

SAIL



CHALLENGE ESPRIT MONTRÉAL

PROPULSÉ PAR **ARGON18** 

ATHLETE'S GUIDE

5-6-7 SEPTEMBER 2025

Notre-Dame Island
Olympic Basin
Circuit Gilles-Villeneuve
QUÉBEC, CANADA

challenge-espritmontreal.com



Québec 

Montréal 

 Parc
Jean-Drapeau



TRIATHLON
QUÉBEC

TRIATHLON
CANADA



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Dear Athletes,

Welcome to the 2nd edition of SAIL Challenge Esprit Montréal triathlon powered by ARGON 18! It's an honour to be part of this historic event celebrating its 41th anniversary this year. Needless to say, the three days of swimming, cycling and running that are upon us will be incredible, and we look forward to working with the local team, the public and stakeholders to showcase this competition in the region of Montréal.

Thank you for your passion and commitment during the SAIL Challenge Esprit Montréal triathlon powered by Argon 18 and for your trust in the Challenge Family.

I would like to thank the team who have been working tirelessly for many years. I would also like to thank the countless volunteers, local stakeholders, sponsors and the public for their support. Thank you for welcoming Challenge Family to your beautiful city.

At Challenge Family, athletes are at the heart of everything we do. You'll soon see that for yourselves, in the friendly and inclusive atmosphere that reigns in all our races around the world, and especially here in Montréal. The warm hospitality of residents combined with the thrilling pace AND iconic setting of the triathlon make this an unforgettable experience. I wish you all the best of luck, and see you at the finish line!

JORT VLAM
CEO – CHALLENGE FAMILY





City of Montreal / Sylvain Légaré

Welcome to the many triathletes to Montreal, where they will enjoy the use of our top-quality athletic facilities at the Parc Jean Drapeau. The City of Montreal is proud to contribute to the success of this event, which promotes sports and healthy lifestyles.

I'd like to congratulate the organizers for providing multiple levels of competition, as well as inclusive courses that bring people together. I also applaud the ambassadors who inspire our athletes. Finally, I would like to thank all the volunteers who make this huge athletic event run so smoothly.

I wish the SAIL Challenge Esprit Montréal powered by Argon 18 tremendous success, and I hope that the athletes have an excellent competition and that everyone has lots of fun!

VALÉRIE PLANTE
MAYOR OF MONTREAL

Montréal 



It is with great enthusiasm that we welcome another edition of the SAIL Challenge Esprit de Montréal to Parc Jean-Drapeau, an iconic venue where sport takes on its full meaning. Here, athletes and spectators thrive in an inclusive and inspiring environment, designed to celebrate passion, perseverance, and self-improvement.

With swimming in the Olympic Basin, cycling on the iconic Gilles-Villeneuve circuit, and running across Notre-Dame Island, the park offers an exceptional and safe setting to experience the full intensity of triathlon.

We invite all participants to take full advantage of this edition and immerse themselves in the unique energy that makes the SAIL Challenge Esprit Montréal powered by Argon 18 so powerful.

VÉRONIQUE DOUCET
DIRECTRICE GÉNÉRALE, SOCIÉTÉ DU PARC
JEAN-DRAPEAU





Dear participants, volunteers, and outdoor enthusiasts, It is with great enthusiasm that SAIL renews its commitment as the title partner of the 41st edition of the Challenge Esprit Montréal! We are proud to once again support this iconic event, alongside such an inspiring community of triathletes.

More than just a competition, the SAIL Challenge Esprit Montréal is an invitation to push your limits and fully embrace your passion for sport, adventure, wellness, and the outdoors. Whether you're an experienced triathlete or taking on this challenge for the first time, we encourage you to take pride in your achievement and enjoy every moment.

We would like to recognize the outstanding work of the organizers, the generosity of the volunteers, and the incredible energy of the spectators who make this event possible. Your dedication and presence make all the difference. Wishing you all an amazing triathlon! –


ISABELLE LEMAY
PRESIDENT AND CHIEF EXECUTIVE OFFICER,
SAIL PLEIN AIR INC.

SAIL

A photograph of three triathletes running on a rocky trail at sunset. The lead runner is a woman with long red hair, wearing a green and red jacket and a green cap. She is holding the hand of a man in a black jacket and cap. A third runner, wearing a headlamp, is visible behind them. The background shows a forest of evergreen trees under a soft, orange-hued sky.

SAIL

SAIL VOUS SOUHAITE UNE BONNE COURSE
SAIL WISHES YOU A GOOD RACE

LA PLUS GRANDE DESTINATION PLEIN AIR AU QUÉBEC | THE ULTIMATE OUTDOOR SUPERSTORE IN QUEBEC
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It is a great honor for Argon 18 to continue the partnership with Challenge Esprit Montreal as presenting partner. After the tremendous success of the first edition, we are excited to take part in the new iteration of this event that is already a favorite in the triathlon community.

Challenge Family and the Challenge Esprit Montreal organizers are doing an extraordinary job in providing a unique experience for both local and international triathletes taking part in the event, as well as for supporters, friends and family who will come to cheer them on.

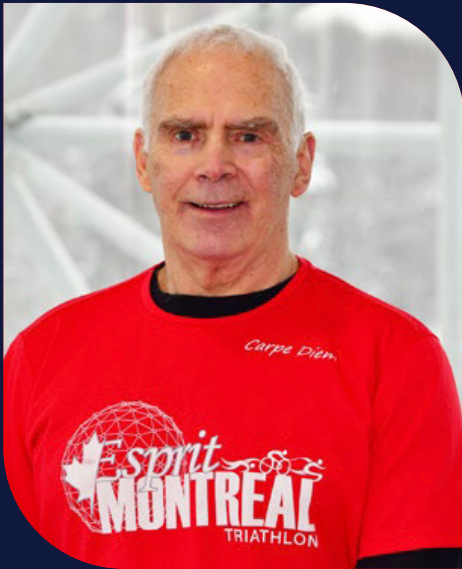
Triathlon has always played an important role in the development of the Argon 18 brand, both here in Québec and internationally. We are delighted to support again this great event in beautiful Québec city.

We congratulate all athletes, from all age groups, beginners or more experienced, who will be competing, whether in the sprint distance, the Olympic distance or the Demi-distance.

Good luck to all participants!

JEAN FRANÇOIS LECLAIR
GLOBAL MARKETING DIRECTOR - ARGON 18





Founder of the Esprit de Montréal triathlon, Danny McCann began his career as a triathlete in 1980 just as the event began to break through worldwide. In response to a lack of triathlons in Quebec, he founded the Esprit triathlon (originally called the Montreal World Triathlon) in 1984 and organized it for 39 years. Under his leadership, the event has grown tremendously, from a modest beginning with 150 competitors in the first edition to nearly 4,000 athletes today.

Recognizing the quality of Danny's event, the International Triathlon Federation asked him to organize the 1999 World Triathlon Championships in Montreal, putting the city on the map as a world-class triathlon destination.

Mr. McCann welcomes athletes, volunteers and partners to the 41st edition and hopes everyone has a great event.

