

SAIL



CHALLENGE
ESPRIT MONTRÉAL

POWERED BY **ARGON 18**

ATHLETE'S GUIDE

September 11, 12, 13, 2026

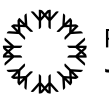
Notre-Dame Island
Olympic Basin
Circuit Gilles-Villeneuve
QUÉBEC, CANADA

challenge-espritmontreal.com



Québec 

Montréal 



Parc
Jean-Drapeau



TRIATHLON
QUÉBEC

TRIATHLON
CANADA



TABLE OF CONTENTS

Official wording

CEO, Challenge Family.....	4
General manager, Société du parc Jean-Drapeau	5
President and chief executive officer, Sail plein air inc.....	6
CEO, ARGON 18	8
Sail Challenge Montréal team	9
Site map	10
Access to the competition site.....	11
Race kit distribution.....	12
Pre-race briefing.....	13
Clinic: My first triathlon	13
Open water swim training	13
List of race equipment.....	14
Timing and results.....	16
Electronic chips	17
Check-in process on the day of your event	18
Transition zone.....	18
Triathlon Québec Rules.....	18
Swimming start process, duathlon start process	19



**Continued on
the next page**



SWIMMING	20
Maximum times	21
Wetsuits	22
Wetsuit rules	23



CYCLING	24
Number of laps, lap counter big screen	24
Mechanic service, toilets, aid station	25
Rules	27
Drafting penalty	28



RUNNING	29
Number of laps	29
Aid station, rules	30
Relay races (team), food	32
At the finish line	33
Medal ceremony schedule	34
Datev Challenge Roth 2027 lottery	35
The Championship	36
Qualification for triathlon age group world championships	37
Participant services	39
Certification ÉcoTQ Argent	41



Dear Athletes,
Welcome to another record-breaking edition of SAIL Challenge Montréal powered by Argon 18! We're incredibly proud of how this iconic event with so much heritage continues to grow and we thank you sincerely for all your support. There is no doubt this will be another

incredible three days of swim, bike and run and we look forward to sharing all your finish lines dreams with you as you achieve your goals.

Thank you for your passion and commitment to race SAIL Challenge Montréal powered by Argon 18 and for your trust in Challenge Family. I also express my thanks to Dominique Piché and his team who have worked so hard over the past year to bring the event to you. And special thanks must go to the countless volunteers, local stakeholders, sponsors, as well as the local community for their support.

Challenge Family is all about the athlete and I know you will once again experience this for yourself with the friendly and inclusive atmosphere that prevails at all our races around the globe and especially so here in Montréal. The community's warm hospitality, the fast course and incredible setting all combine to create an unforgettable race experience.

I wish you all the very best for your race and see you at the finish line!

JORT VLAM
CEO, CHALLENGE FAMILY





It is with great enthusiasm that we welcome a new edition of the SAIL Challenge Esprit Montréal at Parc Jean-Drapeau, an emblematic place where sport takes on its full meaning.

In this year marking the 50th anniversary of the Montreal Olympic Games, we are particularly proud to host this event on a site that has seen the birth of one of the greatest sporting legacies in Quebec and Canada.

With swimming in the Olympic Basin, cycling on the legendary Circuit Gilles-Villeneuve and running on Île Notre-Dame, the Park offers an exceptional setting to experience all the intensity of triathlon.

We invite all participants to take full advantage of this edition and to soak up the unique energy that is the strength of the SAIL Challenge Esprit Montréal.

We wish you every success throughout this sports weekend.

VÉRONIQUE DOUCET
EXECUTIVE DIRECTOR
SOCIÉTÉ DU PARC JEAN-DRAPEAU



Parc
Jean-Drapeau



Dear participants, volunteers, and outdoor enthusiasts,

SAIL is proud to renew its commitment as the title partner of the 42nd edition of the Challenge Esprit Montréal. We are thrilled to be, for the third consecutive year, the title partner of this iconic Montréal event, alongside such an inspiring community of triathletes.

More than just a race, 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 are a seasoned triathlete or taking part in your very first triathlon, we encourage you to enjoy every moment and take pride in your accomplishment.

We would like to highlight the exceptional 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 truly make all the difference.

We wish you all a fantastic race!

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

SAIL

An advertisement for SAIL featuring three triathletes running on a rocky trail at sunset. The woman in the foreground is wearing a green and red jacket and a green cap. The man behind her is wearing a black jacket and a white cap. The man to the right is wearing a black jacket and a white cap. The background shows a rocky trail with evergreen trees under a sunset sky.

