

SKIMARATHON.CA



#CANSKIMARATHON

CANADIAN SKI MARATHON 2020

54th EDITION

2020 CHALLENGE

UNPLUG
IN THE WOODS



MY DISTANCE,
MY MARATHON

SKIERS GUIDE

PEMBROKE
PRIVATE WEALTH MANAGEMENT



Québec

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MOT DU GOUVERNEMENT DU QUÉBEC

Your government is proud to participate in the success of the Canadian Ski Marathon, which welcomes cross-country skiers of all levels and all ages who have come to take up the challenge they have set for themselves. In addition to highlighting the Laurentides and Outaouais regions, this sporting event generates significant economic spinoffs. Festivals and events enrich Québec's tourism offer while offering visitors unique experiences. The Canadian Ski Marathon enhances this offering, which sets us apart as a world-class winter destination. I therefore warmly invite visitors from here and elsewhere to take advantage of their stay to explore the many tourist attractions of these two magnificent regions. A great way to fully savor the joys of winter in Quebec! Have a good marathon!

The minister of tourism,

Caroline Proulx

Votre 
gouvernement



Québec 

MICHEL LEBLANC

HONORARY CO-PRESIDENT OF THE 2020 CSM

(PERMANENT BIB # 110, 22 GOLD BARS COMPLETED)

Michel LeBlanc is a native of Murdochville in the Gaspé Peninsula and spent his entire childhood up to the age of majority in New Richmond, Baie-des-Chaleurs, Gaspésie. He continued his studies at Cégep de Gaspé and completed his bachelor's degree in physical education at the Université de Sherbrooke in 1987.

Throughout high school, downhill skiing was his main sport as well as running and river canoe racing. He started cross-country skiing around the age of 14-15 in the fields behind his home on a very casual basis and practiced in a more committed way at university. During his university studies, he took part in some regional races in cross-country skiing and began to practice mountain biking.

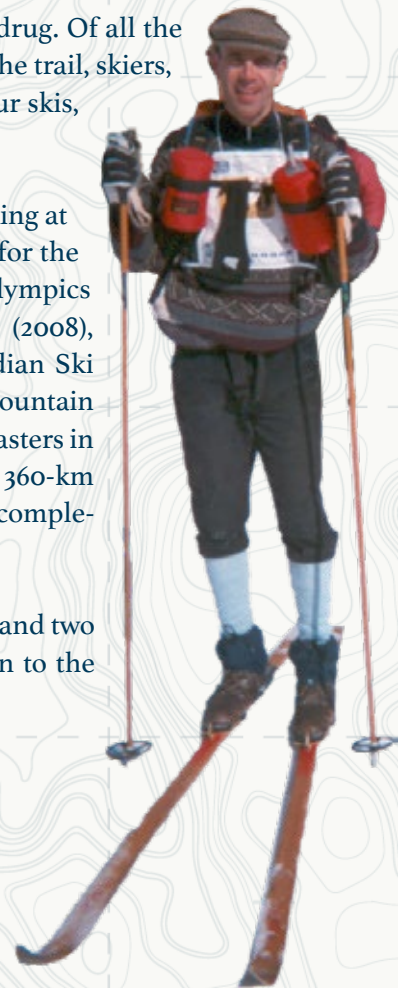
Being at the forefront of his father's (Hervé, the other Honorary Co-President) many participations in the Canadian Ski Marathon, it gave him the sting and he decided to accompany him to take up the challenge.

It was in 1993 that he completed, in his first participation, his bronze Coureur de Bois. His visits to the Marathon have become over the years a "must", missing only 3 editions: once when he achieved the Canadian Ski Marathon by covering the total distance of 160 km non-stop in 20 hours with 3 friends, including Pierre Harvey (2008), and twice for his work with the Canadian Olympic Committee for the Olympic Games Vancouver (2009 and 2010). Michel has completed the 40th edition of the Marathon in a rather original way. He wore a vintage costume, woolen vest, knee-length corduroy breeches and knee-length woolen stockings, as well as wooden skis, leather boots and bamboo poles.

"For me, the Canadian Ski Marathon is a happening that I just cannot miss. It's like a drug. Of all the sporting events that I realize in a year, it's the one I love the most. Friends, open spaces, the trail, skiers, nothing can recreate this friendly sports atmosphere. No stopwatch, we, the trail and our skis, that's all! "

Michel is the father of two boys aged 9 and 11 with his wife Isabelle. He is currently working at Cégep de Sainte-Foy as a teacher in physical education. He has also worked as a coach for the Quebec team and the national mountain bike team. This brought him to the Athens Olympics (2004). He joined the Canadian Olympic Committee and was active at the Beijing (2008), Vancouver (2010) and London (2012) games. In addition to participating in the Canadian Ski Marathon, Michel is still active in several cross-country ski races in winter as well as mountain bike riding in the summer. He took part in the world championship of mountain bike masters in cross-country in July 2019 at Mont Ste-Anne. In addition, last September he completed a 360-km mountain bike race in 40 hours (La Marji Gesick, Michigan). Only 13 out of 30 runners completed the event.

Michel will take part in the 2020 Marathon as a gold bar CdB for the 23rd time. His wife and two children and his father will complete a few steps each day. It is therefore an invitation to the whole family to come and ski with us. Good preparation, good winter and good skiing !



HERVÉ LEBLANC

HONORARY CO-PRESIDENT OF THE 2020 CSM

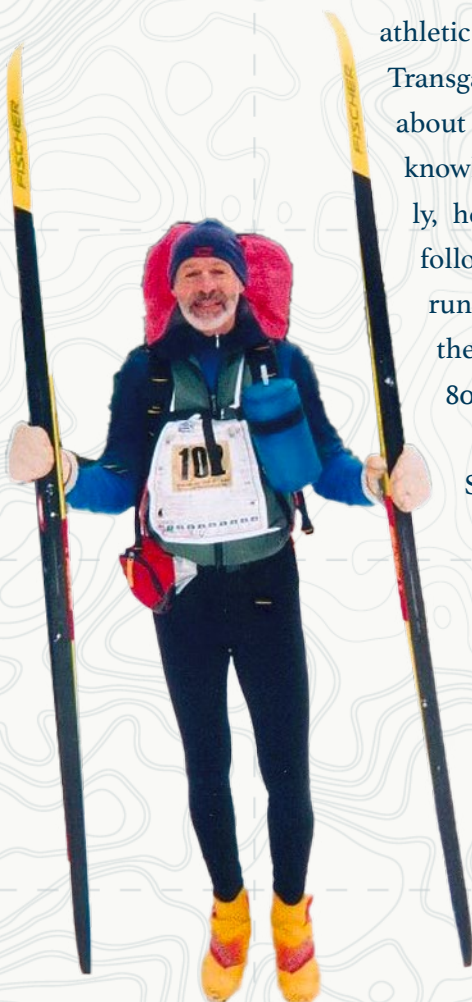
(PERMANENT BIB #102, 22 GOLD BARS COMPLETED)

Hervé LeBlanc, from New Richmond in the Gaspé Peninsula, made his first alpine skiing trails in Murdochville in 1960. Then in 1965, he returned to his home village in New Richmond where there is no downhill skiing. In 1973, there was a great craze for cross-country skiing in Quebec and Hervé Leblanc became a fervent follower. Wanting to master all the technical aspects related to this sport, he followed a cross-country ski instructor course in Saint-Ferréol-les-Neiges. Skiing became very present in the years that followed. Hervé even went to work on his skis.

