

WELCOME

Welcome to Québec City!

This guide contains important information to help you to prepare for your arrival in Québec.

For the smooth running of the event, we ask that you respect the guidelines and instructions included in this guide.

We thank you in advance for your cooperation and wish you the best of luck!

Ian Beaulieu

President – Gestion SPACT

Mario Légaré

General Director – Adaptavie Inc.



GENERAL INFORMATION

- Official languages:** French (first language) – English (second language)
- Voltage:** 110 volts
- Local time:** GMT-5
- Local currency:** Canadian Dollar
- Climate:** Between 60° and 73° Fahrenheit (15° and 23° Celsius) (in August)

Event website: <https://www.paracyclismequebec.com/>

Organization contacts

- ▶ **Ian Beaulieu** – Race Director
ian.beaulieu@gestionspact.ca
- ▶ **Christine Brisson** – Teams and nations logistics manager
christine.brisson@gestionspact.ca
- ▶ **Manon Gaudreault** – Event Coordinator
manon.gaudreault@gestionspact.ca

ATHLETE'S VILLAGE

The *Athletes' Village* is located in the borough of Charlesbourg, approximately 15 minutes from downtown Québec City. The *Athlete's Village* is located 200 meters from the central point of all competitions (road and time trial), directly in front of the *École du Parc-Orléans*.

RACE OFFICE

The race office is located at the *École du Parc-Orléans*.

École du Parc-Orléans

7 550, 10^e Avenue Est
Québec (Québec) G1H 4C4

Athlete's Village

800, rue de la Sorbonne
Québec (Québec) G1H 1H1

Date: August 1 to 7

Schedule: 9 a.m. to 5 p.m.

ACCOMMODATION

Official UCI Hotel

- ▶ **Hôtel Repotel *Henri IV***
2500, avenue Saint-Jean-Baptiste
Québec (Québec) G2E 6J5
<https://www.chatearepotel.com/>
Free parking

Team Hotel

- ▶ **Hôtel Repotel *Duplessis***
6555, boulevard Wilfrid-Hamel
Québec (Québec) G2E 5W3
<https://www.chatearepotel.com/>
Free parking
- ▶ **Hôtel Ambassadeur**
3401, boulevard Sainte-Anne
Québec (Québec) G1E 3L4
<https://www.hotelambassadeur.ca/>
Free parking
- ▶ **Hôtel Universel**
2300, chemin Sainte-Foy
Québec (Québec) G1V 1S5
<https://hoteluniversel.qc.ca/>
Free parking

We invite you to consult the websites of these hotels to learn about the services offered at each of these establishments.

USEFUL INFORMATION

VARIOUS SERVICES

Near the competition site

You may find many services near the competition site there (restaurants, banks, supermarkets) that you may need.

Near the hotels

Depending on the location of your hotel, several services are available: banks, supermarkets and restaurants.