SAIL

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

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sail.ca



Argon 18 is proud to renew its partnership with Challenge Montréal as a presenting partner. Year after year, this event continues to grow and has firmly established itself as a mustattend gathering for the entire triathlon community. We are truly delighted to be part of it once again.

Challenge Family and the entire Challenge Montréal team do an outstanding job of delivering an unforgettable experience not only for the athletes, but also for everyone who comes out to cheer them on. From start to finish, the energy here is unmatched!

Triathlon has always been at the heart of Argon 18. It's part of who we are, here in the province of Québec and around the world. Returning to Montréal, surrounded by such passion and commitment, gives this event a particularly meaningful dimension for us.

Whether you are lining up for the Discovery/Initiation race (for ages 12 and up) or taking on the Sprint, Olympic, or Half-Spirit distances, you are part of something truly special!

To all athletes: savor every moment. Push your limits, trust your preparation and embrace the experience fully. Whether you're aiming for the podium or a personal best, this is your day, make it unforgettable.

Best of luck to each and every one of you. We look forward to seeing you out on the course!

MARK HEWITT
CEO, ARGON 18



Athletes,

On behalf of the entire production team for this event, we welcome you to the 43rd edition of the Sail Challenge Montréal powered by Argon 18!

As triathletes, you are often asked why you chose this kind of challenge. Why train early, sleep little, and willingly endure discomfort? The answer lies in the determination you show every single day. Triathlon is not just a sport – it's a life story!

You never let the fear of failure hold you back. Remember: today's sweat is tomorrow's success. Every precise stroke in the water, every pedal stroke, every kilometer you run brings you closer to your goal. Your discipline is your greatest asset!

On Saturday and Sunday, September 12 and 13, you will not choose the easy path: you will choose victory over yourself! Triathlon is an individual sport, but success is a collective achievement!

Be proud of what you have accomplished. To succeed is to begin, to persevere, and to cross the finish line together. Thank you for being models of determination!

The accomplishment and success of this event would not be possible without the invaluable collaboration and unwavering commitment of our major partners: Sail, Argon 18 and the Parc Jean Drapeau.

Finally, we would like to express our deepest gratitude to the more than 500 dedicated volunteers who are part of our large family. Their generosity, energy, and enthusiasm are invaluable assets to the success of your triathlon.

Know that there is something more powerful than the will to win: the courage to begin!

Congratulations, and see you soon at your finish line!

FROM YOUR SAIL CHALLENGE MONTRÉAL TEAM!