In 1978, he heard about the Canadian Cross-Country Ski Marathon, registered as a Coureur de Bois, and succeeded with his Bronze CdB. In 1980, his Silver was successful and in 1982 he achieved his first Gold. During the 8 following years, Hervé did not participate in the CSM. In 1990, he made a comeback and participated, always passionately, until 2017, his last participation.

Hervé also took on other sporting challenges: sailing, mountain biking, road cycling, athletic walking, running. In mountain biking, he participated several times in the Transgaspesian Raid, Raid Bras du Nord and Vilirium Vélo Mag. In 2011, Hervé, curious about athletic walking, devoted himself to it and went looking for all the technical knowledge of the best people like Marcel Jobin and Guillaume Leblanc. Subsequently, he entered the World Masters Athletics in Sacramento, California and the following year in St-Jean NB with good results. In 2014, he decided to train for running, everything went well and he became a marathon runner. He qualified for the 2019 Boston Marathon, completed it in 4 hours 39 minutes and celebrated his 80 years there with his two children.

Since then, Hervé has returned to athletic walking with a coach from the Winners Club in Montreal. His goal is to go to the World Masters Athletics in Toronto in July 2020 and maybe win a medal.



SYLVAIN PARENT

PRESIDENT, CANADIAN SKI MARATHON

It's all about the stories...

Some in my family, many of my friends, most of my neighbors and nearly all my work colleagues ask me why. They ask me why I load my ski gear and head lamp in my car after a day's work to hit the trails for a couple of hours of evening skiing. They wonder why I will go out there in pretty much any winter weather conditions to spend myself on most weekends. Mostly, they ask me why someone would ski a full day with a heavy pack, sleep outside, and then go again for another full day of skiing. They also wonder what drives me and my Canadian Ski Marathon (CSM) Board colleagues to invest our personal time to put this exceptional and amazing event together.

It is just recently that I've come to realize the reason - it's all about the stories. I am fascinated by the 53 years' worth of amazing and unique CSM stories and those that continue to unfold every year. Thousands of them! From first comer stories, veteran tourer stories, family gathering stories, gold camp stories, team stories, landowner stories, volunteer stories, past board members stories, and yes, even a CSM volunteers sweetheart marriage story! I could go on and on...

And all kinds of stories! Some make me laugh, others give me chills, most are inspiring and a few are even hard to believe. And I must admit, there are also stories that bring a lump in my throat. So, to all those who ask me why, I now tell them "It's all about the stories!" And I challenge them all to come write their own CSM story.

The CSM will this year be writing its 54th chapter with once again thousands of stories unique in their own ways. On behalf of the Board of Directors, its staff, contractors, volunteers, and many collaborators I welcome you, your friends and families, and fellow skiers to what promises to be a fun filled weekend in whatever skier category you have chosen to come write your story about.

And speaking of stories, our honorary co-presidents this year have 3 generations' worth of stories! As you read their welcome letter, you will realize that Michel and Hervé Leblanc and their entire family are passionate CSM ambassadors and are extremely proud and honored to represent the CSM community in 2020.

Lastly, we are all aware that without our many sponsors, collaborators, contractors and staff, the support of the different levels of government and municipalities, and especially the devotion of over 400 plus volunteers, many of whom return year after year, this event would not be possible. Let's all voice our gratitude as we interact/meet our sponsors, volunteers and landowners during the CSM weekend and show them our appreciation for allowing us to take part and enjoy this amazing event year after year - without them, there would not be any CSM stories to talk about.

I personally wish you a fun, successful and memorable 2020 Canadian Ski Marathon and I look forward to see you on the trails.



FRÉDÉRIC MÉNARD

EVENT DIRECTOR - CANADIAN SKI MARATHON

Dear skiers,

It's with great pleasure that I welcome you home !

Let me first thank our precious landowners (more than 425) and our valorous volunteers (more than 550) without whom we would not have a trail or event. I would also like to take this opportunity to acknowledge the contribution of the members of the Board of Directors, who work 12 months a year to plan our annual get together. Finally, it is important not to overlook the participation and collaboration of the various partners, MPs, municipalities and County, your support is more than appreciated.

Everyone agrees that the CSM is a unique adventure, let's make the most of every moment that this weekend will offer us. Enjoy the journey, be safe, take care of each other and finally don't forget to smile in fun and tough moments !

Allez les aventuriers !



IMPORTANT AT ANY TIME DURING CSM WEEKEND YOU CAN

CONTACT THE ORGANIZATION AT 1-877-770-6556

An Introduction to the Canadian Ski Marathon

The Canadian Ski Marathon covers a 160km long ski trail in the beautiful Quebec province north of the Ottawa River. It is divided into 10 sections of differing lengths. Participants can ski anywhere from one to five sections on **Saturday, from Mont-Tremblant to Montebello, and one to five sections on Sunday, from Montebello to Lachute**. Sections vary in length from 9.2 to 23.6 km.

Each section starts and finishes at a checkpoint, where many services are provided. On both days, skiers take a free shuttle bus to whichever checkpoint they wish to start from, and a shuttle bus back from the checkpoint where they choose to finish. **There is no parking at check points for skiers' vehicles.**

The sections are numbered in reverse from Section 10 (starting in Mont-Tremblant) to section 1 in Lachute. Similarly, checkpoints (CP) are in reverse from CP11 as a Saturday morning start, with CP6A in Montebello and then on to Sunday start/finish at CP6 to CP1 in Lachute. Please note that this reverse numbering exists because each section's number never changes over the years and at times the course has been skied in the opposite direction – east to west when the event begins in Lachute.



Skiers may choose to sleep in the dormitory in Papineauville. Coureur des Bois skiers may sleep in the Gold dorm in Mont-Tremblant. *NEW! Bronze and Silver Coureur des Bois can also stay at the dorm in Mont-Tremblant on Friday night, but have to transfer to Papineauville for Saturday night. Otherwise, skiers may choose their own accommodation and make their way to the checkpoint shuttle buses in Papineauville or Montebello.

SKIER KIT

Your Skier Kit can be picked up at the location you chose during the registration process. If you cannot pick up your kit at the location you chose, you may change your pick-up location by contacting the CSM office by February 3. The available pick-up locations are:

- ÉCOLE POLYVALENTE LOUIS-JOSEPH-PAPINEAU, 378 rue Papineau, Papineauville QC
Friday 5:00 PM to Sunday 8:00 AM
- FAIRMONT CHÂTEAU MONTEBELLO, 392 Rue Notre-Dame, Montebello QC
Friday 5:00 PM to Sunday 8:00 AM
- THE GOLD COUREURS DES BOIS DORM, École Polyvalente Curé-Mercure
700 Boul du Dr Gervais, Mont-Tremblant
Friday 5:00 PM to midnight
- THE SATURDAY START AT CHECKPOINT 11, 219 Route de Crystal-Falls (Hwy 327)
Saturday 5:00 AM to 8:00 AM
- THE SUNDAY START AT CHECKPOINT 6, 790 Route 323, Montebello QC
Sunday 5:00 AM to 8:00 AM

YOUR SKIER KIT INCLUDES



Your Bib

If you forget/misplace your bib, another one can be assigned to you for a \$10 administration fee.



Your Zone4 chip

If you misplace your chip and/or do not return it at the end of the event, you will incur a \$60 replacement fee.



54th Anniversary Badge



The Official 2020 CSM Skier's Toque

courtesy of our much-valued partner,
Pembroke Management Ltd.



