

ULTRA-SKIER'S GUIDEBOOK

A WORD FROM OUR ORGANIZATION

Welcome to this first edition of the Ultra-Ski des Chic-Chocs! The Choc Événements team is very happy to have you onboard for this new challenge right at the heart of Quebec's best backcountry ski playground. We aim at giving you the occasion to push your limits while exploring the most iconic sectors the Chic-Chocs range has to offer. For this first year, we're taking you to the Vallée Taconique, a unique and exceptional place right behind Mont-Saint-Pierre. Thanks to its location 6.5 km away from the St Lawrence River, the Vallée Taconique enjoys exceptional amounts of snow each winter and each ski line has been carefully designed by David Lévesque and his team.

The philosophy that guides us at the Ultra-Ski is above all to have fun playing outside, to push your limits at your own pace and to offer you the occasion to educate yourself on backcountry traveling. Saturday is Time-to-Play Day: you will have 9 hours on your skis. It's a long day out but there's no reason to panic: the 4-km loop is designed for you to take breaks at the summit whenever you need to. You can stop to refuel and chat with our team at the aid station as long as you need, and you can finish your challenge any time before heading to the après-ski! On Sunday, you will have the opportunity to return to the Vallée and explore by yourself. This is a great occasion to come by and practice with your safety equipment between two lines with the Avalanche Quebec and NanoTRAINO teams.

With the Ultra-Ski, we're also celebrating spring skiing! Days are getting longer, temperatures warmer and conditions up in the mountains tend to be more stable.

So, get out there, enjoy the snow, the unique scenery and have fun!

Margaux Narbey - coordinator

OUR ORGANIZATION

The Ultra-Ski des Chic-Chocs is presented by **RAB**.

Choc Événements is a non-profit organization that hosts sports and cultural events to promote the exceptional playground that the Haute Gaspésie region offers.

SCHEDULE

| FRIDAY, MARCH 24th | |
|----------------------|---|
| 4:00 pm | Opening of check-in/registration kiosk at the Sea Shack |
| 9:00 pm | Closing of registration kiosk |
| SATURDAY, MARCH 25th | |
| 5:00 am | Opening of last-minute check-in/registration kiosk (Vallée Taconique) |
| 5:45 am | Closing of registration kiosk |
| 5:45 am | Safety briefing and avalanche transceiver check |
| 6:00 am | Inland challenge start |
| 3:00 pm | End of challenge |
| 5:00 pm | Beginning of Ultraprès-Ski at the Sea Shack |
| 5:30 pm | Sunday safety briefing by Avalanche Québec |
| 6:00 pm | Après-Ski meal |
| 7:00 pm | Awards ceremony |
| 9:00 pm | Bloodshot Bill concert |
| SUNDAY, MARCH 26th | |
| 9:00 am | Safety workshop with Avalanche Québec (Vallée Taconique) |
| 9:00 am | Evacuation workshop with NanoTRAINO (Vallée Taconique) |

REGISTRATION

There's no on-site registration but you can register online via SkiReg until Friday, March 24th at 9:00 pm.

CHECK-IN

Check-in will take place on Friday, March 24th at the Sea Shack, from 4:00 pm to 9:00 pm. Last-minute check-in will also be available directly in the parking lot of the Vallée Taconique on Saturday morning between 5:00 am and 5:45 am.

Bib pick-up

Bibs will be given to participants upon presentation of a valid ID with photo and after gear verification. We'd like to remind you that the Ultra-Ski is a long backcountry ski challenge. The mandatory gear aims at ensuring yours and others' safety. You must carry it with you during the whole day.

Bibs must be visible at all times during the challenge. This will allow our volunteers to take your bib in note and count your laps.

Note that your avalanche transceiver will be checked at the parking lot of the Vallée Taconique, before the race starts.