Randy Ferguson

Alexandre Charest

Sébastien Carrier

Jérémie Fradette-Roy

Ryan Raymond

Dany Tremblay Nicolas Simard Sandra Issaco Philippe-Olivier Belcourt

Denis Gingras Sunny Lam Michel Gagné Nicholas Fradette Amy Page

Sebastian Hernandez Eric Saindon Marc Gosselin Lyne Brisebois

Lori Pilko Audrey Roy André Gagné Craig Clow

Nelson Giraldo Annie Mercier Sylvie Aubin

Frédérique Lavoie

Yvon Rivest

Patrick Vachon

Claudine Pinel

Caroline Longchamp

Samuel Therrien

Robert Mahais

Steve Corbeil

Yvon Rivest

Dominique Piché Isabelle Fradette

Jérôme McEniry Elaine Langlais

Losiane Hervieux

Michel Gagné

Myranie Tremblay

Sophie Yergeau

Beatrice Vallière

Mathieu Bouffard

Audrey-Anne Veillette

SAIL



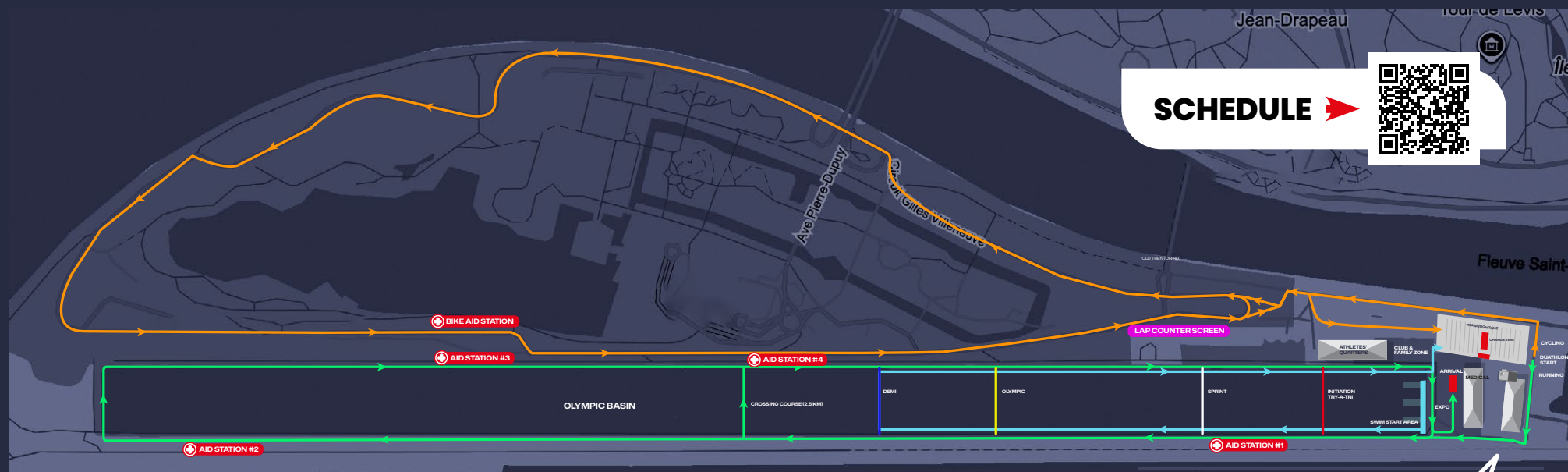
CHALLENGE
ESPRIT MONTRÉAL

POWERED BY ARGON 18

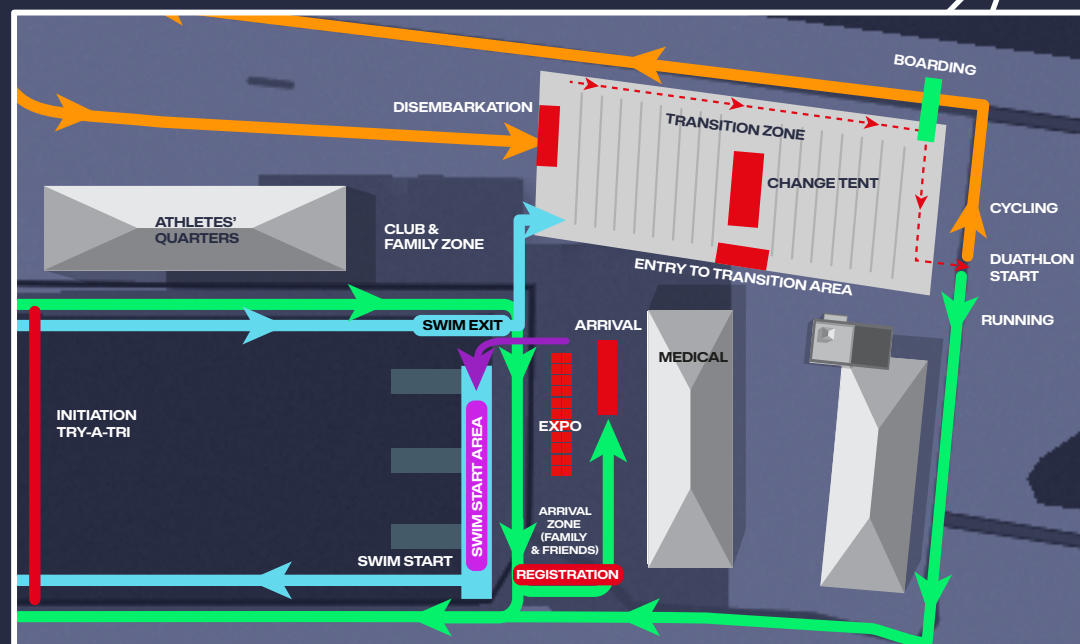
TRIATHLON SAIL Challenge Esprit Montréal 2026

9

SITE MAP



DISTANCE	SWIMMING	CYCLING	RUNNING
Initiation/ Try-a-tri	1 lap (375m) ▲ Red buoys	2 laps (9.41 km)	½ lap (2.5 km)
Sprint	1 lap (750m) ▲ White buoys	4 laps (18.1 km)	1 lap (5 km)
Olympic	1 lap (1.5 km) ▲ Yellow buoys	9 laps (39.5 km)	2 laps (10 km)
Demi	1 lap (1.9 km) ▲ Blue buoys	21 laps (91 km)	4 ½ laps (21 km)