Good Samaritan card Thank you volunteer card



SKIER TRACKING

Each skier will be provided with an electronic chip along with their bib in the skier's kit. This will provide effortless and accurate checking in and out of skiers at each checkpoint and reduce waiting times. Wear the chip anywhere you want or fasten it to a backpack. Be careful to stay in the track near the start and finish lines at each checkpoint so your chip will be detected. Make sure to return it at your final checkpoint !!! It is not disposable and a \$60.00 fee will be charged to a skier if the chip is not returned. If you plan to ski both days, keep it on Saturday night and return it at your final checkpoint on Sunday. If you forget to return at your final checkpoint or if you keep it on Saturday, then decide not to ski on Sunday, you can return it to the Papi-neauville Dorm (before Sunday 8:00am) or the Château Montebello (before Sunday noon), or the Polyvalente Lavigne in Lachute (on Sunday only, from 2:00pm to 7:00pm). If you accidentally bring your chip home with you, kindly inform the office as soon as possible to receive additional return instructions.

Chips are designed to tell event officials how many and which skiers are in each section at any time and who completed each section to qualify for awards. They do not provide the location of a skier. They are not intended make this a timed event or race. No results will be published that give a skier's speed or rank.

During the event (but not afterwards), friends and family can go to zone4.ca/event/2020/CSM, enter a skier's name or bib number, and see when the skier started and finished each section. They will not be able to see the skier's location on the trail. As in past years, the CSM will publish on its web site the number of sections each skier completed on CSM weekend. This may take up to a week in order to give the organization time to assess the collected data and publish it properly.



ACCOMMODATIONS FOR CSM WEEKEND

Dormitory-style accommodations, as well as cafeteria-style breakfasts and dinners for the CSM can be selected for a fee during the registration process.

The dormitory for all skiers who have not registered as Gold Coureur des Bois is at École Polyvalente Louis-Joseph-Papineau, (378 rue Papineau, Papineauville QC J0V 1R0). Participants staying here will be sleeping on the floor; you will need to bring your own bedding (sleeping bag, air mattress, pillows, etc.) in addition to any personal care products you would require. Showers are also available on site.

Skiers registered as Gold Coureur des Bois stay on Friday night at the Gold Dorm located at École Polyvalente Curé-Mercure, 700 Boul du Dr Gervais, Mont-Tremblant so they will have a shorter bus trip to the starting checkpoint so early in the morning. ***NEW! Bronze and Silver Coureur des Bois can also stay at the dorm in Mont-Tremblant on Friday night, but have to transfer to Papineauville for Saturday night.**

Any other accommodations must be arranged by the skier at their own expense, along with any transportation required to and from the event.

DORMITORY INFORMATION

The dormitory at Polyvalente Louis-Joseph-Papineau in Papineauville is open from 5pm on Friday to 8:00am on Sunday. When you arrive at the dorm, please follow the signs to the host table to register for the weekend. You will receive a bracelet that grants you access to the site and collect your Skier Kit if you selected this location for kit pick up in the registration process.

There are a variety of services available at the dorm in Papineauville. These include waxing services, as well as massage (additional fee), an indoor pool, and souvenir sales, first aid, lost and found, and an information counter.

Your dormitory fee includes breakfasts on Saturday and Sunday, and dinner on Saturday. Breakfast is served between 3:00am and 7:00am on Saturday, 4:00am and 7:00am on Sunday, and dinner is served between 5:00pm and 8:00pm on Saturday.

On Sunday, all skiers must check out of the dorm by 8:00am; all baggage will then be transferred to the Polyvalente Lavigne in Lachute, as will any lost and found items. Buses will be available in Lachute to shuttle skiers back to the dormitory if you parked your vehicle there.

The dormitory for Gold Coureurs des Bois at École Polyvalente Curé-Mercure, 700 Boul du Dr Gervais, in Mont-Tremblant, is open from 5:00pm on Friday until 6:00am on Saturday. When you arrive at the dorm, please follow the signs to the host table to register for the night. You will receive a bracelet that grants you access to the site and, if you so chose when you registered, you can collect your Skier Kit. Breakfast is served from 3:30 - 4:30 am. Shuttle buses will take registered skiers on Saturday morning directly to the start at CP 11. Any baggage you leave behind at the dorm on Saturday morning will be transferred to Polyvalente dorm in Papineauville on Saturday afternoon, then to Polyvalente Lavigne in Lachute on Sunday.



TRAVEL INFORMATION TO FREE CMS PARKING LOTS

This year's edition of the CSM will run from Mont-Tremblant to Montebello on Saturday, and from Montebello to Lachute on Sunday. If you are driving to the marathon, please be aware that there is absolutely no parking at any of the checkpoints, including the start and the finish on either day. Free parking is available at the dormitory (Polyvalente Louis-Joseph-Papineau) in Papineauville, École Polyvalente Lavigne in Lachute (452 Avenue d'Argenteuil, Lachute, QC J8H 1W9), and École St-Michel in Montebello (240 Rue Bonsecours, Montebello, QC J0V 1L0). Please note that shuttle buses from the dormitory in Papineauville, the Château Montebello and the school in Montebello serve all checkpoints on both days but the shuttle service from Polyvalente Lavigne is only available on the Sunday.



DRIVING DIRECTIONS FROM AUTOROUTE 50 TO THE PARKING LOTS ARE AS FOLLOWS:

PAPINEAUVILLE

(Polyvalente Louis-Joseph-Papineau, 378 rue Papineau, Papineauville QC J0V 1R0)

Take exit 205 and head south to Route 321. At the end of the ramp, turn right and follow Route 321 south for 5.0 km. At the traffic light in Papineauville, turn right onto Route 148 West (Rue Papineau). The school will be on the right, about 800m down the road.

MONTEBELLO

(École St-Michel, 240 Rue Bonsecours, Montebello, QC J0V 1L0)

Take exit 210 and head south along route 323 for 2.6 KM. At the traffic light in Montebello, turn left onto Route 148 East (Rue Notre-Dame) and drive for 600m. Turn left onto Rue Bonsecours, the school's parking lot will be on the right.

LACHUTE

(Polyvalente Lavigne, 452 Avenue d'Argenteuil, Lachute, QC J8H 1W9)

Take exit 258 and head north along Route 327 (Avenue d'Argenteuil) for approximately 2 KM. The school will be on the left.



FREE SHUTTLE BUS SERVICE TO CHECKPOINTS

Shuttle bus service from the dormitories to each checkpoint and back is included in your CSM registration fee. Buses depart from the dorm in Papineauville, École St-Michel in Montebello and the Chateau Montebello and travel to each checkpoint, including the start and finish, on Saturday and Sunday. Each shuttle travels between Papineauville/Montebello and a specific checkpoint; SHUTTLE BUSES DO NOT TRAVEL BETWEEN CHECKPOINTS! Travel times from the dorms to the checkpoints can take up to over an hour, so skiers need to be aware of checkpoint operating hours (detailed in a separate section in this guide) and plan their day out accordingly to avoid missing cut-off times. Please refer to the 2020 FREE SHUTTLE BUS SERVICE TO CHECKPOINTS at the end of this guide to plan your CSM event and transportation to your desired checkpoint start.

HALF MARATHON SPECIFIC INSTRUCTIONS

If you have registered for the Half-Marathon, please be sure to board the specific bus designated for the half-marathon. It will transport you to your starting location.

