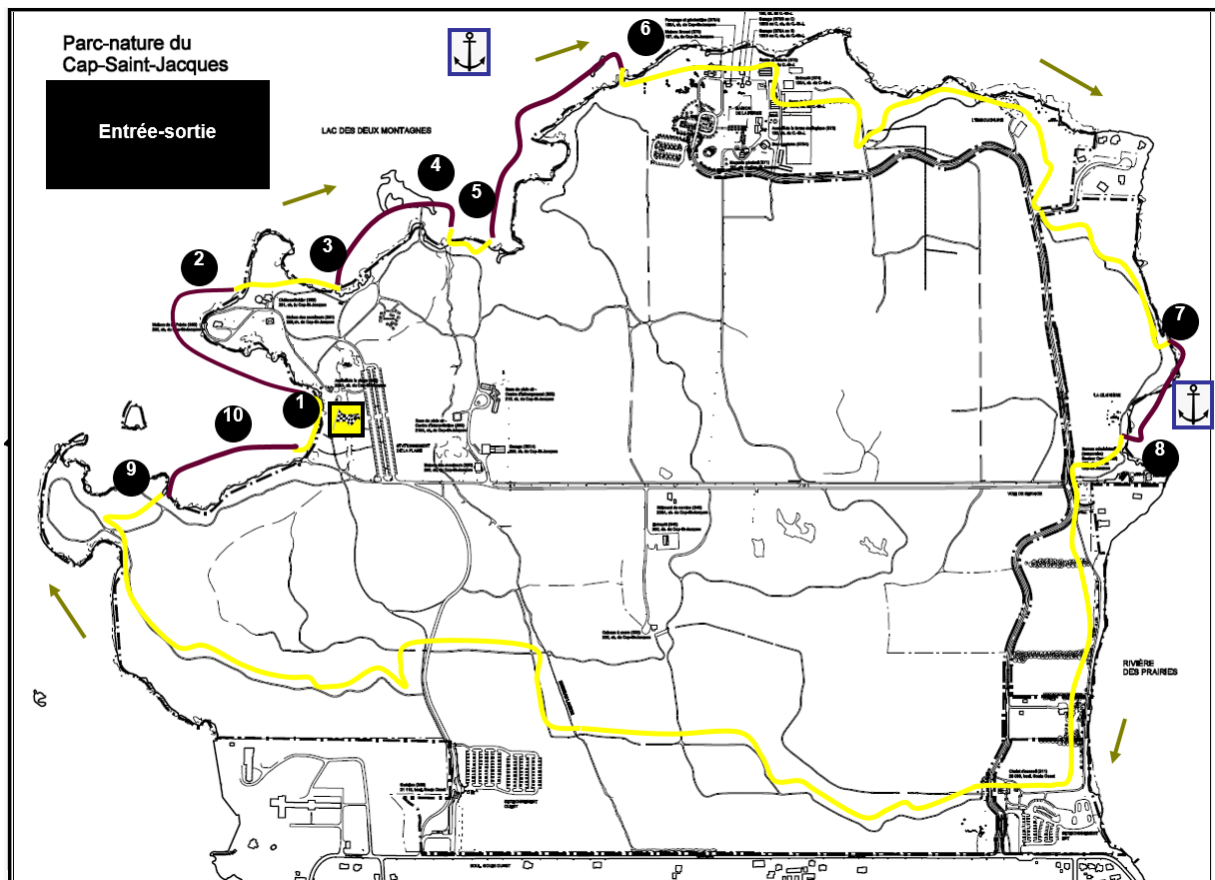
## DNF :

If you or your team decides to withdraw during the race, please do it at an aid station and let the volunteers know your team name, number, and reason for DNF so that they may communicate it to the race director, who will then let all other checkpoints, medics, race officials know so that we aren't looking/waiting for your team.

## Post Race Activities:

There will be awards medals, podiums and post-race celebrations. We recommend that you take the time to change after the race and pick up your medal and enjoy the post-race meal catered by Menu Solutions ([www.menusolutions.ca](http://www.menusolutions.ca)) with us. All athletes and volunteers are entitled to a meal, which will be offered in both vegetarian and meat options.

## Race Course:



## Short Course (8 km)

The start will take place at 9:15 am at the Cap-Saint-Jacques Nature Park Beach

The course is composed of 5 swimming segments and 6 running segments.

Swimming - 5 segments: 1700m

Running - 6 segments: 6.3 km

Total distance: 8 km

Here are the approximate distances of the swimming segments:

Between point 1 and 2: about 450 meters

Between point 3 and 4: about 300 meters

Between point 5 and 6: about 500 meters

Between point 7 and 8: about 230 meters

Between point 9 and 10: about 300 meters

### Long Course (16 km)

Participants will have to complete the short course twice. Please proceed to the timing pad before starting the second lap.

The departure will take place at 9:00 am at the beach of the Cap-Saint-Jacques Nature Park

Swimming - 10 segments: 3400m

Running - 12 segments: 12.6 km

Total distance: 16 km

### Rules

<https://www.amphibiouschallenge.ca/reglements-du-swimrun/?lang=fr>

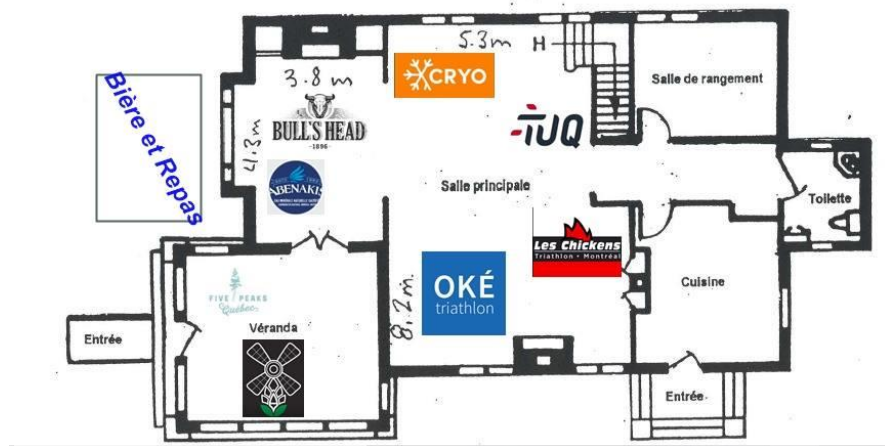
### Exhibitors Lounge

A meal will be served with a beer courtesy of Labrosse Microbrewery.

The festivities will take place at Maison de la Pointe . A bracelet will be provided when you register at Château Gohier

## Parc-nature du Cap-Saint-Jacques

### Maison de la pointe



Oké Triathlon :



Les courses CRYO : <https://www.coursescryo.com/>



Microbrasserie Labrosse : <http://www.labrosse.com/fr/>



Thank you to our sponsors for this innagural event :

City of Montreal : <https://parcs-nature.com/public/en/cap-saint-jacques>

BV SPORT : <https://www.bvsport.com/en/>

Stoked Oats : <https://www.stokedoats.com>

Xact Nutrition : <https://www.xactnutrition.com>

Strong Bar : <https://www.strongbarsnutrition.com>

Brix Gels : <http://en.brixalerable.ca>