



# **PARTICIPANT GUIDE 2019**

## **Traversée du lac Tremblant**

It is with great pleasure that we welcome you to this year's Traversée du lac Tremblant. Join more than 500 participants who will be taking part. This year's event offers three distances to choose from, the 1 km Desjardins, the 3 km, or the 12 km HUUB. You can take pride in the challenge and make incredible memories!

We invite you to read the Participant Guide to help you prepare for the event and understand the rules for the weekend.





# GENERAL INFORMATION

## PARKING

Lots P1 and P2 of the Mont-Tremblant Resort will be available the weekend of the event.

## ACCOMMODATION

Exclusive offers are available to all participants. Please see the following: [Hosting Offers](#)

## REGISTRATION CLOSES

July 31, 2019 at 11h59 pm

## FÉDÉRATION NATATION DU QUÉBEC (FNQ)

All participants must be either an active member of the FNQ or purchase a one-day license for \$12

On-site payment methods: Mobile Desjardins credit or debit cards. NO cash accepted.

## ATHLETE REGISTRATION

★ FRIDAY, AUGUST 2: 1 km, 3 km and 12 km – 4 pm to 9 pm

★ SATURDAY, AUGUST 3: 12 km only – 11 am to 5 pm

★

**Village de la Traversée PINACLE | Pure Tremblant  
(rue de la Chapelle, under the big white tent)**

## FRIDAY, AUGUST 2

Presentation by our guest of honour, Xavier Desharnais – 6 pm

## SATURDAY, AUGUST 3

Presentation by World Cup Coach, Bertrand Venturi – 2 pm

Presentation by Spokesperson and athlete, Magali Tisseyre – 2:30 pm

Presentation by Guest of Honour, Xavier Desharnais – 3 pm



# INFORMATION FOR PARTICIPANTS

## 1 KM DESJARDINS + 3 KM

### FRIDAY AUGUST 2

Athlete registration: 1 km and 3 km – 4 pm

Mandatory athlete meeting: 1 km Desjardins and 3 km – 7:00 pm

### SATURDAY, AUGUST 3

Retrieval of the electronic chip, marking of athletes, and storing of personal belongings - 6:30 am to 8:00 am

\*ATTENTION: There are no locker rooms available at the Village de la Traversée or Parc Plage. Note that only your morning bag will be allowed at the morning drop-off area under the tent.

Official start: 3 km – 8:00 am

Official start: 1 km – 9:00 am

Time limit to complete the distance: 1 km = 1 hour

Time limit to complete the distance: 3 km = 2 hours

Medal ceremony: 1 km and 3 km – 12:30



**8:00 am - Depart for 3 KM 2019**

**9:00 am - Depart for 1 KM 2019**

### **GUIDELINES AND INSTRUCTIONS**

- The swimming course runs along the eastern shore of the lake
- At the start, swimmers must stay to the right of the first HUUB line of buoys. At the return, stay to the left of the second HUUB line of buoys.
- With 200 metres to go, swimmers must pass through the centre of the red buoys.
  - Wearing a wetsuit is permitted and recommended.
- **NOT allowed:** fins, booties, neoprene helmets, hand pallets, sweater buoys, etc.
  - The event's swim cap must be worn at all times during the event.

### **WATER SAFETY**

- Three motorboats will be carrying mobile rescue teams.
- Lifeguards, paramedics and medical equipment will be on these boats.
- An emergency protocol will be activated when the health or safety of participants or volunteers is compromised.  
(medical, storms, etc.)
- To ensure the safety of participants and volunteers, L'organisation de la Traversée du lac Tremblant reserves the right to cancel the event due to severe weather.

### **PLEASE NOTE**

Rings, bracelets or any other jewellery must be removed before the race for the safety of all participants.  
Be cautious of long nails.



## START

- The start will be in the bay of Parc Plage under the HUUB arch.
- It will be a rolling start; 4 participants released every 10 seconds; this includes both men and women.

For the 3 km, there will be 3 proposed time for position at start:

- 45 mins
- 46 mins to 60 mins
- 61 mins and +

For the 1 km, there will be 3 proposed time for position at start:

- 20 mins
- 21 to 30 mins
- 31 mins+

We ask that children 13 years and under place themselves at the end of the group.

## CUT OFF/END OF RACE

- To have completed the 1 km distance in a maximum of 1 hour
- To have completed the 3 km distance in a maximum of 2 hours
- By agreeing to participate in this event, you must comply with the order given to exit the water. The evacuation boat will take you aboard.
- These rules are final and are in place to ensure the safety of the swimmer first and foremost. It goes without saying that it also ensures the logistical and operational cohesion of the event.