SATURDAY

Half marathon shuttle bus departure from Papineauville High School: 9:50 AM

Half marathon shuttle bus departure from Château Montebello: 10:00 AM

Start (skiing of section 8): 11:10 AM

SUNDAY

Half marathon shuttle bus departure from Papineauville High School: 9:50 AM

Half marathon shuttle bus departure from Château Montebello: 10:00 AM

Start (skiing of section 3): 10:50 AM

CSM TASTER SPECIFIC INSTRUCTIONS

If you have registered for the CSM Taster category, then be sure to only take a shuttle bus to CP 7 on Saturday, or CP 2 on Sunday. Otherwise, you will have to return to Papineauville to catch the appropriate bus.

Taking an ordinary shuttle may result in you missing your start time.



CHECKPOINTS

Checkpoints (CP) are located along the trail – at the start and finish of each section. A skier's progress is tracked by chip at each checkpoint, and is also verified by volunteers marking skiers' bibs as they enter and leave a checkpoint. Checkpoints serve as access points where skiers can begin or end their day, or continue on to the next section after taking in food and drink. Checkpoints also provide a variety of services to skiers including food, soup, cold and hot drinks, outdoor toilets, waxing and limited equipment repair, first aid and emergency shelter, event information. The available shuttle buses are used to travel to and from the dorm at Papineauville, Chateau Montebello and corresponding start/finish for that day. There is no parking at any of the checkpoints – please make use of the shuttle bus service instead.

In addition to beginning at the start, skiers preferring not to ski the entirety of each day's trail may prefer to take a shuttle to any of the other 4 checkpoints. These checkpoints are located in Arundel, Boileau, and in the Kenauk reserve on Saturday; and in Kenauk, on the Riviere-Rouge, at Lac-Carling, and near Brownsburg on Sunday. The following chart shows the hours of operation of each checkpoint on Saturday and Sunday:

SATURDAY, FEBRUARY 8

| CP | SECTION | OPEN TO SKIERS | CLOSED TO SKIERS |
|-------|---------|---|---|
| CP 11 | 10 | 5:40 AM (CdB Gold) 5:50 AM (CdB Silver) 6:00 AM (CdB Bronze) 7:30 AM (Tourers - Teams) 7:40 AM (Tourers - Solo) | 6:30 AM (CdB only) 8:15 AM (all other skiers) |
| CP 10 | 9 | 8:30 AM | 11:00 AM |
| CP 9 | 8 | 8:30 AM | 1:00 PM |
| CP 8 | 7 | 8:30 AM | 2:00 PM |
| CP 7 | 6 | 10:30 AM | 2:00 PM ALL SKIERS, except: 3:30 PM - CdB and Tourers who have completed the first 4 sections of the day. - Half Marathoners who completed the previous sections (# 8 and #7) |

SUNDAY, FEBRUARY 9

| CP | SECTION | OPEN TO SKIERS | CLOSED TO SKIERS |
|------|---------|---|---|
| CP 6 | 5 | 5:40 AM (CDB Gold) 5:50 AM (CDB Silver) 6:00 AM (CBD Bronze) 7:30 AM (Tourers - Solo) 7:40 AM (Tourers - Teams) | 6:30 AM (CDB only) 8:15 AM (all other skiers) |
| CP 5 | 4 | 8:30 AM | 12:00 PM |
| CP 4 | 3 | 8:30 AM | 2:00 PM |
| CP 3 | 2 | 8:30 AM | 2:00 PM |
| CP 2 | 1 | 10:30 AM | 2:00 PM ALL SKIERS, except: 3:30 PM - CdB and Tourers who have completed the first 4 sections of the day. - Half Marathoners who completed the previous sections (# 3 and #2) |

The later checkpoint closing times at CP 7 and 2 apply only to Coureur-des-Bois (CdB), Half-Marathoners, and Tourers who have skied ALL previous sections that day. All other skiers must comply with the earlier closing times. All checkpoint opening and closing times are strictly enforced in order to ensure skier and volunteer safety. No skier may start on the trail before or after the specified times. Any skier not complying with cut-off times will be disqualified.

Baggage service is also available at checkpoints. Any bags left with checkpoint staff will be transported to the dorm at Papineauville on Saturday, or to the finish in Lachute on Sunday. (Baggage can also be sent to the Fairmont Château Montebello on Saturday – please see checkpoint staff for assistance.)

THE CANADIAN SKI MARATHON WOULDN'T EXIST WITHOUT OUR VOLUNTEER. FROM THE DORMS TO THE CHECKPOINTS TO THE FINISH, OUR TEAM OF COMMITTED VOLUNTEERS DO THEIR BEST TO MAKE YOUR EXPERIENCE WORLD-CLASS. OVER THE COURSE OF THE WEEKEND, PLEASE **TAKE TIME TO THANK AS MANY VOLUNTEERS AS POSSIBLE.** SHOW THEM HOW MUCH YOU APPRECIATE ALL OF THEIR HARD WORK!





SAFETY ON THE TRAIL

REMINDER: BEFORE STARTING, IT IS ESSENTIAL THAT YOU FILL OUT ALL THE INFORMATION REQUIRED BEHIND YOUR BIB IN PERMANENT INK. THIS INFORMATION MAY BE REQUIRED BY SAFETY PERSONNEL IN THE EVENT OF AN EMERGENCY.

In case of emergency, call **911** if the injury is life-threatening. For other injuries, call **1-877-601-9247** to contact the CSM safety team.

Members of the Safety Team can be identified by the ski patrol black cross. The team will be on site at checkpoints, and also skiing (or on snowmobile) along the trail throughout the weekend.

CSM trails are often in wilderness. Not all of the trail is track-set, let alone double tracked. Dangerous hills/descents are marked and may require skiers to remove their skis and walk down. Please walk down any steep hills if you have any doubt in your skill level.

SAFETY TIPS

- We suggest you carry a small amount of duct tape and a small container of petroleum jelly in your bag. The duct tape can help prevent small blisters from becoming bigger problems, and petroleum jelly can be used to protect your skin from frostbite or problems related to friction.
- A ski mask should be considered for extremely cold days as exposed skin can freeze very quickly.
- Carry all medications, including pain relievers that you may require as CSM volunteers are not permitted to administer any medications to skiers.
- Take care of your feet! A good pedicure, snug, broken-in boots, and extra socks will allow you to better enjoy your weekend.
- We remind you that the winter period is favourable to the transmission of the influenza virus. Cover your mouth when you sneeze and wash/sanitize your hands regularly; these are important ways to prevent spreading the flu – other skiers will thank you!

IF YOU ENCOUNTER AN INJURED SKIER ON THE TRAIL

1. Bring the skier aid and comfort while trying to determine the severity of the injury.
2. If the injury is life-threatening, CALL 911.
Otherwise, call 1-877-601-9247 to contact the CSM safety team.
3. If the injury allows the skier to move, move the skier off the track. If the condition makes it impossible to move, make a track that will bypass the injured skier. If the skier is on a slope, close the track with branches or ski poles at the top of the descent.
4. Make sure the injured skier is placed in a comfortable position and kept warm. Do not leave the injured skier before the arrival of other skiers or relief.
5. Have another skier bring the Good Samaritan Card of the injured skier to the closest checkpoint and provide staff at this checkpoint all the details of the situation. Note the distance displayed at the point closest to the site where the injured skier to inform the security personnel. More info on being a CSM Good Samaritan at [HTTP://skimarathon.ca/skiers-info/csmgoodsamaritan/](http://skimarathon.ca/skiers-info/csmgoodsamaritan/)
6. Finish your section and tell the timekeeper of the time spent with the injured skier.

