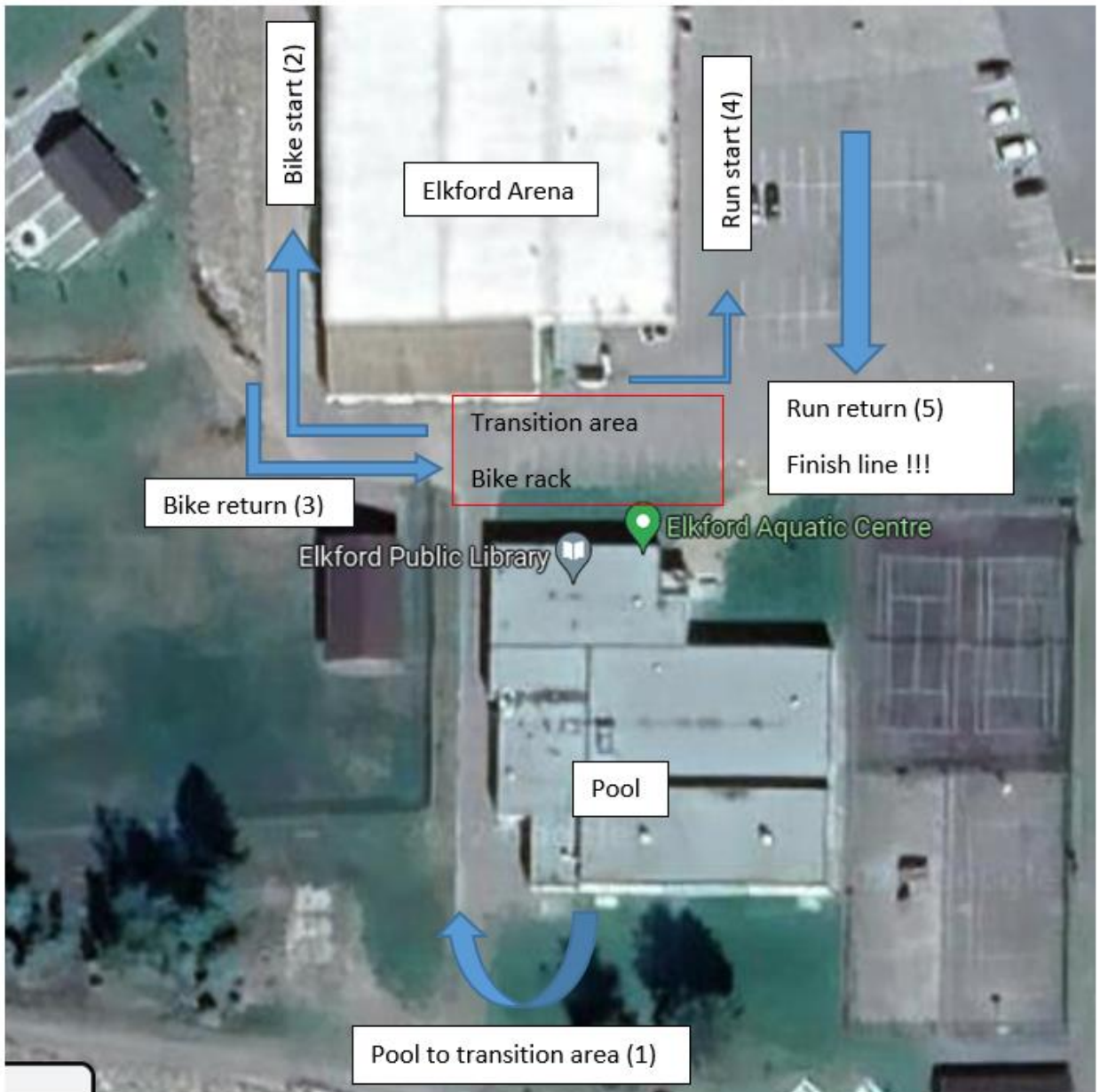


Participant document Adult Triathlon (Swim 750m, Bike 20 km, Run 5km)