MANDATORY GEAR

Our challenges take place on off-piste terrain. Weather can change quickly, and you will have to spend long hours out there. That's why we're asking you to carry the following items:

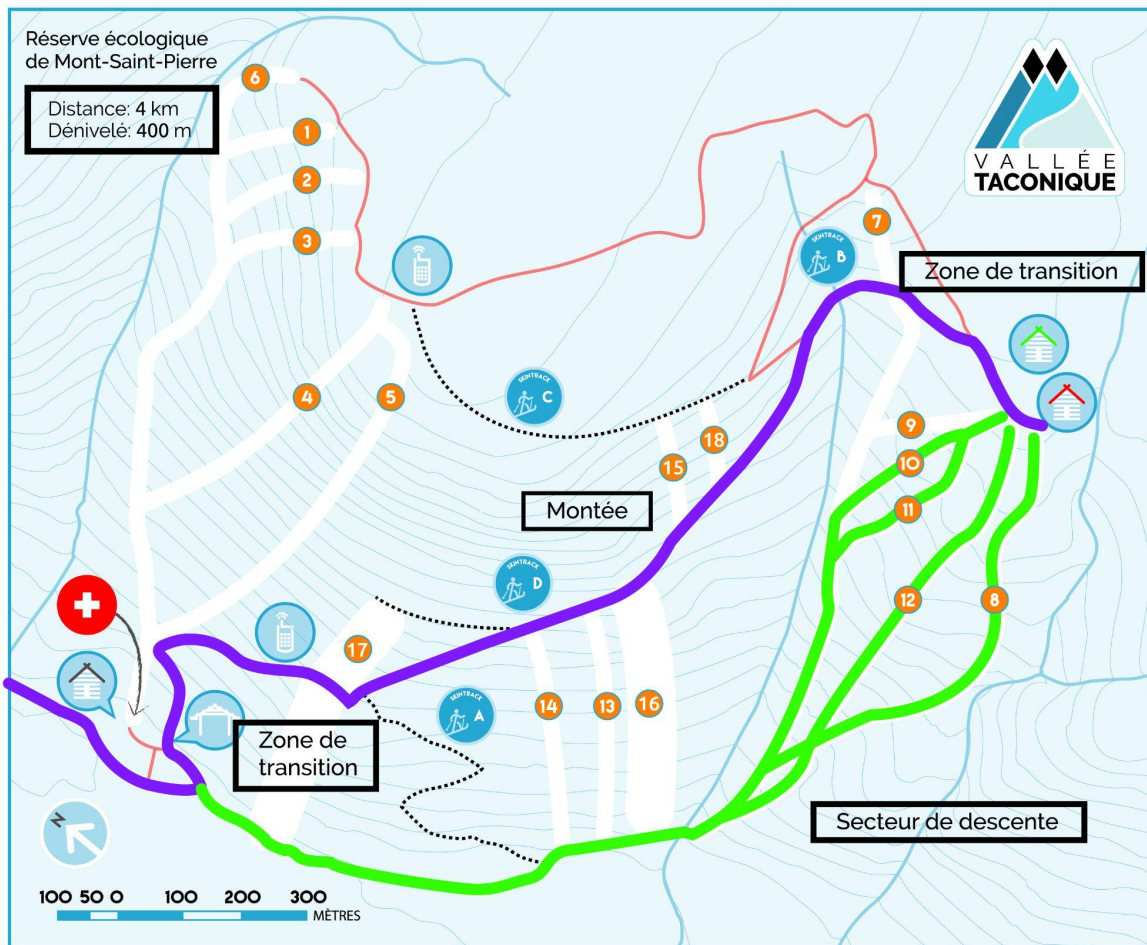
| MANDATORY GEAR |
|---|
| Skis, telemark or splitboard |
| Boots |
| Poles |
| Helmet |
| Beacon, shovel & probe |
| Face protection - Buff or similar |
| Eye protection - sunglasses, goggles |
| Gloves - ascent & descent |
| Warm mid-layer |
| Beanie |
| Minimum of 500 mL of water supplies |
| Food supplies |
| Retractable glass or tumbler for hot and cold beverages |
| A spoon and a fork |

NOTE: You don't have an avalanche transceiver (beacon) ? You can rent one along with a probe and a shovel from [several specialized stores in the Haute-Gaspésie](#).

COURSE MARKERS

The loop is clearly marked with flags, poles, and direction flags. For a safe and smooth ride, we ask participants to:

- **Respect course markers:** don't use other uphill paths than the one clearly marked. The trail is large enough to allow overtaking, except for a short portion. It is the only trail that is patrolled. The same rule applies for the downhill.
- **Respect uphill and downhill sectors:** transition zones are clearly identified to allow you to have a safe space to put on and remove your skins.