IF A LINE FORMS AT THE TOP OF A HILL AND YOU DECIDE NOT TO WAIT IN LINE.
HERE ARE SOME IMPORTANT GUIDELINES:

- Take your skis off and walk along the line of skiers waiting until you arrive at the front of the line.
- Once you are at the front of the line, please be courteous to those who are waiting. Do not put your skis back on and ski down the hill.
- Once you arrive at the front of the line at the top of the hill, descend the slope ON THE SIDE of the trail. Please ensure that you are not hindering the descent of skiers who have chosen to ski down the slope.
- Find a safe place to put your skis back at the bottom of the hill.
- If you choose to descend on foot, even if you are walking on the side, there is a risk that a skier will hit you due to a loss of control. You must assume this risk when you make this choice.
- All skiers who are walking down the slope are asked to do so in single file. Do not walk side by side as this poses a safety risk to yourself and the participants skiing down the slope.

SO THAT NO ONE IS LEFT BEHIND ON THE TRAIL:

1. Do not start a section after the checkpoint is closed. If no CSM volunteers are at the entrance of the section to mark your bib, it is closed. If all posters and signs indicating the distances have been removed from the path by the patrol, DO NOT GO!
2. If you are between two checkpoints and cannot continue, ask another skier to report your bib number at the next checkpoint. Please alert the Information Centre of the CSM as soon as possible. Call 1-877-601-9247, or have someone do so at the next checkpoint. Failing to do so may lead to an expensive and time consuming search for a supposedly missing skier that could divert resources away from an actual emergency.
3. Red and yellow trail ribbons have been tied to trees, bushes and fence posts along the trail to guide you and your fellow skiers. Please do not remove them.
4. Always stay on the tracks. If you do not see any red and yellow ribbons or of any colour and think you may be lost, retrace your steps until you get back to ribbons marking the CSM trail. From there, determine the right path to follow. IT IS FORBIDDEN TO DEPART THE TRAIL ON PRIVATE PROPERTY.
5. Kilometre marks are placed every two kilometres along the trail to allow you to evaluate the distance to the next checkpoint. They can also serve as a benchmark to determine the location of an injured skier. There are also signs indicating that you are 5km or 2km from the next checkpoint. Note that these markers are approximate only; even in this age of GPS technology, as the CSM is a wilderness event and the location of the trail may have been changed from the plans, we cannot guarantee absolute accuracy of these markers.
6. Always ski with another person or arrange to meet someone at the end of the day, so that neither one nor the other remains on the trail.
7. After the closure of a checkpoint, the CSM Safety Team will sweep the section to ensure that no skiers are left behind. If the Safety Team assesses that a skier's lack of progress in a section is a safety risk, they will request and arrange that the skier be transported from the trail, at the next available road access, or by snowmobile if necessary, to a warm place/car, and ultimately to their destination. Please do not attempt to push on beyond your capabilities and create safety risks. If you are requested to be transported out by the safety team, you must comply for your own safety and that of others.

TRAIL INFORMATION

The trail of the CSM consists of 10 sections of varying lengths, spread across 2 days. Each day is approximately 80KM. Please give yourself enough time to complete your day safely; skiers intending to ski the entirety of the trail must ensure they make all cut-off times at all checkpoints along the way.

TO HELP YOU PLAN YOUR DAY:

SLOW TOURERS (5-7 KM/h) will need 2.5 – 3 hours to ski most sections and up to 5 hours to ski the longest ones. AVERAGE TOURERS (8 – 9 KM/h) will need 2 – 2.5 hours to ski most sections and up to 3 hours to ski the longest ones. FAST TOURERS (10 – 12 KM/h) will need less than 2 – 2.5 hours to ski most sections.

Also: See our website for tips on training and preparation, as well as a skier speed/time calculator to help skiers plan their day.

GENERAL RULES ON THE TRAIL

1. Please generously share the track with other skiers. Always be courteous and respectful to make the day enjoyable and safe for all.
2. CSM trails are prepared for the “classic” technique only. Please refrain from damaging the set track by skate skiing on them.
3. The dual track, where they exist, allow for SLOWER SKIERS to use the RIGHT LANE. Faster skiers, or when passing, use the LEFT LANE.
4. If you stop to rest, eat or wax, step off the track, allowing others to pass easily and safely.
5. If you fall, clear the track as quickly as possible. Repair the track if possible/needed.
6. To avoid disappointment at award time, be sure to have your bib marked in and out at each checkpoint. At both IN and OUT gates at each checkpoint, make sure your bib is marked by the volunteer. Your bib will be verified by awards personnel before your award is issued.
7. Please remember that Gold Coureur des Bois carry large heavy packs. They may need extra room and time to stop or turn and would appreciate your consideration.
8. Children 12 years and under must always be accompanied by an adult.
9. No toboggans, pulkas, or dogs are permitted on the trail.
10. Please be considerate to any snowmobilers you meet. The CSM uses several kilometres of trails belonging to snowmobile clubs, who kindly permit us to share their trails for the weekend. Also keep in mind that snowmobilers provide important emergency rescue services, assist us at trail intersections and road crossings, and help prepare the trail.

FINISHING YOUR DAY

Skiers may end their day at any checkpoint along the trail; simply board a shuttle bus, once your bib has been marked by a CP volunteer, and it will return you to Montebello and Papineauville on Saturday, and to either Papineauville, Montebello or Lachute on Sunday. If you are finished for the weekend, please deposit your timing chip in one of the buckets at the checkpoint or give it to a volunteer.

If you make it to the finish line, congratulations! On Saturday, please take advantage of the services available at École St-Michel in Montebello: food and drink, flush toilets, first aid services and a heated space to relax before boarding your shuttle bus to the dormitory. On Sunday, grab some food and drink at Parc Barron in Lachute before returning your chip and boarding a quick shuttle to Polyvalente Lavigne, where you can collect your finishing medal, purchase souvenirs, or even unwind with a drink at the bar. Toilets, showers and changing facilities are all available there. You can also pick up any baggage or lost and found there. If you stayed in any of the dorms, your baggage will be there. For misplaced items on Sunday afternoon or later, please contact the CSM office 1-877-770-6556 after the weekend.

The diner will take place at the Polyvalente Lavigne, if you purchased tickets when you registered. Don't forget to bring money or your credit card for items on sale at the banquet!

As always, please remember to return your timing chip before boarding your bus!

GETTING HOME

If you finish at checkpoints 5 or 4 (Kenauk or Riviere-Rouge) on Sunday, your shuttle bus will return you to the parking lots at École St-Michel in Montebello and Polyvalente Louis Joseph Papineau in Papineauville. If you finish at checkpoints 3 or 2 (Lac-Carling or Pruuli Farm), a shuttle bus will take you to Polyvalente Lavigne in Lachute where you can transfer to a shuttle that will return you to Montebello and Papineauville.

If you paid for express charter bus service when you registered, the buses will depart from Polyvalente Lavigne – there is no need to return to Montebello or Papineauville.

AFTER THE EVENT

The data from your chip (showing the time in and out of each checkpoint) from this year's CSM will be posted for a limited amount of time after the event, and can be accessed at zone4.ca/event/2020/CSM. This information is for skiers' personal use only; the CSM is not a timed event or a race. Results (only showing the number of sections completed) will be posted on the CSM website approximately one week after the event.

Lost and found items not claimed during the weekend will be sent to the CSM office in Papineauville, please contact the office to arrange a time to pick up your items.

Timing chips that were not returned during the event should be sent to the office as soon as possible in order to avoid incurring the replacement charge.

A skier's survey will be sent to all registered participants shortly after the event. This is your chance to provide the CSM with any sort of feedback about this year's event, along with suggestions on how to improve future events. Your responses are greatly appreciated and help to make the CSM even better.