## FINISH LINE

- The end of the races will be in the Baie du Parc Plage.
- A swimmer who does not pass through the centre of the red buoys will be disqualified.
- The swimmer's race ends when he **touches the centre panel** of the Finish line with his arm that is wearing the chip.
- The swimmer clears the finish area by passing under the center panel of the Finish line.
- Upon exiting the water, the swimmer is asked to go to the Village de la Traversée PINACLE | Pure Tremblant to return the electronic chip. \*a \$30 fee will be charged to the swimmer if the chip is not returned.

## PARTICIPANT MEAL AND MEDAL CEREMONY VILLAGE DE LA TRAVERSÉE PINACLE | PURE TREMBLANT

- A lunch box for participants will be offered starting at 11:00 am.
  - The medals presentation begin at 12:30 pm.
  - HUUB prizes will be drawn



# INFORMATION FOR PARTICIPANTS

## 12 KM HUUB

### FRIDAY, AUGUST 2

Athlete Registration: 12 km - 4 pm to 9 pm

### SATURDAY, AUGUST 3

Athlete registration: 12 km - 11 am to 5 pm

Kayak drop-off at Marina Lac-Tremblant-Nord: 12 km - 8 am to 3 pm

Mandatory athletes' meeting: 12 km – 3:30 pm

### SUNDAY, AUGUST 4

Rally of swimmers AND kayakers at the Village de la Traversée PINACLE | Pure Tremblant - 5:00 am

Retrieval of the electronic chip and marking of athletes - 5:00 am to 5:30 am

\* ATTENTION: There are no locker rooms available at the Village de la Traversée or Parc Plage. Note that only your morning bag will be allowed at the morning drop-off area.

Swimmers travel via shuttle to the municipal wharf - 5:30 am

Swimmers transported by boat to Baie des ours (departure area) - 6:15 am to 7:00 am

Kayakers travel via shuttle to Baie des ours (departure area) - 6:15 am to 7:15 am

\*Plan to bring shoes for an approximate 10-minute trail walk.

Deposit your morning bag at Baie des ours - 7:15 am

Official departure: 12 km – 8:00 am

Time limit to complete the 6 km = 2 hours 30 minutes

Time limit to finish race = 5 hours after the start

End of the race – **1 pm**

12 km Medal Ceremony – **1 pm**



**Kayak Drop-off - 8:00 am to 15:00 / 3:00 pm (SATURDAY, AUGUST 3)  
Marina Lac-Tremblant-Nord ([see map](#))**

A team of volunteers will welcome you to the marina for the kayak drop-off. Kayaks will be washed according to regulations set forth for the volunteers. Once cleaned, the kayaks will be stored on transport barges.

The kayaker must keep his paddle and life jacket with him.

The kayaks are transported by barge to Baie des ours at 6:00 am Sunday morning.

Kayakers should ensure that their equipment (jacket, paddle) is washed.

All kayaks will be identified with a sticker displaying their swimmer's bib number.

The event's swim cap must be worn at all times during the race.

\*Caution: Swimmers cannot hold on to the kayaks.

**PLEASE NOTE**

Rings, bracelets or any other jewellery must be removed before the race for the safety of all participants.

Be cautious of long nails.

**PREPARATION FOR DEPARTURE (Baie des ours)**

7:15 am - Arrival of swimmers and kayakers

- Morning bags depot

7:45 am – Swimmers and kayakers take their positions

8:00 am - Start of 12 km

- Athletes' departure: water must be at knee level
- 6 waves of 20 swimmers
- Wave groups will be determined in advance according to the estimated time given in the entry
  - Waves will depart at 60-second intervals
  - Each wave will have a different colored swim cap

**THE ROLE OF THE KAYAKER:**

- Guide your swimmer along the correct route
- Provide your swimmer with refreshments
- Ensure your swimmer's safety



## RULES AND INSTRUCTIONS

- The swimming course runs along the West Shore of the lake to km 7.
  - Swimmer/kayak teams must remain on the right side of HUUB buoys.
  - At km 7, the route crosses the lake perpendicularly (90 degrees) to km 8.
    - The buoy at km 8 must be rounded to the left.
  - From km 8 to km 11, the swimmer/kayaker teams must remain on the left side of the HUUB buoys.
    - With 200 meters to go, swimmers must pass through the centre of the red buoys.
      - The finish line will be in the bay of Parc Plage.
    - A swimmer who does not pass through the centre of the red buoys will be disqualified.
  - The swimmer's race ends when he **touches the center panel** of the Finish line with the arm that is wearing the electronic chip.
    - The swimmer clears the finish area by passing under the center panel of the Finish line.
      - As the finish approaches, the kayaker releases his swimmer by moving to the right.
  - Upon exiting the water, the swimmer and kayaker is asked to go to the Village de la Traversée PINACLE | Pure Tremblant to return the chip. \*a \$30 fee will be charged to the swimmer if the chip is not returned.
    - Wearing a wetsuit is permitted and recommended.
    - **NOT allowed:** fins, booties, neoprene helmets, hand pallets, sweater buoys, etc.
      - The event's swim cap must be worn at all times during the race.
- \*Caution: Swimmers cannot hold on to kayaks.