DANNY McCANN
FOUNDER, ESPRIT DE MONTRÉAL TRIATHLON



As we near the 41th edition of the SAIL Challenge Esprit Montréal triathlon powered by Argon 18, I'm thrilled to be working with Challenge Family's again this year. I've been Esprit Montréal's Athlete Services Coordinator for several years and I can assure you that my team and I will continue to put our hearts and all our expertise into our work. Familiar faces will always be there to answer your questions and to provide you with the support you need to make your event a success.

We can't wait to see you rise to the challenge, September 5-7, 2025, at Parc Jean-Drapeau.

SOPHIE YERGEAU
ATHLETE SERVICES COORDINATOR





Dear athletes,

On behalf of the officials, I warmly welcome you to the Triathlon Challenge Esprit Montreal. Many of you have chosen to take on a challenge that requires courage, determination, and passion, and I want to congratulate you on this exceptional commitment. Your participation helps make this event a unique moment, where athletic performance and personal achievement come together.

I would also like to extend my sincere thanks to the committed organizers and volunteers without whom this event would not be possible. Your involvement and hard work make all the difference.

I encourage you to continue your preparation with dedication and enthusiasm — your commitment is the key to your success. Rest assured that all officials will ensure that the race takes place in a safe, fair, and enjoyable environment. Together, let's make this triathlon a truly memorable experience.

We wish you all the best for your training, and have a great race, everyone!

KIM BOYD
TECHNICAL DELEGATE

ACCESS TO THE COMPETITION SITE

The event takes place at the Parc Jean-Drapeau Olympic Basin.



Parc
Jean-Drapeau



THE OFFICIAL ADDRESS IS:

140 Chemin du Chenal Le-Moyne
Montreal, QC H3C 6J6



METRO :

The Jean-Drapeau subway station is on the yellow line. You can take your bike on the metro and head to the competition site. Once outside the station, follow the directions to the Olympic Basin. It takes about 10 minutes to walk to the Olympic Basin from the metro.

To see the metro schedule, click on the following link: <https://www.stm.info/en/info/networks/metro>. The metro is still the best way to quickly and easily get to the Parc!

CARPOOL:

Why not carpool with a friend or meet friendly triathletes using the Covoiturage - Triathlon Québec Facebook group?: <https://www.facebook.com/groups/444909956213978/>



BIKE:

From Montreal: via the Jacques-Cartier Bridge or the De la Concorde Bridge (via Pierre-Dupuy Ave.).

From the South Shore: via the Victoria Bridge or the Jacques Cartier Bridge.



CAR:

From Montreal: via the Jacques-Cartier Bridge or the De la Concorde Bridge.

From the South Shore: via the Victoria/De La Concorde Bridge or the Jacques-Cartier Bridge.

Please note that there are multiple events running at Parc Jean-Drapeau on the same weekend and that parking lots tend to fill up fast and as such there may not be enough parking for everyone. If your start time is at the end of the day, we strongly encourage you to come by metro or bike to avoid any problems getting to the venue or with parking.

PARKING:

If you park at Parc Jean-Drapeau, you must pay parking fees. You can buy a parking pass* for during race kit distribution. Parking is also available on the day of the event at the same price, payable with a credit card only.

* Please note that the purchase of a parking pass does not guarantee you a parking space and that lost or forgotten parking passes cannot be replaced. Parking spaces are allocated on a first come, first served basis. When the parking lot next to the transition zone (P2) will be full, cars will be redirected towards other parking lots on the Ste-Hélène island.

RACE KIT DISTRIBUTION



Athletes' Quarters Cafeteria – Parking lot **P2**
140 Chemin du Chenal Le-Moyne, Montreal, QC, H3C 6J6

Participants should ensure they bring photo Identification, their race bib number, or the email confirming their registration for the event. Only those registered for the event can pick up their kit. You cannot pick up another participant's kit.

THE RACE KIT INCLUDES:

- A swim cap
- A race bib
- Stickers with numbers for your bike and helmet
- A t-shirt
- A cadomotus bag

In order to reduce crowding and wait times on race day, participants are invited to pick up their kit before the day of their race. The kits will be distributed according to this schedule:

BEFORE THE EVENT:

Thursday, September 4	4:00 p.m. to 7:00 p.m.
Friday, September 5	4:00 p.m. to 7:00 p.m.

DURING THE EVENT:

Saturday, September 6	5:30 a.m. to 14:30 p.m.
Sunday, September 7	5:30 a.m. to 12:00 p.m.



You cannot pick up another participant's kit. If you cannot collect your own kit in the days leading up to the event, you can pick it up on the day of the event.

Relay teams: one participant can pickup the relay team kit for the team with a proxy from the absent participants.

[CLICK HERE TO DOWNLOAD THE PROXY FORM TO COMPLETE BY THE ABSENT TEAMMATES](#)

PRE-RACE BRIEFING

The pre-race briefing will be broadcast online on our Facebook page:
<https://www.facebook.com/TriathlonMontreal>

There will be a Q&A for participants after each briefing. A recording will be posted on our website and on our Facebook page. It will also be sent by email.

PRE-RACE BRIEFING

Wednesday, September 3 at 6:00 p.m. – **FRENCH**

Wednesday, September 3 at 8:00 p.m. – **ENGLISH**

A facilitator will also give last-minute instructions in the waiting area for the swim start on the day of the event. Please arrive at the waiting area **10 minutes** before your scheduled start time.




BEGINNER'S INFORMATION SEMINAR

Join us on **Thursday, September 4 at 3:00 p.m., 4:30 p.m. or 6:00 p.m.** for one of the 3 beginner's information seminars in French. We also have an English seminar at **6:00 p.m.** The beginner's information seminars are open to everyone, but are primarily for participants who are just starting to compete in triathlons and/or who would like to learn more about how the SAIL Challenge Esprit Montréal triathlon. We'll look at the different courses, how to prepare for your transition and much more! No equipment or registration is required. The meeting spot for the seminar is near the start area.

OPEN WATER SWIM TRAINING

The Olympic Basin will be open for open water swim training on **Thursday, September 4** and **Friday, September 5 between 5:00 p.m. and 6:30 p.m.** The training will be near the Athletes' Quarters.

LIST OF RACE EQUIPMENT

✓	 SWIMMER	✓	 CYCLIST	✓	 RUNNER	✓	OTHER
	swim goggles		Bike		Running shoes		Sunglasses
	Competition swim cap (provided by the organizers)		Helmet		Race bib and belt		Snack
	Tri-suit or swimsuit		Water bottle		Cap or visor (optional)		Watch
	Timing chip (provided by the organizers)		Repair kit (optional)		Hydration belt (optional)		Sunscreen
			Cycling shoes				
			Socks (optional)				
			Sticker on your bike and helmet (provided by the organizers)				

ATHLETE'S WRIST BAND

A bracelet with your athlete number will be attached to your wrist at check in. It identifies you as an official participant, and you must wear it at all times during the event. It helps medical personnel identify you and gives you access to the transition and recovery areas after the race. If you don't have your wrist band on, you will not be allowed to collect your bike or gear from the transition zone after the race.