And as always, if you want to help the marathon by volunteering your time and skills, then please consider being an ambassador for the event. For more information on CSM ambassadors please contact us at info@skimarathon.ca



CANADIAN SKI
MARATHON
CANADIEN DE SKI
Green Initiative



Over the years our organization has put some eco-responsible actions in place, but this year we go into double polling mode and start a green shift ! Towards what? Towards a zero waste event ! Here are some of our actions:

Previous years



The honey we use for sweet water comes from a beekeeper in the area



The majority of food products are purchased in bulk



Our water supply system eliminates the use of bottled water

2020



Eliminate overpackaged products



Add multi-purpose bins to allow waste sorting



Decrease the use of disposable cups



Use washable dishes in the dormitories



Offset part of our climate footprint

How to contribute as a skier?

Minimize your waste and use the proper device



Bring your own containers / cups



** More info to come

Compensate the climate footprint of your car trips via



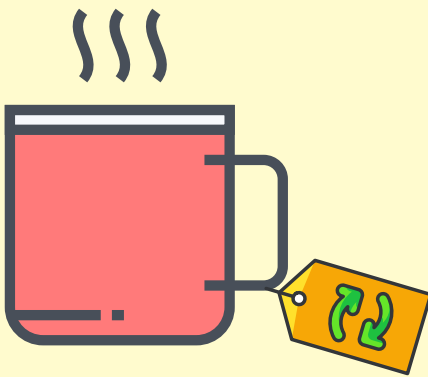
via planetair.ca or other website

We are counting on you to help us achieve this zero waste goal ! Are you ready for the challenge ?

Do not hesitate to contact us if you have any ideas related to this initiative.

Together, let's change the world one double pole at a time!

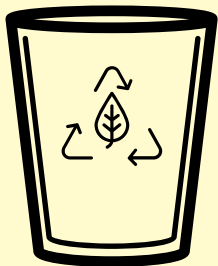
Don't forget your reusable cup



Your cup will be useful for refueling in an eco-responsible way. You can drink your soup there and / or use it as a container for snacks.

In order to wash your container, we will add washing stations with soapy water at the different check points.

If you wish, you can bring a second reusable container (dish, cloth bag, etc.) to facilitate your logistics.



2020 being a year of transition we will have compostable containers to make up for the oversights. Please minimize their use. They are compostable, but the fact remains that it is waste.



CANADIAN SKI
MARATHON
CANADIEN DE SKI
Green Initiative



OUR GOLD PARTNERS

GESTION PRIVÉE DE PLACEMENT

P E M B R O K E

PRIVATE WEALTH MANAGEMENT

Québec 

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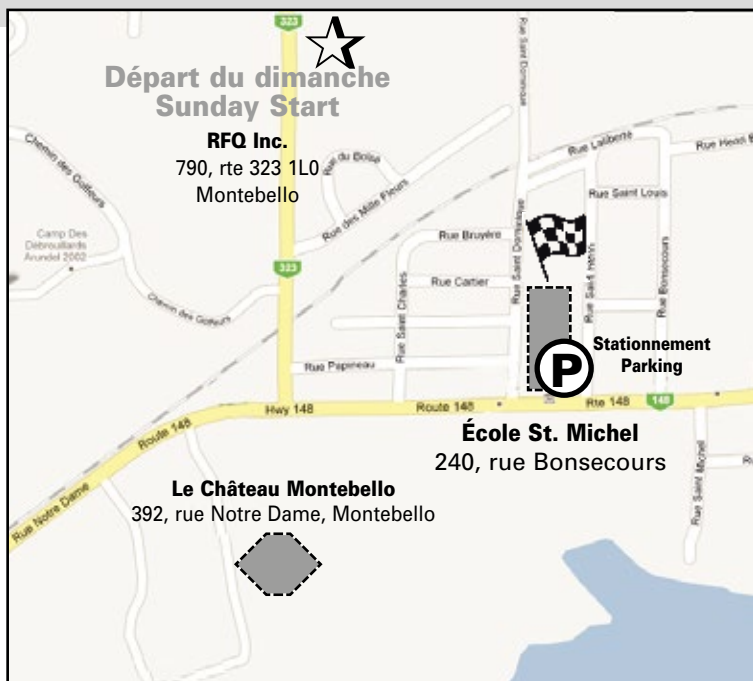
OUR BRONZE PARTNERS





**CANADIAN SKI
MARATHON**
CANADIEN DE SKI

Bureau du MCS/CSM Office: 266, rue Viger Street, Papineauville, Québec J0V 1R0
Sans frais/Toll free: 1 877 770-6556
Téléphone/Telephone: (819) 483-0456
info@skimarathon.ca • www.skimarathon.ca



Montebello

Ligne d'arrivée festive du samedi
Saturday fun finish line

École St-Michel School

240, rue Bonsecours Street
Montebello, QC J0V 1L0



★ **Départ du dimanche**
Sunday Start

RFQ Inc.

790, Rte 323
Montebello, QC J0V 1L0

Lachute

Ligne d'arrivée festive du dimanche
Sunday fun finish line

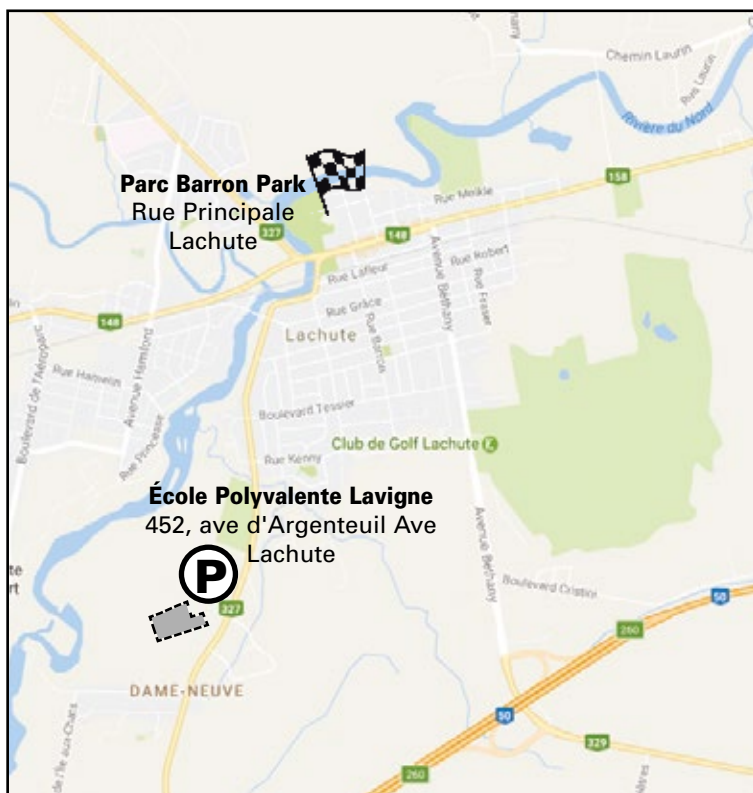
Parc Barron Park

Rue Principale, Lachute, QC J8H 1V7

**École Polyvalente
Lavigne**

School Polyvalente
452, ave d'Argenteuil Ave,
Lachute, QC J8H 1W9

Lieu de rassemblement intérieur du dimanche / Récupération des bagages /
Repas chaud / Bar / Cérémonie protocolaire / Départ des autobus nolisés
Sunday gathering place / Baggage claim / Hot meal / Bar /
Awards Ceremony / Charter buses departure point