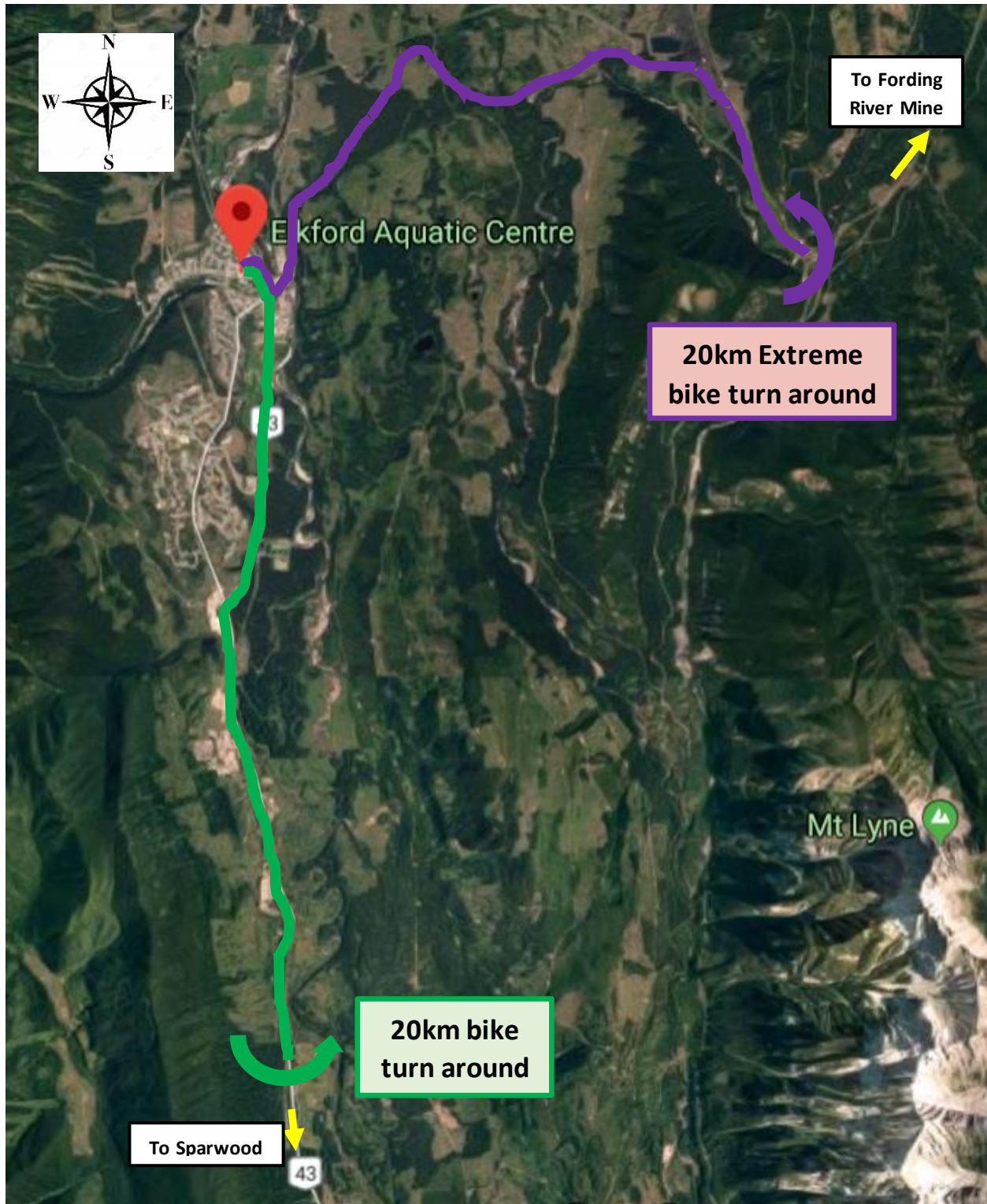
Transition map

All categories : follow step 1 to 5

1. Walk from the pool to your bike
2. Walk your bike until the « bike line » and then bike
3. Bike back to the « bike line », stop, dismount and walk to park your bike
4. Run
5. Finish line