Ultra-Ski emergency number: 514-991-6189

AID STATION

Summit aid station

You'll find the only aid station of the loop at the summit cabin, near the transition zone. The aid station is a mix of classic race food, liquids and several surprises offered by our partners from [Marie 4 Poches!](#)

| LIST OF FOOD & LIQUIDS |
|------------------------|
| Coke |
| Gatorade |
| Cheese |
| Eggs |
| Potatoes |
| Coffee |
| Soup |
| Golden Milk |
| Energy bars |
| Date squares |
| Brownies |
| Fruit jellies |

Eco-responsibility

Respecting our environment is a core value of the Ultra-Ski des Chic-Chocs. There will be no single-use utensils available during the event. We insist that you bring your own reusable glass or cup, as well as a fork or a spoon.

Water & semi-autonomy

The loop is not too long but we still ask you to be semi-autonomous when it comes to food and liquids. You must consider that you'll be out there for a few hours and that you might have your own habits that we can't necessarily cover with our aid station. Note that you'll find an emergency water point at the base of the loop.

CHECKPOINTS, SAFETY POINTS, WEATHER & DISQUALIFICATION

Safety points

You'll find two cabins along your way: one at the base, near the base transition zone, and another one near the summit. These points are equipped with first aid material, and you'll find first aid teams to help you if you're injured or suffering from hypothermia. These points are in constant contact with the Headquarters.

Checkpoints

Both checkpoints are located at the transition zones. It is your responsibility to clearly show your bib number to our volunteers to allow them to take note of your laps.

End of challenge

The challenge ends at 3:00 pm. This means that we will have a cut-off to ensure you're back at the parking lot by then. At the end of the day, your total number of laps will be noted by our volunteers at the base of the loop as well as your time. You'll then be directed toward the trail that leads to the parking lot. This last portion is not part of the race.

You can end your challenge whenever you want during the day! **However, it is crucial that you notify the volunteers at the base of the loop before leaving the course.**

Should you be injured or break your equipment, our team will make sure you're brought back safely to the parking lot. **Do not leave the course without telling one of our controllers or a patroller!**

AWARDS

Masters of the Inland - Participants that complete the most loops:

- Men & Women ski podium
- Men & Women splitboard podium

Rockets of the Inland - Participants that record the fastest time on a single loop. Note that this category is based on a Strava segment. You will need to have a free Strava account to be able to compete for this prize.

King or Queen of style - Spring skiing also means skiing with style. We'll award the participant with the most original outfit out there. It's time to get that vintage suit, Aloha shirt or flashy accessories out of their boxes.

ULTRAPRÈS-SKI

A big day out calls for a big après. We're waiting for you around 5:00 pm at the Sea Shack's bar for a beautiful evening next to the St Lawrence River!

Don't go to sleep yet, you'll miss nice things out there: that après-ski meal you've been dreaming of all day long, our award ceremony and an awesome music show from **Bloodshot Bill**.

SUNDAY'S WORKSHOPS, DEMOS & BACKCOUNTRY SKI

Explore the Vallée Taconique

The team from the Vallée offers that participants may come back the next day to explore different sectors that you won't be able to ride during the challenge on Saturday. You will be on your own, just like on a classic backcountry day. **Carrying an avalanche transceiver, a probe and a shovel is mandatory.** The Avalanche Québec team will be there if you have questions. Should you feel that you do not have the level to get out there on your own, we offer alternatives: you can ask for a guide, team up with more experienced riders or choose a simpler terrain. Feel free to ask us any questions!

Workshop - Avalanche transceiver search park

We rarely have the opportunity to practice with our safety equipment. That's why Avalanche Québec will be there to offer a specific workshop right at the Vallée on Sunday. The team will be right at the bottom of the lines, making it easy to take a few minutes to train with your team!

Workshop - autonomous evacuation in the backcountry

Our friends from NanoTRAINO designed an awesome light sled made for your backcountry expeditions. Their team will be out there on Sunday to show you how the sled works and how you can lead an efficient evacuation. You don't want to miss that either!

GETTING TO LA VALLÉE TACONIQUE

The site is located about 35 minutes away from the Sea Shack where the whole Après-ski fun happens! When you get to Mont-Saint-Pierre, turn on Pierre-Godefroi Coulombe street and keep going for about 6 km. You'll arrive near the parking lot.

[Find the itinerary here.](#)

Please note that you won't be able to access the parking lot. **You must park on the right side of the road upon arrival at the site.**

GETTING TO THE SEA SHACK

The Sea Shack is located at 292 Blv Perron Est in Sainte-Anne-des-Monts.