**POUR LES HORAIRES D'AUTOBUS ET AUTRES INFORMATIONS,
SVP CONSULTEZ LE GUIDE DU SKIEUR.**

**FOR BUS SCHEDULES AND OTHER INFORMATION,
PLEASE CONSULT THE SKIER'S GUIDE.**

WWW.SKIMARATHON.CA

SECTION 10 - 2020



CANADIAN SKI
MARATHON
CANADIEN DE SKI



9,2 KM

**LEVEL
EASY**



1.km



SECTION 9 - 2020

CANADIAN SKI MARATHON CANADIEN DE SKI



LEVEL
INTERMEDIATE

23,6 KM



SECTION 8 - 2020



CANADIAN SKI
MARATHON
CANADIEN DE SKI



Pas de voitures privées
dans Kenauk Nature

No private cars
in Kenauk Nature

**DÉPART /
START**



20,3 KM



SECTION 7 - 2020



CANADIAN SKI
MARATHON
CANADIEN DE SKI

Milieu Boisé



**DÉPART/
START**



KENAUK
NATURE

Pas de voitures privées
dans Kenauk Nature

No private cars
in Kenauk Nature

12,2 KM

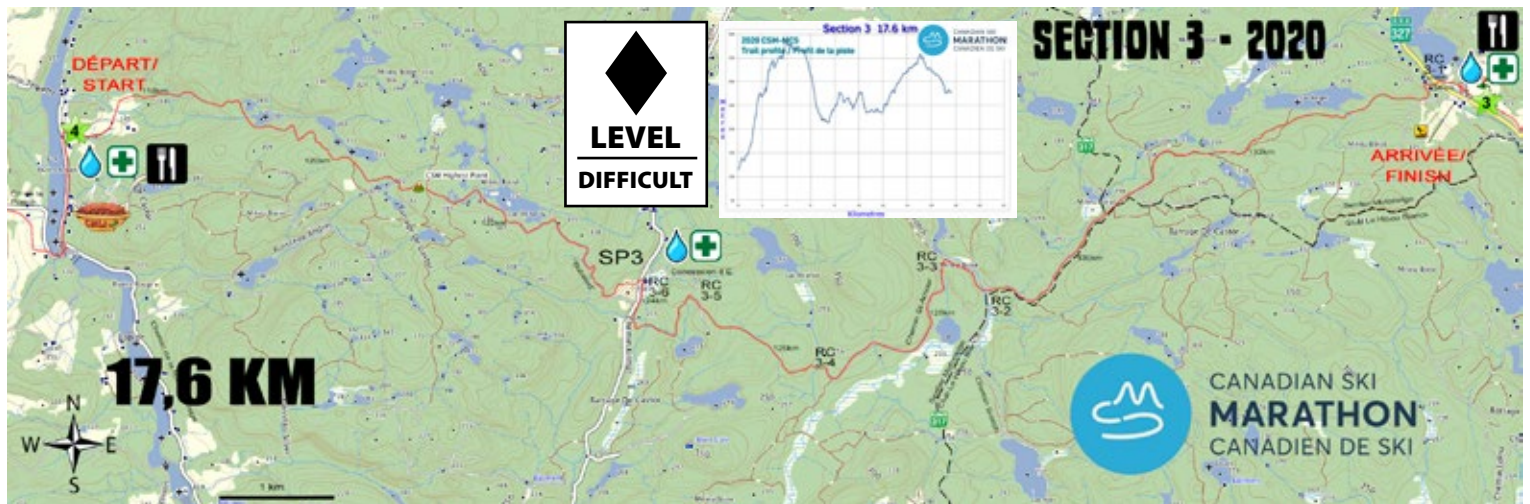
**ARRIVÉE/
FINISH**



1 km

SECTION 5 - 2020

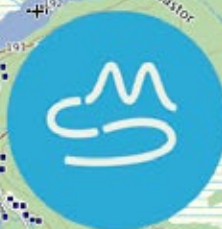




DÉPART/
START



SECTION 1 - 2020



CANADIAN SKI
MARATHON
CANADIEN DE SKI

Section 1 14.6 km

2020 CSM-MCS
Trail profile / Profil de la piste



LEVEL
EASY

14.6 KM

ARRIVÉE/
FINISH



1 km

Charter Bus Service

Times are subject to change (due to weather)

FRIDAY FEBRUARY 7

| DEPARTURE POINT | DEPARTURE TIME | DESTINATION | ARRIVAL TIME |
|---|----------------|--|-------------------------------|
| Gatineau (Polyvalente Nicolas-Gatineau) | 6:30 PM | Papineauville Dorm Château Montebello Mont Tremblant GOLD Dorm | 7:30 PM 7:45 PM 9:00 PM |
| DEPARTURE POINT | DEPARTURE TIME | DESTINATION | ARRIVAL TIME |
| Montreal (Gare d'autocars de Montréal, 1717 Berri) Closest Metro Station: Berri UQAM 5 to 10 minutes walking | 4:00 PM | Château Montebello | 6:45 PM |
| Lachute (Polyvalente Lavigne) | 6:00 PM | Papineauville Dorm Mont Tremblant GOLD Dorm | 7:00 PM 8:30 PM |
| DEPARTURE POINT | DEPARTURE TIME | DESTINATION | ARRIVAL TIME |
| Midland Mountainview Ski Center Midland off Foster Rd | 9:30 AM | Papineauville Dorm | 6 :30 PM |
| Barrie – Canadian Tire back parking lot, Bayfield Mall, Hwy 400, Bayfield street exit | 10:15 AM | Château Montebello | 7 :00 PM |
| Vaughan – Cat pool Auto. Hwy 400 & Rd 7 – West Side | 11:00 AM | Mont-Tremblant Gold Dorm | 8 :30 PM |
| Scarborough Town Center - Walmart | 12:00 PM | | |
| Kingston – Division Street, Hwy 401, close to McDonald's | 3:00 PM | | |

SUNDAY FEBRUARY 9

| DEPARTURE POINT | DEPARTURE TIME | DESTINATION | ARRIVAL TIME |
|--------------------------------------|----------------|---|--------------|
| Lachute (Polyvalente Lavigne) | 7:00 PM | Montréal (Gare d'autocars de Montréal, 1717 Berri) | 8:30 PM |
| DEPARTURE POINT | DEPARTURE TIME | DESTINATION | ARRIVAL TIME |
| Lachute (Polyvalente Lavigne) | 7:00 PM | Gatineau (Polyvalente Nicolas-Gatineau) | 8:30 PM |
| | | Kingston – Division Street, Hwy 401, close to McDonald's | 10:45 PM |
| | | Scarborough Town Center - Walmart | 1:00 AM |
| | | Vaughan – Cat pool Auto. Hwy 400 & Rd 7 – West Side | 1:30 AM |
| | | Barrie – Canadian Tire back parking lot, Bayfield Mall, Hwy 400, Bayfield street exit | 2:30 AM |
| | | Midland Mountainview Ski Center Midland off Foster Rd | 3:00 AM |