RACE BIB

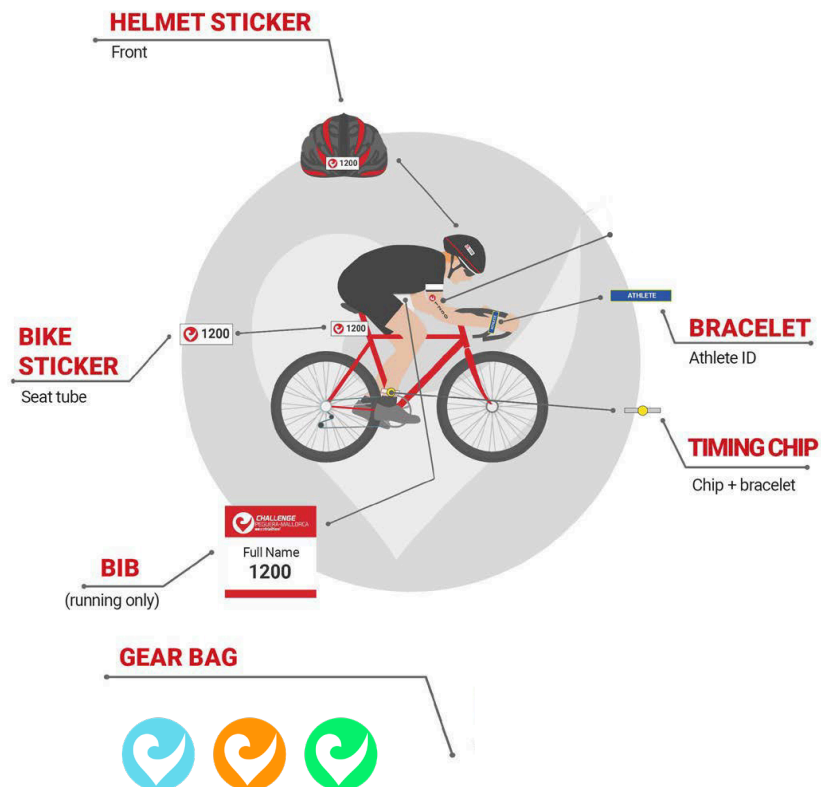
Only wear the race bib when running, as shown in the drawing.

BIKE STICKER

You will have two stickers in your envelope for your:

- bike frame
- helmet

Make sure the seatpost sticker is clearly visible on both sides of the bike frame. You cannot alter the sticker, and the event logo must be visible. Place the helmet sticker at the front.



TIMING AND RESULTS

Your friends and family will be able to track each race live. They simply need to visit sportstats.ca or scan the QR code below to download the iPhone Android app.

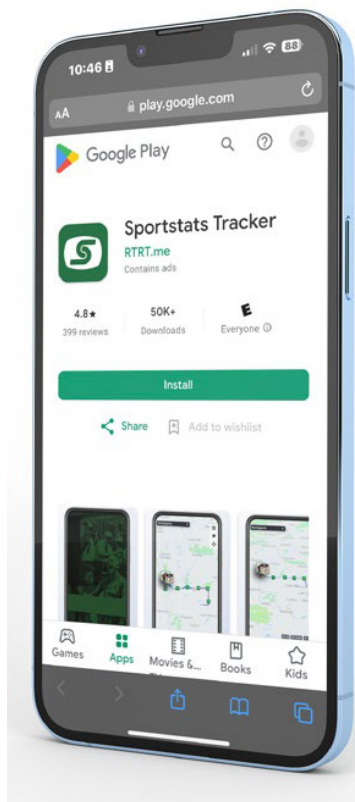
The results will not be displayed on-site.

QR CODE FOR THE SPORTSTATS APP

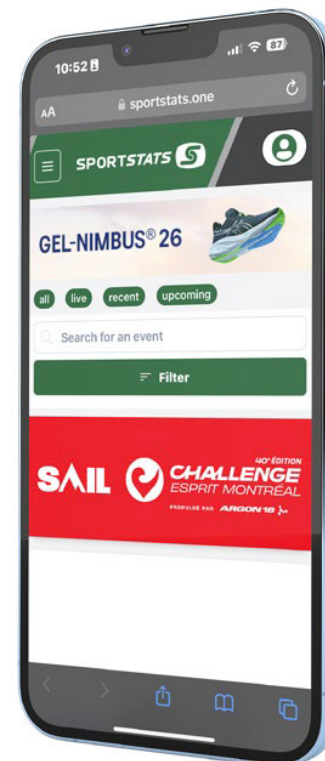
Android QR code to app:



iOS QR Code to app:



QR CODE FOR ESPRIT TRIATHLON RESULTS



ELECTRONIC CHIPS

Electronic chips will be given to participants at the transition zone entrance. Put your timing chip on your ankle before heading to the start area. If you do not have a chip, you will not have an official time!

The organization will provide one chip per team for athletes taking part in team relay races. Team members must exchange timing chips in the team area located next to the transition zone. Please do not exchange your timing chip at your bike.

Volunteers will be in charge of removing chips at the finish line. **A \$75 fee will be charged if the chip is not returned after the race.**



If you do not have a chip, you will not have an official time!



CHECK-IN PROCESS ON THE DAY OF YOUR EVENT

ARRIVAL TIME

If you did not pick up your kit before the day of your race, **we recommend that you arrive one hour and a half to two hours before your start time** to collect your race kit. This will give you enough time to set up your gear in the transition zone and prepare for your race.

TRANSITION ZONE

The transition zone opens at 6:00 a.m. on Saturday and Sunday. However, access to the transition area will only be possible 2 hours before each start. So if your start time is at 11:00 AM, you will not be able to access the area before 9:00 AM.

Before entering the transition zone, make sure you put the stickers with your race bib number on your helmet and bike. **You should also have your bike helmet on so volunteers in the transition zone can check that it is properly fastened and tight enough to be safe.**

A volunteer will then point you to the bike racks that have been designated for your race and start.

You may leave your belongings in the transition zone, provided they do not extend more than 0.5 m beyond your bicycle, as stipulated in the Triathlon Québec regulations. Make sure you do not leave valuables in your bags. Limited amount of lockers are available at the Athletes' Quarters.

TRIATHLON QUÉBEC REGULATIONS (IN FRENCH)

<https://www.triathlonquebec.org/wp-content/uploads/2025/06/2025-regles-de-competition-TQ-vf.pdf>

SWIMMING START PROCESS

Please get to the start zone no later than **10 minutes** before your assigned start time. You'll have the option to position yourself in the start zone based on your swimming speed. The first to arrive in the start zone will have first pick of starting. There will be a rolling start with groups of 4-6 people at a time every 10 seconds, until all the participants in the same wave have started.

A starting mat will be set up in the sand and the official time will only start when the participant has crossed the mat. Volunteers will provide start instructions. A clock with the official time will also be located at the start and will count down between each start every 10 seconds. Volunteers at the start may skip a start if participants are not ready. No need to panic; the official time will only start once you've crossed the starting mat.



DUATHLON START PROCESS

Olympic and Sprint duathlons will start at the beginning of the run course. This is a mass start.