LAUNDRIES

Near the Hotel Repotel Henri IV and the Hotel Repotel Duplessis

Buanderie Masson

2636, boulevard Masson
Québec (Québec) G1P 1J6

Near the Hotel Universel

Buanderie Carrefour Sainte-Foy

2480, chemin Sainte-Foy
Québec (Québec) G1V 1T6

Near the Hotel Ambassadeur

Buanderie Lavoir Plus

2073, chemin de la Canardière
Québec (Québec) G1J 2E7

BIKE SHOPS

Near the competition site

Fournel Bicycles

8755, 1^{re} Avenue
Québec (Québec) G1G 4C5

Other bike shops

Primeau Vélo

421, boulevard Armand-Paris
Québec (Québec) G1C 7R3

Demers bicyclettes et skis de fond

1044, 3^e Avenue
Québec (Québec) G1L 2X4

Bicycles Record

1109, route de l'Église
Québec (Québec) G1V 3W3

Mathieu Performance

496, 1^{re} Avenue
Québec (Québec) G1L 3J8

Lessard Bicycles

2661, boulevard du Versant-Nord
Québec (Québec) G1V 1A3

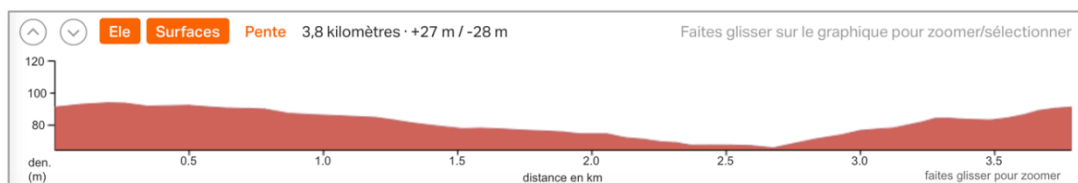
Boutique Les vélos Spherik

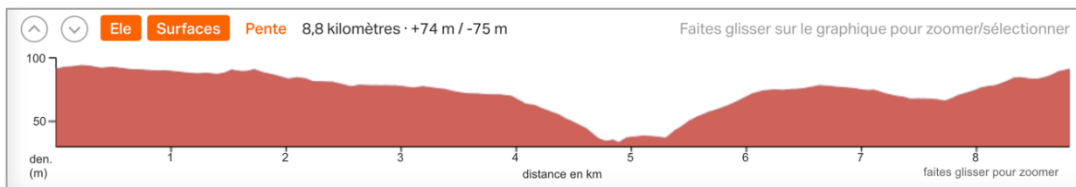
850, rue des Rocailles, porte 100
Québec (Québec) G2J 1A5

RACE DESCRIPTION

You can find all the details about the journeys/routes, by visiting the following page: <https://www.paracyclismequebec.com/competition/>.

Route link: Relay	Route link: Road Race
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ACCREDITATION

Accreditation cards will be handed out upon arrival at the hotel. A bag will be identified with your nation's name, in which you will find the accreditations for athletes and accompanying persons, as well as the *Technical Guide*.

If you wish to pick up your bag on site, you can go to the *Information et Accreditation* tent on the *Village*.

ATHLETE'S VILLAGE

800, rue de la Sorbonne
Québec (Québec) G1H 1H1

MEDIA ACCREDITATION

All media must write to info@paracyclismequebec.com to register and obtain their accreditation card.

TEAM MANAGER MEETING

The technical meeting will be held on Wednesday, **August 3, at 4 p.m.** We ask that at least one member from each nation attend this meeting.

This meeting will be held at the *École du Parc-Orléans*:

7 550, 10^e Avenue Est
Québec (Québec) G1H 4C4

PARKING

Parking for UCI and Officials

Please refer to the map in **Appendix 1** for the location of the UCI staff and Officials parking. Please note that accreditation is required for parking access.

Nation Parking

Please refer to the map in **Appendix 2** for the location of the nation's parking. Parking is also available on nearby streets.

CLASSIFICATION

A local at the *École du Parc-Orléans* (near the *Athlete's Village*) will be reserved for classification. Directions will be posted on site.

Schedule of classifications

- ✓ July 31, August 1 and August 2022: 9 a.m. to 6 p.m.

Athletes must present themselves at the classification with their bike, cycling clothes and medical documents.

Confirmation of starters

- ✓ Wednesday August 3, 2022, from 10 a.m. to 12:30 p.m., at the following address:

École du Parc-Orléans
7 550, 10^e Avenue Est
Québec (Québec) G1H 4C4

ANTI-DOPING CONTROLS

Doping tests will be conducted at the **École du Parc-Orléans** (near the *Athletes' Village*):

École du Parc-Orléans
7 550, 10^e Avenue Est
Québec (Québec) G1H 4C4

INTERNET ACCESS

Wifi will be available near the *Arrival-Departure* area.

TRAINING PERIOD

Official training will take place on **Wednesday, August 3, from 10 a.m. to 3 p.m.** Athletes will have five (5) hours to train on the time trial and road circuit.

The 8.8 km course will be safe, but cyclists will be required to slow down at certain intersections. Police will be on hand to warn cyclists of any slowdowns.

Please note: The relay course is not secured for the training period.

Off course training (before the event)

Important: For workouts that are off the secured course, it is recommended to ride on the bike paths. For handcycles, the safety flag is strongly recommended.