Free Shuttle Bus 2020 Schedule

| Saturday, February 8 |
|--|
| DEPARTURE Points |
| Papineauville High School (dorm) |
| Château Montebello |
| St-Michel Elementary School, Montebello |
| Curé-Mercure High School, Mont-Tremblant |

| Section 10 | | |
|-------------------------------|------------------|-----------|
| Miller Quarry - Checkpoint 11 | | |
| Approximate travel time | COUREUR DES BOIS | Tourer |
| 80 min. | 4:05 a.m. | 5:55 a.m. |
| 70 min. | 4:15 a.m. | 6:05 a.m. |
| 70 min. | 4:15 a.m. | 6:05 a.m. |
| 15 min. | 5:00 a.m. | N/A |

| Section 9 | | |
|-------------------------|---------------|----------------------------|
| Arundel - Checkpoint 10 | | |
| Approximate travel time | 1st departure | 2nd departure every 60 min |
| 70 min. | 7:05 a.m. | 7:45 a.m. |
| 60 min. | 7:15 a.m. | 7:55 a.m. |
| 60 min. | 7:20 a.m. | 8:00 a.m. |
| N/A | N/A | N/A |

| Section 8 | | |
|-------------------------|---------------|----------------------------|
| Boileau - Checkpoint 9 | | |
| Approximate travel time | 1st departure | 2nd departure every 60 min |
| 50 min. | 7:25 a.m. | 8:10 a.m. |
| 40 min. | 7:35 a.m. | 8:20 a.m. |
| 40 min. | 7:40 a.m. | 8:25 a.m. |
| N/A | N/A | N/A |

| Section 7 | | |
|--------------------------------|---------------|----------------------------|
| Kenauk Sand Pit - Checkpoint 8 | | |
| Approximate travel time | 1st departure | 2nd departure every 60 min |
| 40 min. | 7:35 a.m. | 8:20 a.m. |
| 30 min. | 7:45 a.m. | 8:30 a.m. |
| 30 min. | 7:50 a.m. | 8:35 a.m. |
| N/A | N/A | N/A |

| Section 6 | | |
|-------------------------------------|---------------|----------------------------|
| Kenauk Clay Shooting - Checkpoint 7 | | |
| Approximate travel time | 1st departure | 2nd departure every 60 min |
| 30 min. | 9:15 a.m. | 10:15 a.m. |
| 20 min. | 9:25 a.m. | 10:25 a.m. |
| 20 min. | 9:30 a.m. | 10:30 a.m. |
| N/A | N/A | N/A |

| Sunday, February 9 |
|---|
| DEPARTURE Points |
| Papineauville High School (dorm) |
| Château Montebello |
| St-Michel Elementary School, Montebello |
| Lavigne High School, Lachute |

| Section 5 | | |
|--------------------------|------------------|-----------|
| Gold Camp - Checkpoint 6 | | |
| Approximate travel time | COUREUR DES BOIS | Tourer |
| 15 min. | 5:20 a.m. | 7:00 a.m. |
| 5 min. | 5:25 a.m. | 7:05 a.m. |
| 5 min. | 5:25 a.m. | 7:05 a.m. |
| 60 min. | 4:30 a.m. | 6:10 a.m. |

| Section 4 | | |
|-------------------------------------|---------------|----------------------------|
| Kenauk Clay Shooting - Checkpoint 5 | | |
| Approximate travel time | 1st departure | 2nd departure every 60 min |
| 30 min. | 7:35 a.m. | 8:35 a.m. |
| 20 min. | 7:45 a.m. | 8:45 a.m. |
| 15 min. | 7:50 a.m. | 8:50 a.m. |
| 60 min. | 7:30 a.m. | 8:40 a.m. |

| Section 3 | | |
|----------------------------|---------------|----------------------------|
| Rouge River - Checkpoint 4 | | |
| Approximate travel time | 1st departure | 2nd departure every 60 min |
| 50 min. | 7:40 a.m. | 8:40 a.m. |
| 40 min. | 7:50 a.m. | 8:50 a.m. |
| 35 min. | 7:55 a.m. | 8:55 a.m. |
| 50 min. | 7:30 a.m. | 8:40 a.m. |

| Section 2 | | |
|-----------------------------|---------------|----------------------------|
| Carling Lake - Checkpoint 3 | | |
| Approximate travel time | 1st departure | 2nd departure every 60 min |
| 90 min. | 7:15 a.m. | 7:55 a.m. |
| 80 min. | 7:25 a.m. | 8:10 a.m. |
| 75 min. | 7:30 a.m. | 8:20 a.m. |
| 30 min. | 7:50 a.m. | 9:10 a.m. |

| Section 1 | | |
|----------------------------|---------------|----------------------------|
| Pruuli Farm - Checkpoint 2 | | |
| Approximate travel time | 1st departure | 2nd departure every 60 min |
| 85 min. | 8:55 a.m. | 9:55 a.m. |
| 75 min. | 9:10 a.m. | 10:10 a.m. |
| 70 min. | 9:20 a.m. | 10:20 a.m. |
| 25 min. | 10:10 a.m. | 11:10 a.m. |

| |
|-----------------------------------|
| COUREURS DES BOIS |
| CLOSED FOR SKIING - CUTOFF |
| HALF - MARATHON |
| CLOSED FOR SKIING - CUTOFF |
| TOURER |
| OPEN FOR SKIING |
| CLOSED FOR SKIING - CUTOFF |

| |
|------------|
| CP. 11 |
| 6:30 a.m. |
| 11:00 a.m. |

| |
|-----------|
| CP. 9 |
| 1:00 p.m. |
| 2:00 p.m. |
| CP. 7 |
| CP. 6 |
| 2:00 p.m. |

| |
|------------|
| CP. 6 |
| 6:30 a.m. |
| 12:00 p.m. |
| 2:00 p.m. |

| |
|-----------|
| CP. 3 |
| 2:00 p.m. |
| 3:30 p.m. |
| CP. 3 |
| 2:00 p.m. |
| 3:30 p.m. |

| |
|------------|
| CP. 3 |
| 2:00 p.m. |
| 3:30 p.m. |
| CP. 3 |
| 8:30 a.m. |
| 10:30 a.m. |
| 2:00 p.m. |
| 2:00 p.m. |

| |
|------------|
| CP. 3 |
| 2:00 p.m. |
| 3:30 p.m. |
| CP. 2 |
| 2:00 p.m. |
| 3:30 p.m. |
| CP. 2 |
| 8:30 a.m. |
| 10:30 a.m. |
| 2:00 p.m. |
| 2:00 p.m. |

** A tourer who has skied the first 4 sections of the day has until 3:30 p.m. to start the last section.

| Half-Marathon Bus |
|-------------------|
| Saturday, Feb. 8 |
| Sunday, Feb. 9 |

Papineauville 9:50 a.m. and Château Montebello 10:00 a.m. (going to CP 9 - start skiing at 11:10 a.m.)

Papineauville 9:50 a.m. and Château Montebello 10:00 a.m. (going to CP 4 - start skiing at 10:50 a.m.)

END OF DAY EXPRESS SHUTTLES

| Saturday, Feb. 8 |
|------------------------------|
| St-Michel School, Montebello |

From 2 p.m. and every 60 minutes going to Château Montebello, Papineauville High School (Papineauville Dorm). Last departure 15 min after the last skier has arrived.
NEW - \$15 - CHARTER bus to Mont-Tremblant (GOLD dorm) Departure 6:30 p.m. - INFORMATION: 1-877-770-6556

| Sunday, Feb. 9 |
|---------------------|
| Lavigne High School |
| Lachute |

From 2 p.m. and every 60 minutes going to Papineauville HS (dorm), École Saint Michel Montebello, Château Montebello. Last start 15 min after the last skier arrival.
4 departures going to Mont-Tremblant HS (Gold Dorm): 2 p.m., 5 p.m., 6 p.m. and last departure 15 min after the last skier has arrived.
3 departures going to Nicolas-Gatineau HS: 3 p.m., 5 p.m. and last start 15 min after the last departure 15 min after the last skier has arrived.

IMPORTANT

There is no shuttle service for Tourers from Mont-Tremblant

Information / Questions 1-877-770-6556