Participants must arrive 10 minutes before the start of the race to attend the pre-race briefing.



SWIMMING

Here are some swimming instructions and recommendations:

- Yellow swim caps are available for athletes who are weaker swimmers. These caps help lifeguards identify athletes who have difficulty swimming and need to be watched closely. **Feel free to ask for a yellow cap at the start area or when you pick up your participant kit.**
- If you have trouble during the swim, you can signal to a lifeguard in a boat for help. You have the right to rest by holding on to the boat, but the lifeguard cannot move you forward in the water.



	Demi-Esprit: One 1.9 km lap-Route/ BLUE Buoys
	Olympic: One 1.5 km lap-Route/ YELLOW Buoys
	Sprint: One 750-metre lap-Route /WHITE Buoys
	Initiation/ U13/U15: One 375-metre lap Route/ RED Buoys



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SWIM CAPS

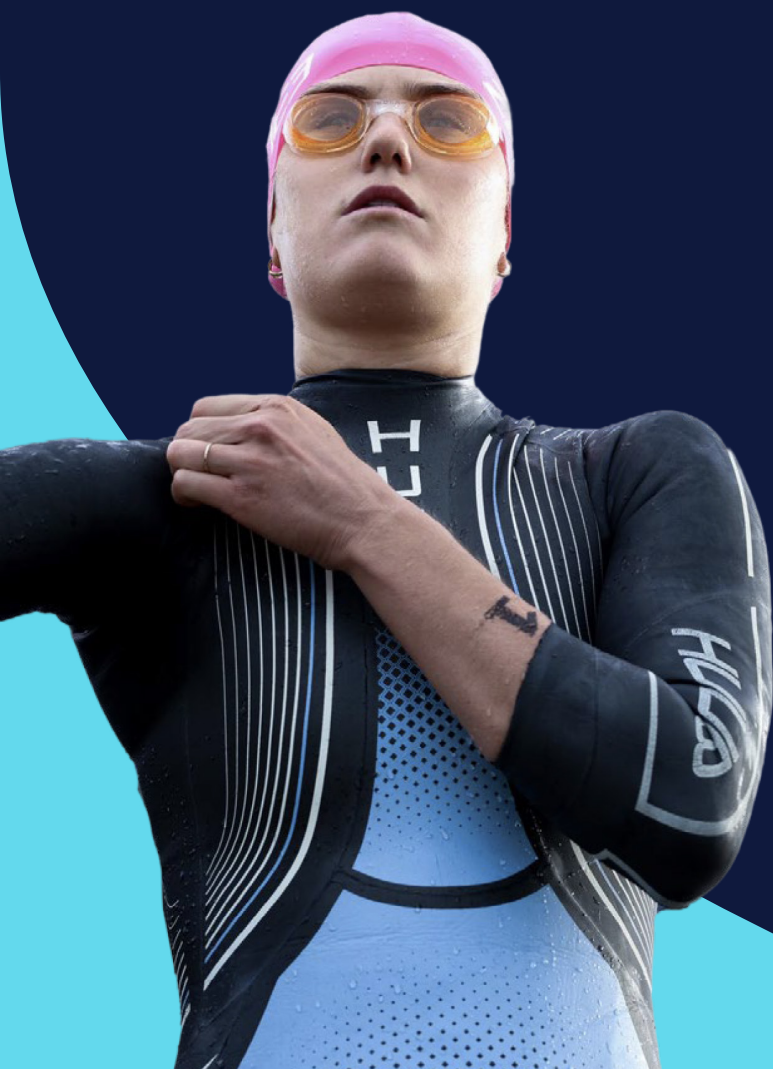


IMPORTANT

REMINDER: Yellow swim caps are available for athletes who are weaker swimmers. These caps help lifeguards identify athletes who have difficulty swimming and need to be watched closely.






SWIMMING






MAXIMUM TIMES




SPRINT TRIATHLON

-  **SWIM** 30 minutes after the last start
-  **BIKE** 2 hours after the last start
-  **RUN** 3 hours after the last start

TRIATHLON OLYMPIQUE

-  **SWIM** 1 hour and 10 minutes after the last start
-  **BIKE** 3 hours and 15 minutes after the last start
-  **RUN** 4 hours and 30 minutes after the last start

DEMI-ESPRI TRIATHLON (CANADIAN CHAMPIONSHIP)*

-  **SWIM** 1 hour and 40 minutes after the last start
-  **BIKE** 5 hours and 30 minutes after the last start
-  **RUN** 8 hours and 30 minutes after the last start



SWIMMING

**Boutique
du Lac**



WETSUITS

Wetsuits must be used in accordance with Triathlon Québec regulations.

An official decision about the use of wetsuits will be made by Triathlon Québec officials one hour before the first start of the day. Therefore, if you ask us ahead of time whether wetsuits are allowed, we won't be able to answer. Announcers and officials will provide information the morning of the event.

Wetsuit rental: You can rent a wetsuit for the triathlon. To ensure availability, we strongly recommend reserving your wetsuit in advance. Our swim partner la Boutique du Lac and Sailfish will have wetsuits to rent and will be onsite at the event. For more information, visit: <https://laboutiquedulac.com/en/pages/location-de-wetsuit>