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 (Québec) H3C 6J6

OFFICIAL ADDRESS FOR PARKING (SATURDAY AND SUNDAY)

2, ch. du Tour de l'Isle
Montreal (Québec) H3C 0K7, Canada



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:

Due to the multiple events taking place at Parc Jean-Drapeau during the Triathlon weekend, the P2 Annex parking lot located near the transition area will not be available. All participants wishing to travel by car must park at La Ronde Parking Lot (P8), located on Île Sainte-Hélène at the following address:

2, ch. du Tour de l'Isle, Montréal, QC H3C 0K7, Canada.

The cost of parking is \$27.99 for the day and can be purchased in advance on the following website: <https://laronde.com/drinks-dining-deals/#parking>.

The P8 parking lot gates will open at 5:00 a.m. and will remain open until the end of the event or until all parking spaces are filled.

Please allow 15–20 minutes to walk from the parking lot to the main event site.

RACE KIT DISTRIBUTION

ATHLETE'S QUARTERS

140 chemin du Chenal Le-Moyne, Montreal (Quebec) 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 P2 and P2 Annex parking lots close to the transition area will be open to participants attending the participant kit pickup on Thursday and Friday, but will be closed to vehicles on Saturday and Sunday. Parking for vehicles on Saturday and Sunday will be available at the P8 parking lot, located at 2, ch. du Tour de l'Isle, Montréal, QC H3C 0K7, Canada **(see page 11 for additional information)**.

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:



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 Team Proxy form on the Esprit website by clicking on the proxy form tab:](https://challenge-espritmontreal.com/athletes/)

<https://challenge-espritmontreal.com/athletes/>

BEFORE THE EVENT:

Thursday, September 10
Friday, September 11

4:00 p.m. to 8:00 p.m.
4:00 p.m. to 8:00 p.m.

DURING THE EVENT:

Saturday, September 12
Sunday, September 13

5:30 a.m. to 2:00 p.m.
5:30 a.m. to 2:00 p.m.

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 9 at 6:00 p.m. - **FRENCH**

Wednesday, September 9 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.

CLINIC : MY FIRST TRIATHLON

Join us on **Thursday, September 10 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 10 and Friday, September 11 between 5:00 p.m. and 6:30 p.m.** The training will be near the Athletes' Quarters.

LIST OF RACE EQUIPMENT

✓	 SWIMMER	✓	 CYCLIST	✓	 RUN	✓	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 or running shoes				
			Sticker on your bike and helmet (provided by the organizers)				

ATHLETE'S WRIST BAND

A wristband displaying your athlete number will be attached to your wrist when you pick up your athlete kit. It identifies you as an official participant and must be worn at all times during the event.

The wristband allows medical personnel to quickly identify you and grants you access to the transition area and athlete-only zones.

If you are not wearing your wristband, or if it has been altered or tampered with, you will not be permitted to enter the transition area or retrieve your bike or equipment from the transition area after the race.

RACE BIB

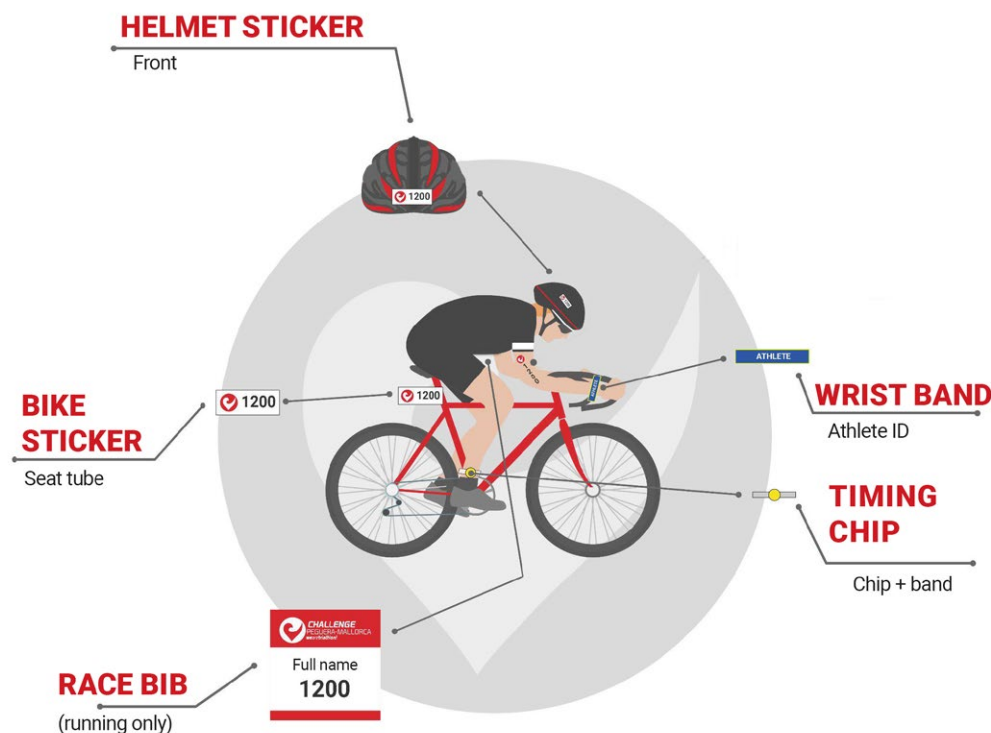
Only wear the race bib when running, as shown in the drawing.