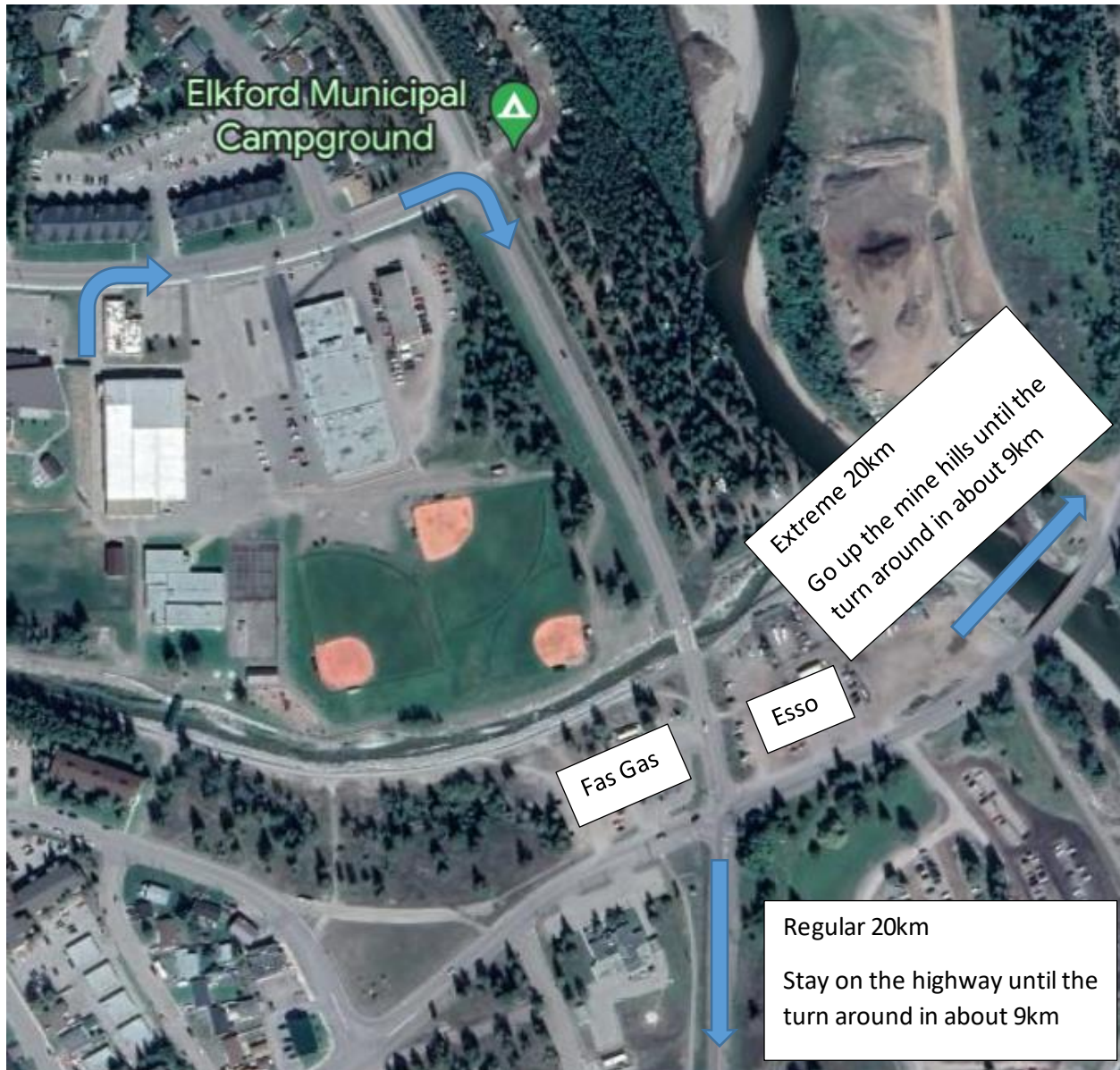


Adult bike 20km (sprint triathlon and extreme)



Adult bike 20km (downtown detail)