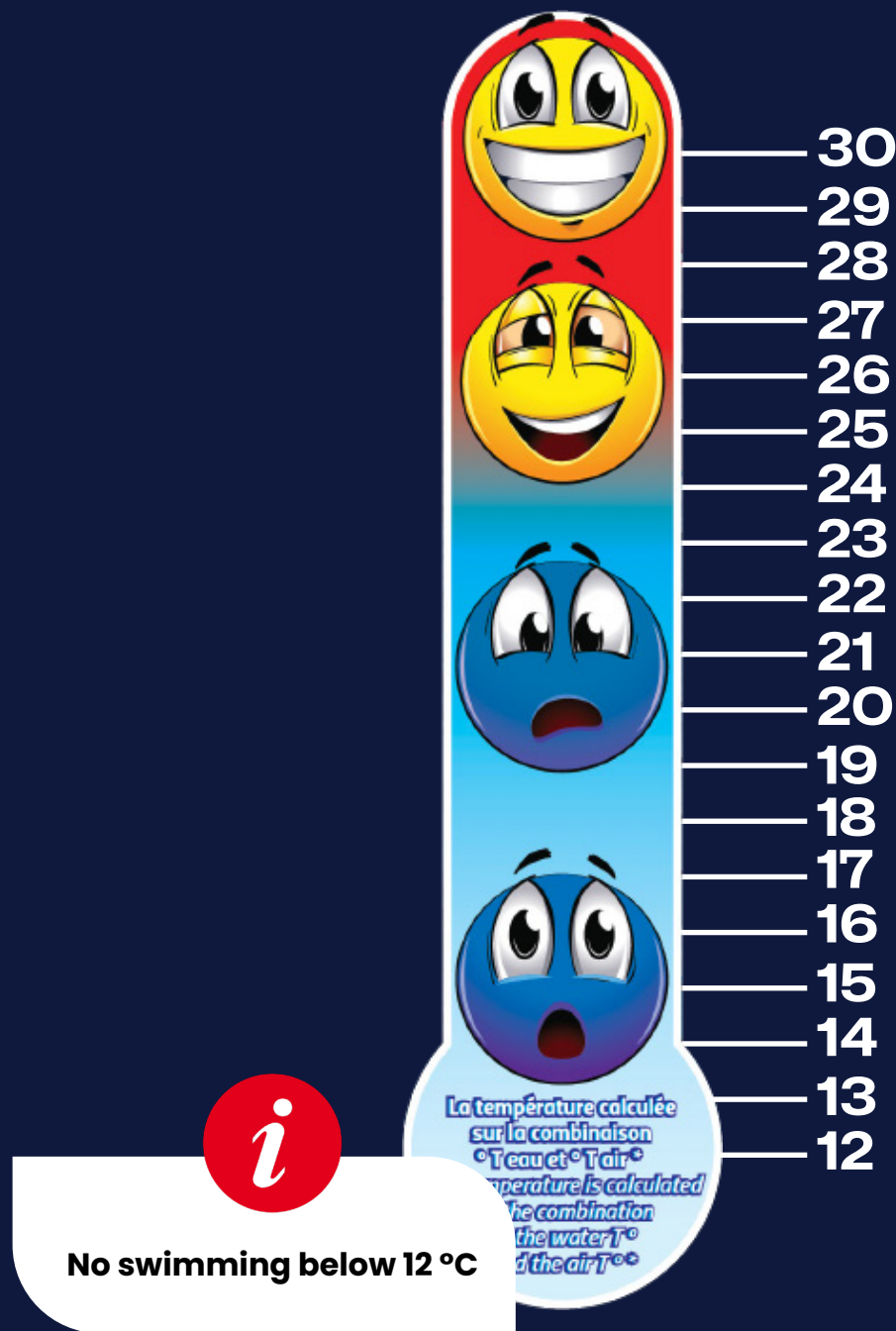


WETSUIT RULES

Wetsuits must be used in accordance with Triathlon Québec regulations. For more information, please use the QR code.

THERE ARE THREE POSSIBLE SCENARIOS:

- 1** Wetsuits are **ALLOWED** if the water temperature is between 16 °C and 22 °C (24.5 °C for the Demi-Esprit and for all athletes age 60 and older).
- 2** Wetsuits are **NOT ALLOWED** if the water temperature is above 22 °C for the Sprint and Olympic triathlons or 24.5 °C for the Esprit and Demi-Esprit triathlons and for those age 60 and older.
- 3** Wetsuits are **MANDATORY** if the water temperature is below 16 °C.





CYCLING

Set on Circuit Gilles-Villeneuve, the Esprit triathlon course is almost entirely flat and fast! Each lap is 4.3 km.

NUMBER OF LAPS:

Demi-Esprit: 21 laps (91 km)

Olympique: 9 tours (39.5 km)

Sprint and Junior/U23/Senior Canadian Championships

Try-a-tri, U13/U15: 2 laps (9.41 km)

LAP COUNTER BIG SCREEN

Demi-Esprit: when there are 20, 15, 10, 5, 3, 2, and 1 laps remaining. When the participant has completed the required number of laps (21), the screen will display TRANSITION.

Olympic: when there are 5, 3, 2, and 1 laps remaining. When the participant has completed the required number of laps (9), the screen will display TRANSITION.

Sprint Canadian championship Junior/U23 and Senior: when there is 1 lap remaining.

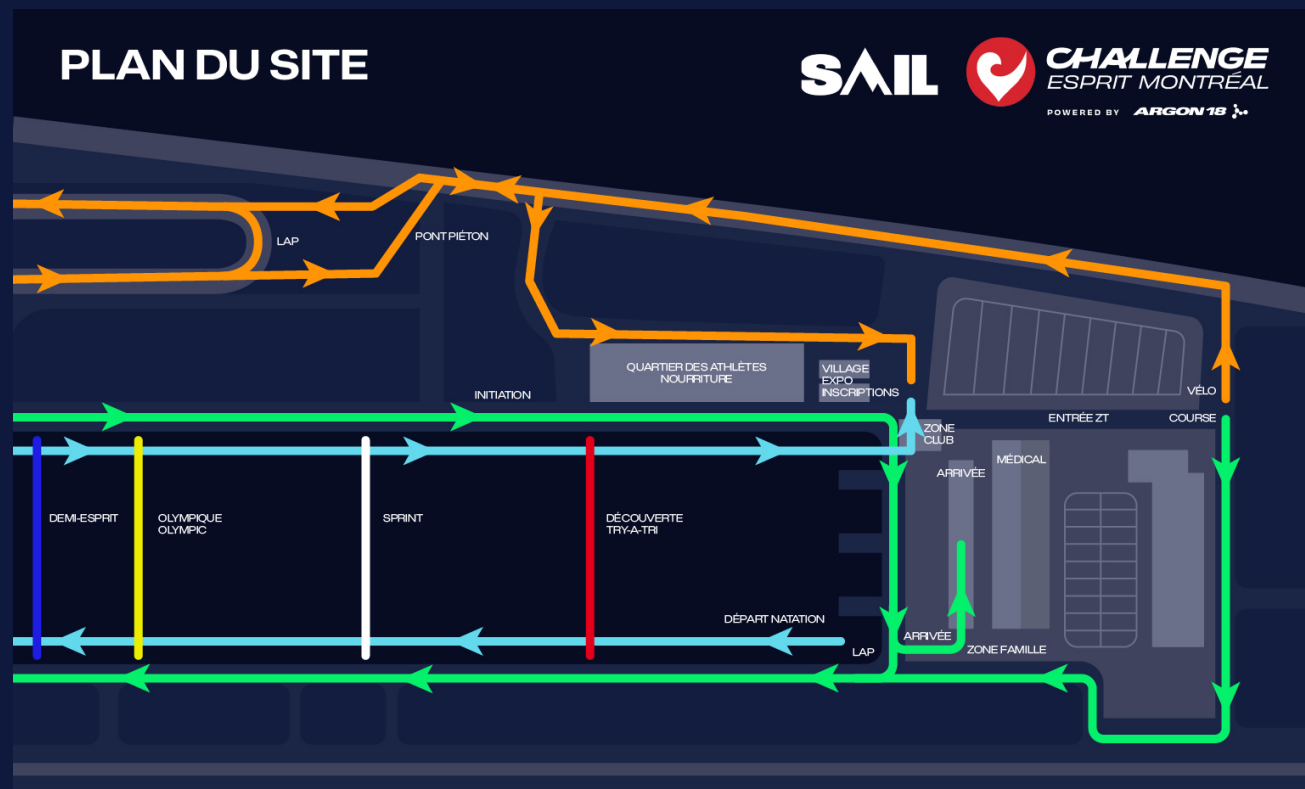
Initiation, U13/U15: when there is 1 lap remaining.