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.

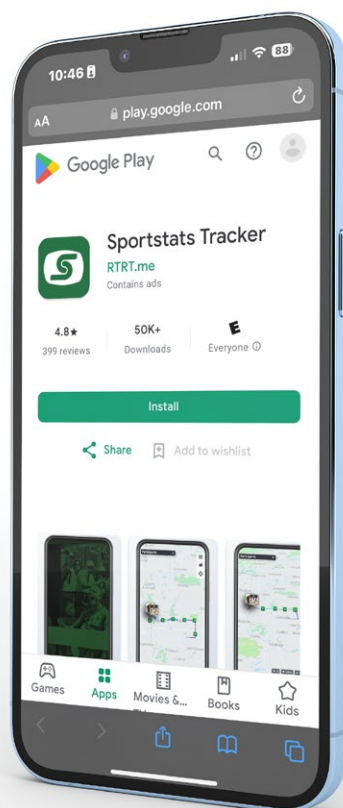
The results will not be displayed on-site.

QR CODE FOR THE SPORTSTATS APP

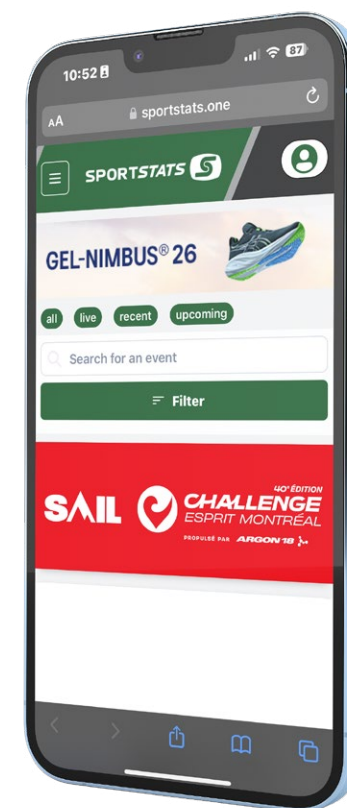
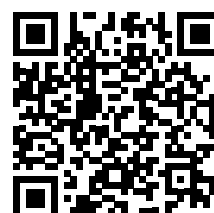
Android QR code to app:



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 transition zone.

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 5:30 am on 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 RULES

<https://www.triathlonquebec.org/officiels/reglements/>

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.

DUATHLON START PROCESS

Sprint duathlon 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.**
- 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/Try-a-Tri: One 375-metre lap Route/ RED Buoys

➤ Continued on the next page



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

OLYMPIC TRIATHLON

	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-ESPRIT TRIATHLON

	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



LA
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/collections/triathlon>.



WETSUIT RULES

Wetsuits must be used in accordance with Triathlon Québec regulations. For more information, please consult the Triathlon Québec Rules: <https://www.triathlonquebec.org/series-evenements/regles-competition>

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)
Olympic: 9 laps (39.5 km)
Sprint: 4 laps (18.1 km)
Try-a-tri: 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.
Try-a-tri: 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	Hirsescu, Cezar	4 TOURS A FAIRE
94	Asselin, Émile	2 TOURS A FAIRE
97	Tu, Tony	TRANSITION
100	Maki Gatto	TRANSITION

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.



MECHANIC SERVICE

There will be a mechanical service at the event venue. Mechanical support is provided by our partner Argon 18.