Here are two starting points with parking where we suggest you leave to ride, either on the *Corridor du Littoral* or the *Parcours des Anses*:

- ▶ **Domaine Maizerets**
2000, boulevard Montmorency
Québec (Québec) G1J 5E7

- ▶ **Quai des Cageux**
2793, chemin du Foulon
Québec (Québec) G1W 2G6

To find out about the entire cycling network, we suggest you consult the map of cycling routes in the region that will be given to you in your bag.

MEALS

Hot meals will be offered to athletes who have chosen the packages, for lunch and dinner. The cafeteria is located in the *Athletes' Village* and seating will be available.

Cafeteria service will be available from **August 1 through August 7**.

- ▶ **Opening Hours:**
 - ✓ **Lunch:** 11 a.m. to 1 p.m.
 - ✓ **Dinner:** 5 p.m. to 7 p.m.

Your accreditation card is **ESSENTIAL** to enter in the dining tent. Your meals will be punched at the entrance to the tent. **NO ACCESS** to the tent will be allowed without proof of accreditation.

Official menu

The official menu will be posted at the entrance to the cafeteria.

TRANSPORTATION OF BIKES TO BAIE-COMEAU

In order for your equipment to be available for the World Championships in Baie-Comeau, it is **IMPERATIVE** that it be delivered to the organization in the transportation trucks that will be located near the *Athletes Village*.

Boxes of equipment should be brought in after each athlete's last race.

Your equipment must be turned in no later than **7 p.m. on Sunday, August 7**.

BIKE STORAGE

Bikes are NOT allowed in the hotel and NO bikes will be allowed in the rooms.

Bike Storage

The tents will be guarded by security guards at night. You can leave your bikes under the tent identified to your nation and close it with the canvas in place.

For those nations that do not have enough space for their bikes, the cafeteria tent will be available **from 7 p.m. until 10 a.m.** to store your bikes. This tent will also be monitored by security guards at night, in addition to surveillance cameras.

NEUTRAL ASSISTANCE

For road races, the neutral assistance will consist of two vehicles. If you wish to provide wheels for your team/nation's riders, you must bring them to the neutral assistance **30 minutes before the start.**

TIMEKEEPING

Teams must return transponders to the timing crew located at the finish line, immediately after the last race of their riders. A fee of \$100.00 CDN will be charged to the nation for each transponder not returned at the end of the event.

RACE INFO

Access to the start for cyclists

Cyclists must use Avenue du Centenaire and Rue de l'Entraide to get to the start arch (see **Appendix 4**).

Time Trial follow-up cars

The following cars will be positioned on the rue de Nîmes. Access will be through the drop-off zone (see **Appendix 4**). Vehicles will be allowed to enter in this area from:

- ✓ **Thursday, August 4:** 8 a.m. to 4 p.m.
- ✓ **Friday, August 5:** 8 a.m. to 4 p.m.

Feed Zone

The feed zone will be identified on the course. This zone is located at the end of the loop, at **KM 8.5**. It is **STRICTLY** forbidden to throw your waste in the street.

SHOWERS

Unfortunately, most hotel rooms are not equipped with showers. However, at the *Athletes' Village*, it will be possible to take your shower in adapted bathrooms. ***This will be the best option for you!***

Important: We ask all users to keep this area very clean, out of respect for other participants.

Location of the showers

ARPIDROME – Next to the *Athletes' Village*.

Shower schedule

- ✓ August 3-4-5: 4 p.m. to 6 p.m.
- ✓ August 6-7: 12 p.m. to 7 p.m.

SHUTTLE SCHEDULE

If you wish to take advantage of the shuttle service, you must make your reservation one day in advance (for example: Sunday for Monday) **before 4 p.m.** at the *INFORMATION* tent in the *Athlete's Village*.

We will need your contact information to confirm the time of the shuttle to your hotel. You will receive confirmation no later than **8 p.m.** evening before your transportation.

The shuttle service will be in operation from **Monday, August 2 to Sunday, August 7**, inclusively.

*Time of the shuttles**

- ✓ Between 7 a.m. to 9 a.m.
- ✓ Between 5 p.m. to 7 p.m.