85	Beauchesne, Brooke	TRANSITION
86	Leishman, Sunnie	2 TOURS A FAIRE
87	Bouchard, Jorane	2 TOURS A FAIRE
88	Coppola, Abigail	2 TOURS A FAIRE
89	Pharand, Carolane	4 TOURS A FAIRE
90	Tarini, Philippe	2 TOURS A FAIRE
91	Vaudrin, Olivier	2 TOURS A FAIRE
92	Kerschner, Noel	2 TOURS A FAIRE
93	Hirrescu, Cezar	4 TOURS A FAIRE
94	Asselin, Émile	2 TOURS A FAIRE
97	Tu, Tony	TRANSITION
100	Maki Catta	TRANSITION



Continued on next
page



IMPORTANT

When you see your name on the giant screen along with the **word transition next to your name**, it is **IMPERATIVE** that you leave the bike course **IMMEDIATELY** after the screen. The screen shows the number of **TO COMPLETE** laps and is approximately 300 m before the bike course exit to provide enough reaction time. The bike exit will be on the right.

It is IMPERATIVE to slow down as much as possible when approaching the Circuit Gilles-Villeneuve entrance and exit. You must comply with the volunteers' instructions.



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page



MECHANIC SERVICE

A mechanic service will be provided at the hairpin on the Circuit Gilles Villeneuve and next to the transition.

water, electrolyte drinks, SPARK gels and bananas. (You must come to a stop to fill your bottles) or to pick up supplies. Volunteers will not hand out bottles if your bike is in motion.

TOILETS

There will be toilets at the aid station on the bike course.



AID STATION

An Aid station at the Grand Prix Garages on the bike course will be available for **Demi-Esprit triathlon participants only**. Participants will be offered



MINT'N DRY

BIKE CLEANING PRODUCTS



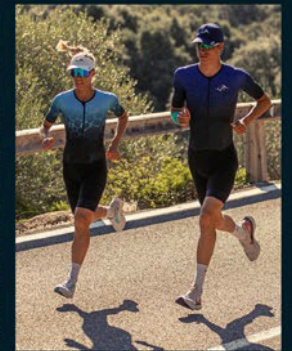
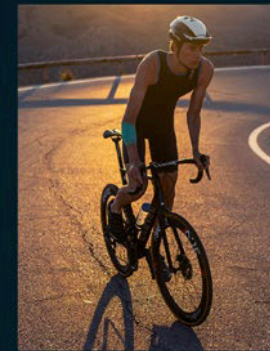
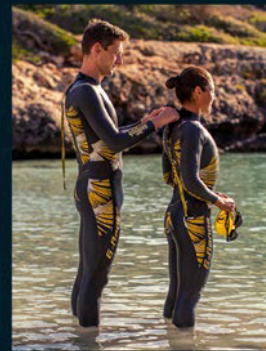
Proudly Canadian—
Tested and Trusted
by Triathletes from
Here.

MINT'N DRY is proud to partner
with Challenge Family events.
We salute all triathletes—local
and international—and wish
you performances as strong
and inspiring as the dedication
that brought you here.



LA 
BOUTIQUE
DU LAC

YOUR **SPECIALIST** IN
TRIATHLON EQUIPMENT



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(418) 841-5194
WWW.LABOUTIQUEDULAC.COM



RULES:

- Passing: On the day of the event, participants must ride on the left and pass on the right (the opposite of when driving in a car). A participant who violates these guidelines may receive a penalty for blocking.
- Your bike helmet must be fastened at all times (as soon as the bike is removed from the transition rack).
- Headphones and cell phones are not permitted.
- Cycling warm-up is not permitted on the day of the race on the Circuit Gilles-Villeneuve.
- Drafting is prohibited. Athletes must keep more than 12 metres between each bike except to pass. Athletes who want to pass will have 25 seconds to pass the cyclist in front of them.
- Athletes who have been passed will have 25 seconds to move back 12 metres before attempting to pass again.
- The drafting penalty is 30 seconds for Sprint and less, 1 minute for Olympic distance and 2 minutes for the demi distance. The penalty time will be added to the final time. For more information on drafting, see the Triathlon Québec regulations (in French) [here](#):

IMPORTANT

Remember that there are a lot of athletes on the track, so it's important not to crowd the bike course and to pay attention when overtaking. We recommend warning the person when passing (e.g., "passing on your right"). Remember to always be polite and courteous!



DRAFTING PENALTY

	Drafting	Blue card, 30 seconds (Sprint and less), 1 minute (Olympic), 2 minutes (Demi-Esprit) .
	Blocking, littering or other	Yellow card, 5 seconds (Try-a-tri), 10 seconds (Sprint), 15 seconds (Olympic), 30 seconds (Demi-Esprit).
	Red card or three blue cards	If an official shows you a red card or if you get a total of three blue cards, you will be disqualified from the race.

All bike penalties must be served at the penalty tent on the bike course located near the Dismount Line (yellow tent). Failure to stop at the penalty tent will result in the participant's automatic disqualification.





RUNNING

COURSE

Set around the Olympic Basin, the Esprit triathlon course is completely flat and extremely fast!

NUMBER OF LAPS

	Demi-Esprit: 4.5 laps (21.1 km) – You follow the outside of the Basin at all times. On the last lap, be sure to run on the walkway that crosses over the water to complete just a ½ lap of the Basin (see route map) .
	Olympic: 2 laps (10 km) – (see route map) .
	Sprint and Junior/U23/Senior Championships: 1 lap (5 km) – (see route map) .
	Try-a-tri, U13/U15 (2.5 km): ½ lap of the Basin (2.5 km): Be sure to pass over the walkway that crosses over the water to complete just a ½ lap of the Basin (see route map) .
	Duathlon Sprint (2.5 km): First lap: 1 lap of the basin (5 km). Second lap: ½ lap of the Basin (2.5 km): On the second lap, be sure to turn on the walkway that crosses the water to complete just a ½ lap of the Basin (see route map) .



Continued on
next page

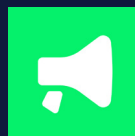


AID STATION

The running course has four Aid stations. Participants will be offered water and Spark Electrolytes drinks. Bananas, oranges, pretzels and flat coca-cola will also be available for Demi-Esprit athletes only. Some Aid station will also have portable toilets for participants.



We recommend that you avoid single-use bottles and bring your own reusable ones that you can fill at the four refreshment areas. There will be no single-use plastic water bottles on-site on the day of the event. Recyclable paper cups will be available



TRIATHLON
QUÉBEC

RULES:

- Passing: Run on the right, pass on the left.
- Cell phones and headphones are prohibited at all times during the run.
- You must wear your race bib at all times.
- You are not allowed to warm up on the running course.
- Throwing trash on the ground is not permitted, except at locations provided for that purpose.



FIER PARTENAIRE DE VOTRE PERFORMANCE

NOUVEAUTÉS 2025

NOUVEL EMBALLAGE

NOUVEAU FORMAT
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+ 40 MG DE
CALCIUM
PAR PORTION

SAIL



CHALLENGE
ESPRIT MONTRÉAL

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RELAY RACES (TEAM)

Relay participants must follow the same instructions as all other participants for all races. The organization will provide ONE timing chip per team. Team members will be required to exchange the chip in the relay zone near the transition between each discipline (swimmer to cyclist, cyclist to runner). Team members who have finished their race or are waiting to start may remain in the relay area but should avoid blocking the aisles. Participants who are not running will be able to pick up their medals at the finish line.