TOILETS

There will be portable toilets at the aid station on the bike course **for Demi-Esprit participants only.**



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 find water, electrolyte drink, SPARK gels and bananas. Please note you must stop at the aid station to refill your bottles or collect supplies. Volunteers will not hand bottles to you while you are riding.



**Continued on the
next page**



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.



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DU LAC**

YOUR **SPECIALIST** IN
TRIATHLON EQUIPMENT



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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 penalty for drafting is 30 seconds for Sprint and shorter distances, 1 minute for Olympic distances, and 2 minutes for the Demi-Esprit distance.



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

Officials on the bike course may issue penalties and issue cards as follows.



Drafting

Blue card, A time penalty of **2 minutes for half (Demi)**, **1 minute for Olympic**, and **30 seconds for sprint** will be added to your final time.



Blocking, littering or other

Yellow card, A time penalty of **30 seconds for half (Demi)**, **15 seconds for Olympic**, and **10 seconds for sprint** will be added to your final time.



Red card or three blue cards

If an official shows you a red card, or if you accumulate 3 blue cards, **you will be disqualified from the race.**

All penalties will be added to your final time.

TRIATHLON
QUÉBEC





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 map) .
	Olympic: 2 laps (10 km) – (See map) .
	Sprint: 1 lap (5 km) – (see map) .
	Try-a-tri (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 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 map) .



 Continued on the next page



AID STATION

The run course has 4 aid stations. Participants will find water and SPARK electrolyte drink. For Demi-Esprit athletes only, there will also be SPARK gels, bananas, oranges, and cola. Some aid stations 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.



THE OFFICIAL
ON-COURSE
NUTRITION

**PROUD TO PARTNER WITH THE SAIL
CHALLENGE ESPRIT MONTRÉAL**

Visit us at the SPARK booth to discover our
products and fuel up



READY TO
PERFORM?

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 transition zone. 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.



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

Due to the number of starts and waves, there will not be an official medal ceremony by age group but only for the Top 3 Men and Women of each event and the top 3 teams of each distance.

Participants who finish in the top 3 of their age group are invited to come collect their medals and take photos at the podium from the following times:

SATURDAY

Olympic: from 3:00 PM

SUNDAY

Sprint Duathlon: from 12:00 PM

DEMI-ESPRIT: FROM 12:30 PM

SPRINT: FROM 1:00 PM

The Challenge Family Montréal medal is inspired by part of Montréal's coat of arms: it features a white pine uprooted in gold, a fleur-de-lis, a rose, a thistle and a clover, all depicted in natural colors.



DATEV CHALLENGE ROTH 2027 LOTTERY

LOTTERY The Challenge Family team is honored to give you a unique opportunity you a unique opportunity to participate in a lottery—and have a chance to reserve your spot for the incredible Datev ROTH Challenge 2027!

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.

At the DATEV Roth lottery on the main stage, you will have the opportunity to enter your name in the DATEV ROTH 2027 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 2027.





THE CHAMPIONSHIP

CHALLENGE Esprit Montréal is one of the qualifying races for THE CHAMPIONSHIP. A total of 72 slots are available for the 2027 edition.

One slot is allocated for each of the top six in each agegroup (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.