## WATER SAFETY

- Six motorboats will help ensure the integrity and safety the swimmer's/kayaker's and route.
  - The kayaker can use his flag, at any time, to signal a water safety emergency.
  - Lifeguards, paramedics and equipment will be present on the motorboats.
- An emergency protocol will be activated if the health and safety of participants or volunteers (medical, storms, etc.) is compromised.
- To ensure the safety of participants and volunteers, the Traversée du lac Tremblant organization reserves the right to cancel the event due to severe weather.





### **CUT OFF / FINISH**

- Reach km 6 in a maximum of 2 hours and 30 minutes
  - Reach the finish line in a maximum of 5 hours
- By agreeing to participate in this event, you must comply with the order given to exit the water. The evacuation boat will take you aboard.
- These rules are final and are in place to ensure the safety of the swimmer first and foremost. It goes without saying that it also ensures the logistical and operational cohesion of the event
  - As the finish approaches, the kayaker releases his swimmer by moving to the right.

### **PARTICIPANT MEALS AND MEDAL CEREMONY VILLAGE DE LA TRAVERSÉE PINACLE | PURE TREMBLANT**

- Each finishing swimmer receives a Medal de la Traversée for their participation.
- A lunch box for swimmers and kayakers will be offered starting at 11:00 am.
  - The medal ceremony will be held at 1:00 pm.
    - HUUB prizes will be drawn

### **Geolocation service 12 km HUUB**

For the 12 km HUUB, La Traversée is partnering with Ms1 for a pilot project. Each swimmer will be monitored in real-time. For the good function of this service, each kayaker will need to request a code upon registration and then validate with the organization that the code is active on the GPS tracking web page.

**\*See page 11 for the instructions to download the application.**

- Works on iPhone and Android and uses very little data to transmit your position.
- Uses a great deal of battery, so it's recommended to have your cell phone 100% charged and to turn on the application just before departure.
- Place the cell phone in a small airtight bag ON top of the kayak to maximize the GPS signal.



# HUUB

Draw among all participants of the 12 km HUUB for two wetsuits (M+F), and draw for all participants of the 3 km for two triathlon suits (M+F).



**ATANA**



**VARMAN**



**TANA**



**DAVE SCOTT**



Desjardins partners with La Traversée through the Desjardins Youth Program.

Athletes ages 11 to 17 participating in the 1 km or 3 km de la Traversée du lac Tremblant 2019 events can receive a refund of their registration fees by presenting your registration at a participating des caisses Desjardins in the Laurentians. \*This offer is only valid before the event.

## GPS APP

Download the GPS app on your smartphone

### INSTALLATION

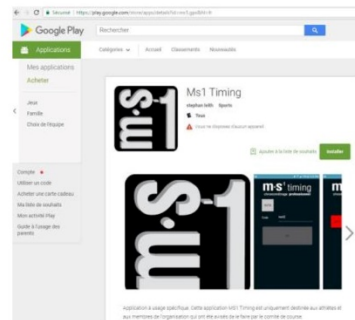
**iPhone – Make sure you use the latest version from the Appstore**

1. Go to the App Store
2. Search: MS1 Timing (see screen capture, right)
3. Install the app
4. Agree to GPS tracking/location finder when App is active
5. Click Ok



**Android phone – Make sure you use the latest version from the Appstore**

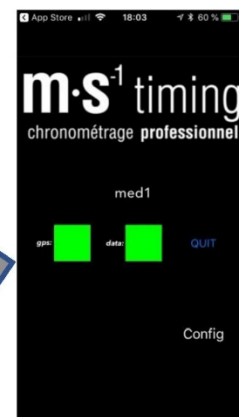
1. Go to Google Play
2. Search: MS1 Timing (see screen capture, right)
3. Install the app
4. Agree to GPS tracking/location finder
5. Click Ok



### ENTER YOUR CODE

1. Code: Enter the Code provided to you by the organization
2. Press "Back/Done"
3. Press "GO"
4. **You should see 2 green squares** and "quit"
5. Keep the app open in background

2 Green  
Squares is  
Good!



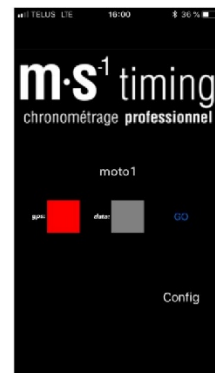


## COMMON ISSUES

GPS green or red and Greyed-out data =  
Code not entered or you did not press “go”



Red or Greyed-out GPS = GPS tracking not activated  
– Go in Setting/Confidentiality/localization/ MS1  
Timing : when app is active  
or  
no GPS signal (e.g. in a conference center, hotel,  
etc.)



Red data = Either the code you entered is invalid or  
there is no data service on the phone/no cell  
coverage in the area (dead zone)

To re-enter the code, press “Config” to return to the  
previous screen.