AQUABIKE

AQUABIKE participants start in the same waves as triathlon participants. For example, an athlete participating in the Aquabike Sprint distance event will be assigned a start in one of the Sprint triathlon waves.

Since the Aquabike event does not include running. The official time will automatically stop when the athlete crosses the timing mat at the entrance to the transition zone after completing the bike event. After completing the event, participants must bring their chip to the finish line to receive their participation medal.

FOOD

A post-race meal will be provided to every participant.



IMPORTANT

Unfortunately, we will not be able to accommodate food allergies. We therefore recommend that you take the necessary precautions if you have specific allergies. Our goal is to provide you with a delicious and culinary experience everyone can enjoy, so you can focus on your performance and get the most out of the event. Bon appétit!

AT THE FINISH LINE

Friends and / or family members (maximum of 4) can cross the finish line with the athlete at the appropriate moment. A designated area will be set up near the finish line for families to wait for their athlete. We want the athlete to share this moment with loved ones who have supported them throughout their journey. This policy ensures that each competitor has sufficient time to celebrate their achievement without interfering with other finishers, and it ensures the safety of all athletes, volunteers, and spectators.



MEDAL CEREMONY SCHEDULE

The medals of the winners in all categories will be awarded as soon as the list of winners is available. Medals by age group can be picked up at the medal table as soon as the results are available.

Category	Time	Who
Saturday		
Canadian Championship ELITE	9:30 am	Top 3 Junior Top 3 U23 Top 3 Senior
U13/U15	3:00 pm	TOP 3 U13 and U15
Try-a-tri	3:30 pm	TOP 3 Overall
Olympic Triathlon Olympic Aqua-Bike Olympic (Teams)	4:00 pm	-Top 3 Triathlon (Overall) -Top 3 Aqua-Bike (Overall) -Top 3 Teams (Overall) -Top 3 Age Group (5 years)
Sunday		
Sprint Duathlon	11:30 am	-Top 3 (Overall) -Top 3 Age Group (5 years)
Olympic Duathlon	1:00 pm	-Top 3 (Overall) -Top 3 Age Group (5 years)
Demi-Esprit Triathlon Demi-Esprit Aqua-Bike Demi-Esprit Teams	2 :30 pm	-Top 3 Demi (Overall) -Top 3 Aqua-Bike (Overall) -Top 3 Teams (Overall) -Top 3 Age Group (5 years)
Sprint Triathlon Aqua-Bike Sprint Sprint (Teams)	3 :00 pm	-Top 3 Triathlon (Overall) -Top 3 Aqua-Vélo (Overall) -Top 3 Équipes (Overall) -Top 3 Age Group (5 years)

DATEV CHALLENGE ROTH 2026 LOTTERY

The Challenge Family team is pleased to announce that one of our partners, the Parc Jean-Drapeau, is giving you a unique opportunity to participate in a lottery-and have a chance to reserve your spot for the incredible Datev ROTH Challenge 2026!

The mythical Datev ROTH Challenge triathlon, held yearly since 1984, puts the world's best triathletes in competition for 3.8 km of swimming, 180 km of cycling and 42.2 km of running in the heart of the German countryside. This is your chance to check it off your bucket list and proudly wear the bib for this race of lifetime.

When you receive your Demi-Esprit kits, you'll also have the chance to enter your name in the DATEV ROTH 2026 lottery. All you have to do is attend the DATEV ROTH official ceremony on Sunday at 3:30 p.m. and hope your name is drawn! You can then pick up your certificate, which includes a number and access code to sign up for DATEV ROTH and pay the fee. This will open the door to a unique triathlon experience in 2026.





CHALLENGE Esprit Montréal is one of the qualifying races for THE CHAMPIONSHIP. A total of 72 slots are available for the 2026 edition.

One slot is allocated for each of the top six in each age group (male and female) in the CHALLENGE FAMILY Demi and Long Distance races. Slots will roll down to 12th place in each category.

Athletes will have four weeks after completing their qualification race to confirm their slot. They will receive their time slot via email after the race.





MEDICAL

Our medical room is near the finish line. Our medical staff will be keeping an eye on participants throughout the event. First responders will be out on the course to help you in case of injury or discomfort. Medical personnel have the right to stop any participant during the event and withdraw them from the competition for their own safety.



QUALIFICATION FOR TRIATHLON AGE GROUP WORLD CHAMPIONSHIPS

The Challenge Esprit de Montréal triathlon offers several qualifying spots for the 2026 World Triathlon Multisport Championships

Here is an overview of the available qualification spots:

Long Distance triathlon (Demi-Esprit):

3 spots per age group for the 2026 World Multisport Championships in Abu Dhabi

Sprint duathlon: 3 spots per age group for the 2026 World Multisport Championships in Abu Dhabi

Olympic duathlon: 3 spots per age group for the 2026 World Multisport Championship in Abu Dhabi

Long Distance aquabike: 3 spots per age group for the 2026 World Multisport Championship in Abu Dhabi

Note that qualification is based on your age group at the 2026 World Championships (i.e., your age as at December 31, 2026, will be used). Official results will therefore be adjusted by one year for qualification.

To be eligible for selection, remember that you have until the day before the event to fill out your form and pay the related fees. **The form is available here:** <https://www.triathloncanada.com/fr/athletes-et-equipes/championnats-du-monde-ga/>



THE CHAMPIONSHIP
ŠAMORÍN-SLOVAKIA

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CHALLENGE FAMILY
RACE CALENDAR 2025