QUALIFICATION FOR TRIATHLON AGE GROUP WORLD CHAMPIONSHIPS

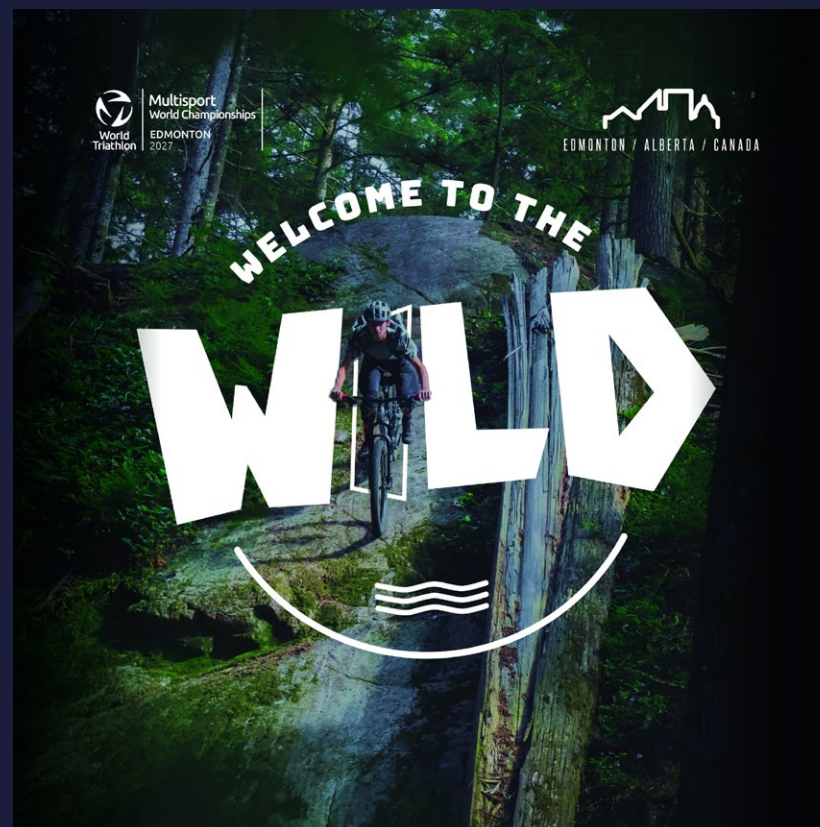
The Challenge Esprit Montreal Triathlon offers one (1) Age Group qualifying spot for the 2027 World Triathlon Multisport Championships in Edmonton in the Long Distance Triathlon event.

Please note that qualification is based on your age group for the 2027 World Championships (i.e., your age as of December 31, 2027). As a result, the official race results will be adjusted by one year for qualification purposes.

To be eligible for selection, you must submit your Expression of Interest and pay the associated fee no later than the day before the event.

The Expression of Interest form is available here:

<https://www.triathloncanada.com/athletes-teams/>





QUALIFY NOW!
23 MAY 2027
www.thechampionship.de

CHALLENGE FAMILY

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 the universe of sports, leisure and innovation



CHALLENGE FAMILY

RACE CALENDAR 2026

 CHALLENGE ISRAMAN ISRAEL, 30 JAN 2026 Ⓞ LONG MIDDLE	 CHALLENGE TURKU FINLAND, 26 JUL 2026 MIDDLE
 CHALLENGE SIR BANI YAS ABU DHABI, 30 JAN - 1 FEB 2026 LONG MIDDLE OLYMPIC	 CHALLENGE FORTALEZA BRAZIL, 30 AUG 2026 MIDDLE
 GALLAGHER INSURANCE CHALLENGE WĀNAKA NEW ZEALAND, 21 FEB 2026 MIDDLE	 CHALLENGE ALMERE-AMSTERDAM NETHERLANDS, 12 SEP 2026 LONG MIDDLE
 CHALLENGE MOGÁN-GRAN CANARIA SPAIN, 18 APR 2026 MIDDLE	 SAIL CHALLENGE ESPRIT MONTRÉAL CANADA, 13 SEP 2026 MIDDLE OLYMPIC
 GDANSK MARATHON POLAND, 19 APR 2026 MARATHON	 CHALLENGE SAMARKAND UZBEKISTAN, 13 SEP 2026 MIDDLE
 CHALLENGE FLORIANÓPOLIS BRAZIL, 19 APR 2026 MIDDLE	 CHALLENGE SANREMO ITALY, 4 OCT 2026 MIDDLE
 CHALLENGE TAIWAN TAIWAN, 23-26 APR 2026 Ⓞ LONG MIDDLE OLYMPIC	 CHALLENGE VIEUX BOUCAU FRANCE, 10 OCT 2026 MIDDLE OLYMPIC
 CHALLENGE CESENATICO ITALY, 10 MAY 2026 MIDDLE	 CHALLENGE PEGUERA MALLORCA SPAIN, 17 OCT 2026 MIDDLE
 CHALLENGE SALOU-COSTA DAURADA SPAIN, 10 MAY 2026 MIDDLE SHORT	 CHALLENGE MALAYSIA MALAYSIA, 18 OCT 2026 MIDDLE
 THE CHAMPIONSHIP SLOVAKIA, 24 MAY 2026 MIDDLE	 CHALLENGE SHANGHAI CHINA, 24 OCT 2026 MIDDLE
 CHALLENGE ST PÖLTEN AUSTRIA, 31 MAY 2026 MIDDLE	 CHALLENGE BARCELONA SPAIN, 25 OCT 2026 MIDDLE SPRINT OLYMPIC
 LOTTO CHALLENGE GDAŃSK POLAND, 21 JUN 2026 MIDDLE	 CHALLENGE FORTE VILLAGE SARDINIA ITALY, 25 OCT 2026 MIDDLE
 CHALLENGE KAISERWINKL-WALCHSEE AUSTRIA, 28 JUNE 2026 MIDDLE	 CHALLENGE XIAMEN CHINA, 7 NOV 2026 MIDDLE OLYMPIC
 SAIL CHALLENGE CAP QUÉBEC CANADA, 28 JUNE 2026 Ⓞ LONG MIDDLE OLYMPIC	 CHALLENGE CANBERRA AUSTRALIA, 22 NOV 2026 MIDDLE OLYMPIC
 CHALLENGE SANDEFJORD NORWAY, 28 JUNE 2026 MIDDLE	 CHALLENGE FLORIANÓPOLIS BRAZIL, 29 NOV 2026 MIDDLE
 DATEV CHALLENGE ROTH GERMANY, 5 JULY 2026 Ⓞ LONG	
 CHALLENGE GUNSAN-SAEMANGEUM KOREA, 12 JULY 2026 MIDDLE	