* Schedule varies according to the hotels to be served.

CAB SERVICE

To reserve a cab from your hotel to the competition site, **at your expense:**

- ✓ Taxi Coop: 418 525-5191
- ✓ Taxi Laurier: 418 651-2727
- ✓ Taxi Charlesbourg: 418 626-5252

STAFF LIST

Organizing Committee

President	Ian Beaulieu	ian.beaulieu@gestionspact.ca
Director	Christine Brisson	christine.brisson@gestionspact.ca
Coordinator	Manon Gaudreault	manon.gaudreault@gestionspact.ca
Director Adaptavie	Mario Légaré	mario.legare@adaptavie.org
Coordinator	Camille Marchand	camille@adaptavie.org
Coordinator	Roxanne Périnet-Lacroix	roxanne@adaptavie.org
Coordinator	Michel Chartier	communication@adaptavie.org
Security	Alain Ouellette	alainouellette2017@gmail.com
Medical	Michel Bonin	michel.bonin162@gmail.com
Neutral Assistance	Marc Dufour	groupecentrifuge@hotmail.com
UCI	Todd Fraser	Todd.Fraser@uci.ch
UCI	Louis Barbeau	lbarbeau@fqsc.net
Chief of Press	Carl Vaillancourt	cvaillancourt@fqsc.net
Press Agency	Myriam Bérubé	mberube@tactconseil.ca
Announcer	Audrey Lemieux	audrey.lemieux@hotmail.com

UCI Officials for the event

Technical Delegate	Roberto Rancillio (ITA)
Classifiers	Katie Bourke (AUS) Terri Moore (CAN) Julie Porteous (GBR) Jenny Bartloff (USA) Andree Sasiain (ARG) Matthew McLaughlin (USA) Kirsty Walker (NZL)
National Commissaires	Serge Fortin (CAN) Lyne Girard (CAN) Pierre-Olivier Neault (CAN) Hélène Soulard (CAN)
International Commissaires	Peter Tomlinson (AUS) Louise Lalonde (CAN) Iverson Ladewig (BRA)
Official Doctors	To be confirmed
Timing Expert	Sylvain Richard

SCHEDULE

Please refer to **Appendix 4 et 5** for complete details on the competition schedule.