 LOTTO CHALLENGE GDAŃSK POLAND, 16 JUN 2024	MIDDLE	 CHALLENGE CANBERRA AUSTRALIA, 17 NOV 2024	MIDDLE OLYMPIC
 CHALLENGE KAISERWINKL-WALCHSEE AUSTRIA, 23 JUN 2024	MIDDLE	 CHALLENGE FLORIANÓPOLIS BRAZIL, 24 NOV 2024	MIDDLE
 CHALLENGE CAGNES-SUR-MER FRANCE, 29 JUN 2024	MIDDLE	 CHALLENGE SALINAS ECUADOR, TBC DEC 2024	MIDDLE
 DATEV CHALLENGE ROTH GERMANY, 7 JUL 2024	LONG	 CHALLENGE ISRAMAN ISRAEL, 31 JAN 2025	LONG MIDDLE
 SAIL CHALLENGE CAP QUEBEC CANADA, 21 JUL 2024	MIDDLE OLYMPIC	 GALLAGHER INSURANCE CHALLENGE WANAKA NEW ZEALAND, 15 FEB 2025	MIDDLE
 CHALLENGE NEW JERSEY STATE USA, 21 JUL 2024	OLYMPIC	 CHALLENGE CERRADO BRAZIL, 6 APRIL 2025	MIDDLE
 CHALLENGE TURKU FINLAND, 28 JUL 2024	MIDDLE	 ANFI CHALLENGE MOGÁN-GRAN CANARIA SPAIN, 26 APRIL 2025	MIDDLE
 CHALLENGE SANDEFJORD NORWAY, 24 AUG 2024	MIDDLE	 CHALLENGE TAIWAN TAIWAN, 26 APRIL 2025	LONG MIDDLE
 CHALLENGE ISTANBUL TÜRKIYE, 1 SEP 2024	OLYMPIC	 CHALLENGE CESENATICO ITALY, 11 MAY 2025	MIDDLE
 SAIL CHALLENGE ESPRIT MONTRÉAL CANADA, 8 SEP 2024	MIDDLE OLYMPIC	 OTSO CHALLENGE SALOU SPAIN, 11 MAY 2025	MIDDLE
 CHALLENGE SAMARKAND UZBEKISTAN, 8 SEP 2024	MIDDLE	 THE CHAMPIONSHIP SLOVAKIA, 18 MAY 2025	MIDDLE
 CHALLENGE BEIJING CHINA, 8 SEP 2024	OLYMPIC	 CHALLENGE ST PÖLTEN AUSTRIA, 25 MAY 2025	MIDDLE
 CHALLENGE ALMERE-AMSTERDAM NETHERLANDS, 14 SEP 2024	LONG MIDDLE	 CHALLENGE GERAARDSBERGEN BELGIUM, TBC 2025	OLYMPIC
 CHALLENGE SANREMO ITALY, 22 SEP 2024	MIDDLE	 CHALLENGE GUNSAN-SAEMANGEUM KOREA, TBC 2025	LONG
 CHALLENGE VIEUX BOUCAU FRANCE, 5 OCT 2024	MIDDLE OLYMPIC	 CHALLENGE GALLIPOLI TÜRKIYE, TBC 2025	MIDDLE
 CHALLENGE PEGUERA MALLORCA SPAIN, 19 OCT 2024	MIDDLE	 CHALLENGE WALES WALES, TBC 2025	MIDDLE
 CHALLENGE BARCELONA TRIATHLON SPAIN, 3 NOV 2024	OLYMPIC	 CHALLENGE MALAYSIA MALAYSIA, TBC 2025	MIDDLE

THE CHAMPIONSHIP
ŠAMORÍN-SLOVAKIA

ALL RACES ARE QUALIFICATION RACES FOR THE CHAMPIONSHIP

www.challenge-family.com #EveryAthleteEveryChallenge #AllAboutTheAthlete

PARTICIPANT SERVICES



TOILETS, SHOWERS AND CHANGING ROOMS

Participants will have access to the toilets, changing rooms and showers in the Athletes' Quarters. There will be no bag drop-off service, so participants will have to leave all their equipment in the transition zone in the space provided for each athlete or in their vehicle. Lockers are available in the Athletes' Quarters. We strongly recommend that you do not leave valuables in your bags in the transition zone.

EXHIBITOR VILLAGE

Our sponsors Swim PLUS, Sailfish and Boutique du Lac will be on site to help you with wetsuit rentals/purchases and mechanical problems with your bike.

For wetsuit rentals, head to the Boutique du Lac website: <https://laboutiquedulac.com/en/pages/location-de-wetsuit>

Many exhibitors on site to fulfill your triathlon experience

CLUB ZONE

Clubs can bring a tent and set it up in the club area near the swim start. It's necessary to reserve a free space for your club in the club zone, email us at info@challengeespritmontreal.com

LA
BOUTIQUE
DU
LAC



sailfish



FOOD

A post-race meal will be provided to every participant.

Food service for spectators at Parc Jean-Drapeau is very limited. Please plan accordingly.

Please note that we are not able to accomodate food allergies and preferences.



NO OVERNIGHT PARKING

Overnight parking (cars, RVs, etc.) is prohibited at all times on the Parc Jean-Drapeau site.



MEDALS AND JERSEYS

Jerseys and participation medals will be available to all participants. The jerseys will be handed out at the same time as the participant kit and medals will be given out at the finish line.

* Please note that we cannot guarantee that we will have your size. The first people to pick up their jerseys will have a better pick of sizes.

CERTIFICATION



Did you know that the SAIL Challenge Esprit Montréal triathlon powered by Argon 18 was awarded Silver ÉcoTQ certification in 2024?

First, let's explain what ÉcoTQ certification is.

It's an evaluation system based on five main criteria: human resources and land management, food, waste and energy management, environmental awareness and education, and lastly, transportation, travel and greenhouse gas (GHG) emissions.

We're extremely proud to announce that we met Triathlon Québec's environmental responsibility requirements for silver certification during our event last year.

The Écho-Logique consortium even recorded a 702 kg drop in waste between the 2019 and 2023 editions!

With the goal of continually improving, we're updating our informative posters to better guide you through the organic waste collection process. Please follow the signs posted near the garbage, recycling and composting bins.

We will also be changing our water cups on the course to only cardboard cups.

Thank you to all those who took part in our green team survey on greenhouse gas emissions. We also encourage you to plan your travel to the 2025 event and come by bike, public transport, carpool or electric car.

The SAIL Challenge Esprit Montréal triathlon powered by Argon 18 team

DONATIONS

This year, we have the opportunity to make a significant difference beyond the roads we run on. In an effort to support the local community and offer valuable assistance to those in need, we are launching a special initiative in partnership with the Old Brewery Mission.

We invite you to join us by bringing your unused sneakers. These shoes, which may have already traveled miles on roads and trails, can now find a new life and bring comfort to those in need.

The Old Brewery Mission is committed to redistributing these donations equitably to the less fortunate in our community. Your acts of generosity can have a real impact on someone's life by providing a little comfort and dignity.

When packing your gear for the SAIL Challenge Esprit Montréal, don't forget to include your unused sneakers. Together, we can turn our steps into a source of hope and support for those who need it most.

MISSION
OLD BREWERY





SAIL  **CHALLENGE**
ESPRIT MONTRÉAL
POWERED BY ARGON 18

JOIN OUR MOVEMENT AND HELP IT SUCCEED

- 1** Choose public transit and carpooling
- 2** Practice recycling and on-site composting
- 3** Reduce excess packaging and waste
- 4** Use water refill stations
- 5** Download paperless digital tools

**Will you join us for a
healthier planet?**



BIOSPHERE

2025

CERTIFIED



SAIL Challenge
Esprit Montréal

For demonstrating compliance with Biosphere Sustainable actions aligned with the 17 Sustainable Development Goals of the United Nations' 2030 Agenda, actively involving employees in a shared mission, and receiving positive recognition from customers.

Dr. Tomás de Azcárate Bang
RTI President



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CHALLENGE
ESPRIT MONTRÉAL

PROPULSÉ PAR **ARGON 18** 

**ENJOY YOUR TRAINING,
AND SEE YOU SOON!**

**REGISTRATION OPENING WEDNESDAY
1PM SEPTEMBER 3RD 2025.**

DON'T MISS YOUR CHANCE

Notre-Dame Island
Olympic Basin
Circuit Gilles-Villeneuve
QUÉBEC, CANADA

challenge-espritmontreal.com