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Decide which teammate **WILL START** and make sure s/he is wearing the **BIB** and team timing **CHIP** correctly.

The entire team can join the start but **ONLY ONE PARTICIPANT** may wear the **BIB** and team **CHIP**.



## Meet at the **STARTING LINE**

in front of the Marriott at 11:00 a.m. Saturday.



Make sure your **CLOTHING AND FOOTWEAR** are adequate.

Conditions can change quickly. After all, it's winter!

On the "Go!" your designated walker/runner will follow the route **THROUGH THE PEDESTRIAN VILLAGE**, and your 24h has begun!

The number of **5-KM LAPS** the walker/runner does is left up to your team. Give it some thought!



Only participants with a **BRACELET** will be allowed into the **TRANSITION ZONE**. Spectators, family and friends must remain in the zones reserved specifically for them.

Shortly before your turn, you should position yourself in the **RELAY AREA**. Stay at the relay line while you wait for your teammate.

When your teammate arrives, proceed with the exchange of **THE BIB AND TEAM CHIP** in the Relay Area.



Only after making this exchange can you leave the Relay Area and head to the course. **THE CABRIOLET RIDE IS PART OF IT!**

**UNDER NO CIRCUMSTANCES** will relays between two participants be permitted outside the Relay Area.

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## The Timing Chip



- Upon arrival, each team must register at the participant's service office. At that time, the **team bib** and the **electronic timing chip** will be given out.
  - › ALL walkers (and hybrid) will wear a chip for personal results.
  - › The Walk teams will also have a chip for team results, to hand over in relays. Yes, that means one person will be wearing two chips!
  - › Runners will have just one chip for team results.
- **NEW\*** One member of each team must attend the mandatory information meeting on Saturday December 8th at 9 am, in the transition zone, at the top of the cabriolet lift.
- **Each team is responsible for the timing chip** and only those laps that are recorded by the electronic system will be counted. If the chip gets forgotten in the hotel room, well...
- **Chips may not be tampered** with or altered in any way.
- **The chip is not your property and costs \$125. You will be charged that amount if you lose it or forget to return it. Labelled boxes will be placed in the transition zone. Deposit your chips there, or bring them to the 24h Info Area at any time.**
- **NEW\*** Every team must **RETURN THEIR TEAM BIBS** by Sunday at noon, in the identified boxes, situated in the transition zone.
- Each team is responsible for monitoring its own results, ensuring their accuracy, and notifying the timing centre of any anomalies.
- Only those laps that are completed before Sunday noon (12:00) will be included in the final tally.

## THE 24H WALKER & RUNNER'S CODE

- I'm participating in Tremblant's 24h because I'm motivated by the children!
- I am respectful toward other participants, regardless of their level.
- I walk/run on the right-hand side of the course at all times, unless passing another participant.
- I can walk/run with a group but never more than 2 participants abreast, for course-accessibility reasons.
- I walk/run while wearing a headlamp at all times from 4:00 p.m. on Saturday until 7:00 a.m. on Sunday.
- I can cover the course in any direction I want, but once begun, I must do the 5 km in the same direction.
- I am respectful toward officials and volunteers at all times, regardless of my ranking.
- I comply with safety instructions at all times or risk a penalty.
- My bib is fully visible at all times.
- I am aware of my environment.

The course will be divided into four colour-coded sections and a **GUIDE** will be posted at each section to **MOTIVATE, ANSWER QUESTIONS** or **PROVIDE ASSISTANCE** if need be.

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