**THE ORGANIZING COMMITTEE REMAINS AT YOUR DISPOSAL
FOR ANY FURTHER INFORMATION.**

APPENDIX 1 – UCI AND OFFICIALS PARKING



**COUPE DU MONDE
PARACYCLISME ROUTE**

QUÉBEC | CANADA

Stationnement UCI / Officiels

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UCI / Official's parking

7520 Av. du Château de Chambord, Québec





Route d'accès avec accréditation requise

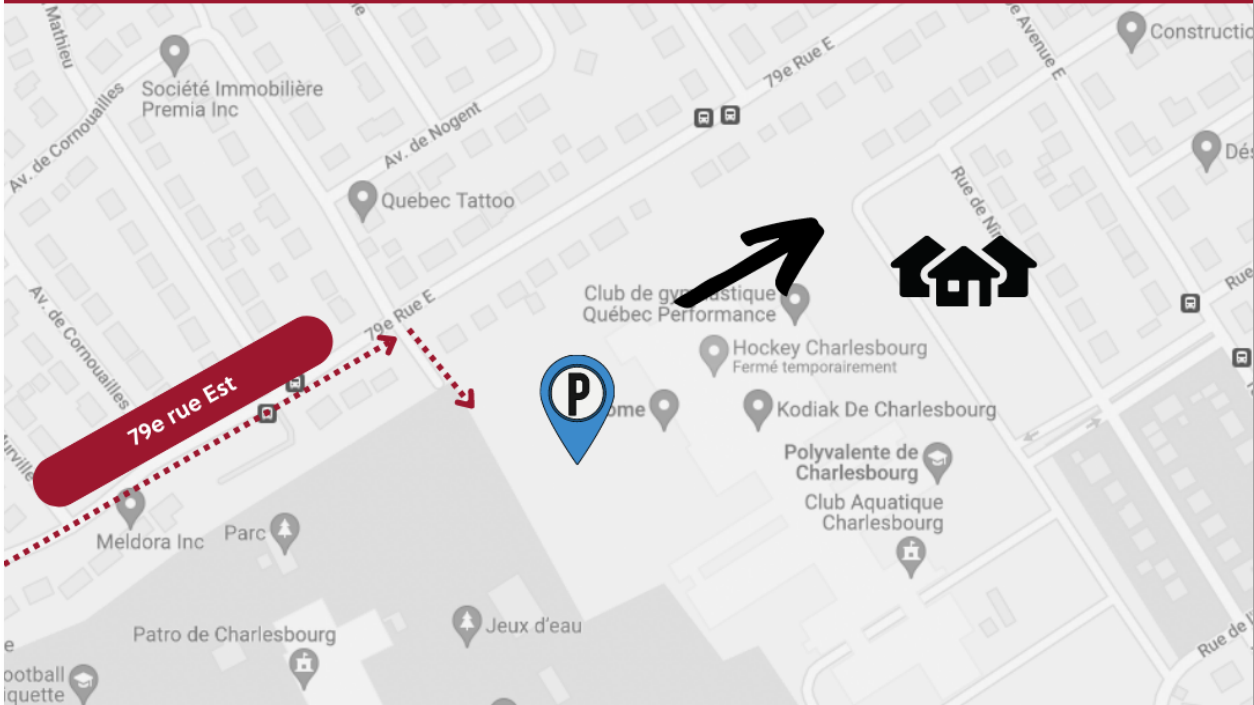
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Road access with accreditation only

APENDIX 2 – NATIONS PARKING



Stationnement nations
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Nation's parking


