

The background image shows a triathlon event. In the foreground, a large group of cyclists wearing orange safety vests and helmets are gathered with their bicycles. Behind them are several event tents. One tent is red and yellow, with 'PULSE' and 'Centre Communautaire Wakefield - La Pêche' written on it. Another tent is green and yellow, with 'atmosphèrepleinair.ca' and 'CAMP DE BASE' written on it. Tall black and yellow banners with 'ATMOSPHERE SPORTS PLEIN AIR' and 'PULSE' logos are also visible. The scene is set in front of a modern building with large windows and a green roof, surrounded by trees.

COURSE OVERVIEW

Raid Pulse 3 1/2 hour

OVERVIEW

3 1/2 hour



START Prologue on foot

CANOE/TREK section



Transition area #1 (BAG A)

BIKE section



Transition area #2 (BAG B)

TREKKING section



With advanced CPs

Back to Transition area #2 (BAG B)

MTB #2



With advanced CPs

FINISH line

What goes in TA bags



To do before the start of the race and no later than 9:00AM. You must bring BAG A and B to the designated area on the HQ site. Raid Pulse support vehicle will bring bags to the TRANSITION AREAS prior to start.

BAG A

- I. Spare shoes`bike shoes
- II. Spare clothes
- III. Food and *hydration
- IV. Bike helmet and other bike related gear

BAG B

- I. Spare shoes
- II. Spare
- III. Food and *hydration

* Note that you are responsible for your hydration during the event, the hydration station in the transition area is meant to be a backup only.

Important note: Box or cooler will not be accepted; you must use bags.



Personal boats

Teams that bring their own boats must bring them to the washing station located at the headquarter.

Once your boat has been rinsed, you must bring it to TRANSITION AREA before the start of the race (starting at 7:30AM Saturday morning and no later than 9:00AM).

TRANSITION AREA LOCATION: Information will be provided at the registration desk on race day.