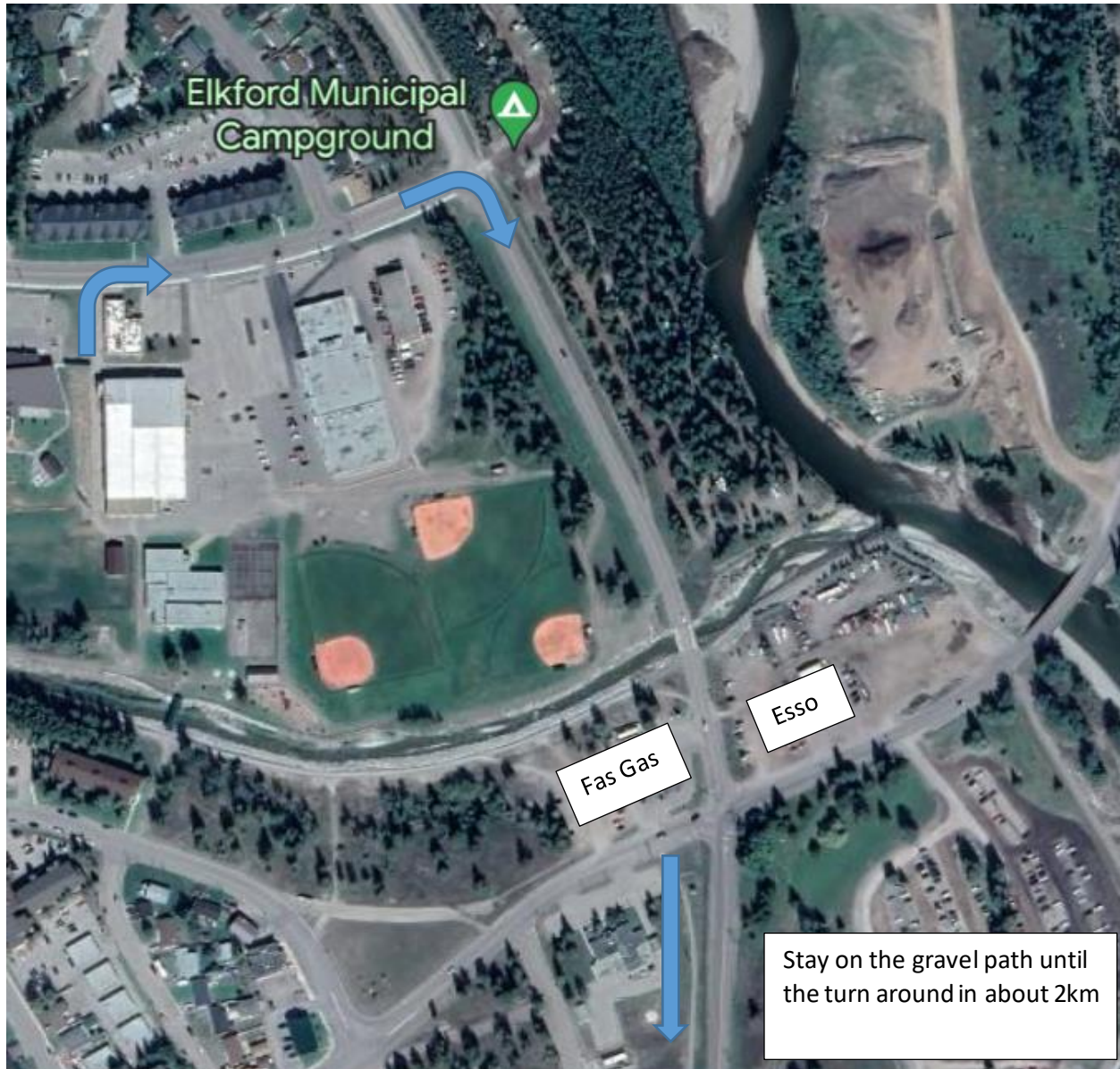
Back the same way (no water)



IMPORTANT : Respect traffic signage at all time. Road is open for traffic

Adult run 5km

Back the same way (water at the turn around point)



IMPORTANT : Close to 4km are on a gravel path.