ALL RACES ARE QUALIFICATION RACES FOR THE CHAMPIONSHIP

#EveryAthleteEveryChallenge #HeartOfTriathlon • www.challenge-family.com

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 recommended that you do not leave valuables in your bags in the transition zone.

Portable toilets will be set up throughout the site and along the course.

EXHIBITOR VILLAGE

Our sponsors 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/pages/location-de-wetsuit>.

Bike mechanical services will also be provided by **Argon 18**. They will be available in the expo area and on the bike course.

CLUB ZONE

Clubs can bring a tent and set it up in the club area. 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**





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.



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.

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!

CERTIFICATION

ÉCO

TQ ARGENT

Did you know that the SAIL Challenge Esprit Montréal triathlon powered by Argon 18 was awarded Silver ÉcoTQ certification in 2025?

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 2024 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 2026 event and come by bike, public transport, carpool or electric car.

We look forward to seeing you at the 2026 «Verte en couleur» edition!

The SAIL Challenge Esprit Montréal triathlon powered by Argon 18 team



JOIN OUR MOVEMENT AND HELP IT SUCCEED

- 1** Choose public transit and carpooling
- 2** Practice four-stream sorting of your residual materials: recycling, composting, return of deposit containers, and waste disposal.
- 3** Reduce excess packaging and waste
- 4** Use water refill stations
- 5** Download paperless digital tools

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

SAIL



CHALLENGE
ESPRIT MONTRÉAL

POWERED BY **ARGON 18**



BIOSPHERE

2026

CERTIFIÉ



SAIL Challenge
Esprit Montréal

Pour avoir démontré le respect des actions de Biosphere Sustainable , alignées sur les 17 Objectifs de Développement Durable de l'Agenda 2030 des Nations Unies, engageant les employés dans un projet commun et étant positivement valorisés par leurs clients.


Dr. Tomás de Azcárate Bang
Président, RTI

OBJECTIFS
DE DÉVELOPPEMENT
DURABLE



WE GOT YOUR BACK



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ESPRIT MONTRÉAL 2026 MERCHANDISE

POUR VOIR PLUS D'ITEMS, VISITEZ NOUS À L'EXPO
FOR MORE ITEMS PLEASE VISIT US AT THE EVENT EXPO



HOODIE (BACK)



RUNNING SHORTS



TRAINING PANTS



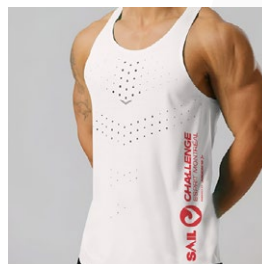
QUARTER ZIP



LIGHTWEIGHT HOODIE



RUNNING JACKET



SINGLET



QUARTER ZIP HOODIE

THANK YOU TO OUR VOLUNTEERS



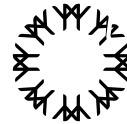
TITLE PARTNER



PRESENTING PARTNER



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GOLD



SILVER



RSE

BRONZE





SAIL



40^e ÉDITION
CHALLENGE
ESPRIT MONTRÉAL

PROPULSÉ PAR **ARGON 18** 

**HAVE A GREAT RACE –
WE LOOK FORWARD TO SEEING
YOU AGAIN IN 2027.**

DON'T MISS YOUR CHANCE!

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

challenge-espritmontreal.com