750 Rue de la Sorbonne, Québec



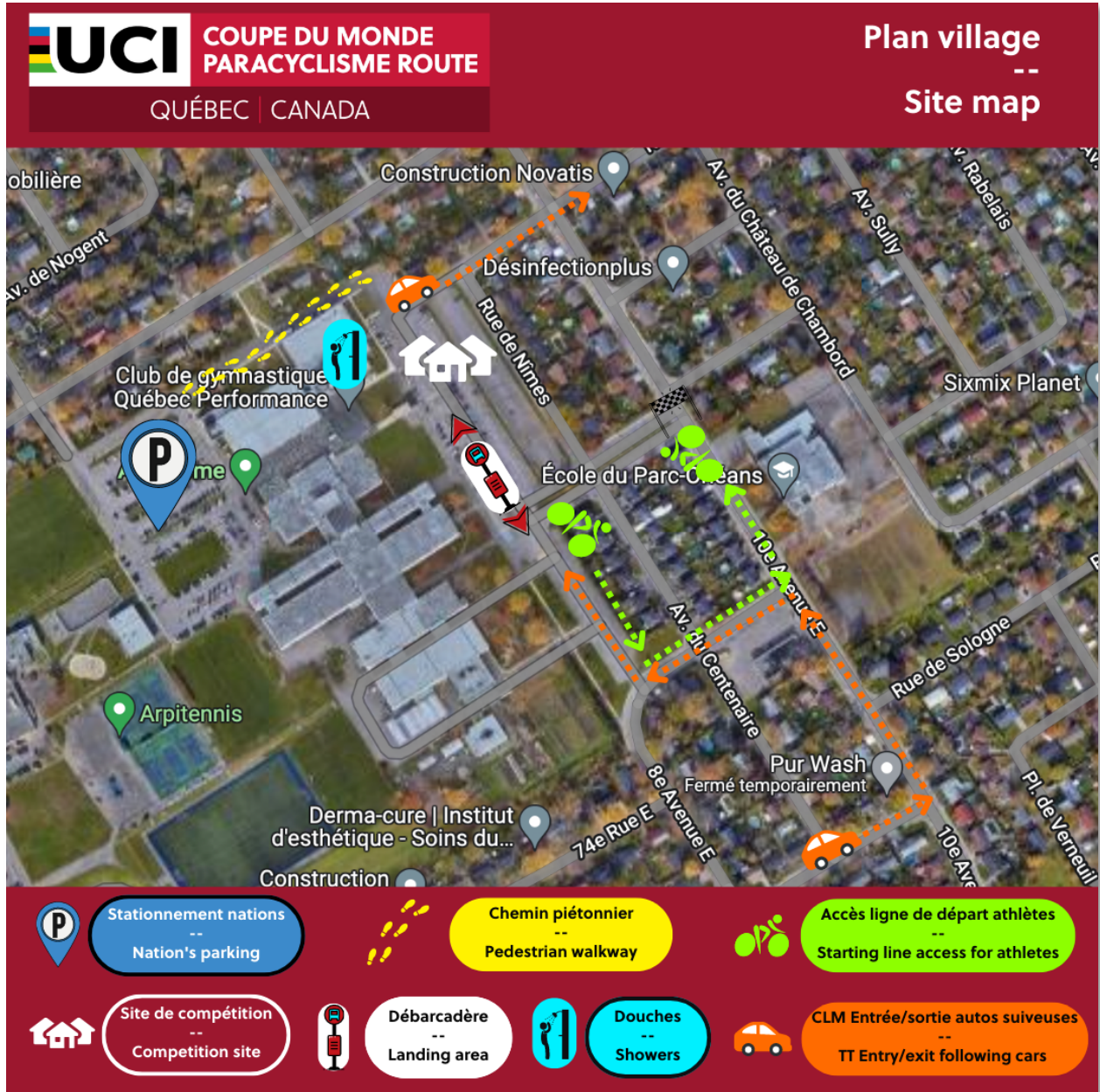
79e rue Est

Routes sans entraves / Proposed Routes without closures

 Stationnement nations
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Nation's parking

 Site de compétition
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Competition site

APPENDIX 3 – SITE MAP



APPENDIX 4 – SCHEDULE FOR AUGUST 3-4-5, 2022



Jour 1 - 2 - 3
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Day 1 - 2 - 3

JOUR 1 - MERCREDI 3 AOÛT / DAY 1 - WEDNESDAY AUGUST 3th					
Début : 10h00		Fin : 15h00		Start : 10:00 Am End : 3:00 Pm	
1 tour/lap = km					
Heure/Hour	Catégorie/Categori	Épreuve	Compétition	Tour/La	Total km
10h00 - 15h00	UCI	Entraînement	Training	-	-

JOUR 2 - JEUDI 4 AOUT / DAY 2 - THURSDAY AUGUST 4th						
Début : 10h00		Fin : 16h00		Start : 10h00 Am End : 4:00 Pm		
1 tour/lap = 8,8 km						
Heure/Hour	Catégorie/Categori	Épreuve	Compétition	Tour/La	Total km	
10h00 - 12h00	T (2-1)	CLM ind. Hommes	Time trial - Man	2	17,6	
	T (2-1)	CLM ind. Femmes	Time trial - Woman	2	17,6	
	H (2-1)	CLM ind. Hommes	Time trial - Man	2	17,6	
	H (2-1)	CLM ind. Femmes	Time trial - Woman	2	17,6	
12h15		Remise des médailles/trophé Medals/Trophies ceremoi			-	-
13h30- 15h30	H (5-3)	CLM ind. Hommes	Time trial - Man	2	17,6	
	H (5-3)	CLM ind. Femmes	Time trial - Woman	2	17,6	
15h45		Remise des médailles/trophé Medals/Trophies ceremony				

JOUR 3 - VENDREDI 5 AOUT / DAY 3 - FRIDAY AUGUST 5th						
Début : 10h00		Fin : 18h15		Start : 10h00 Am End : 6:15 Pm		
1 tour/lap = 8,8 km						
1 tour relais = 3,8 km						
Heure/Hour	Catégorie/Categori	Épreuve	Compétition	Tour/La	Total km	
10h00 - 11h45	C (3-1)	CLM ind. Hommes	Time trial - Man	2	17,6	
	C (5-1)	CLM ind. Femmes	Time trial - Woman	2	17,6	
12h00		Remise des médailles/trophé Medals/Trophies ceremony				
13h00 - 15h45	B	CLM ind. Hommes	Time trial - Man	3	26,4	
	B	CLM ind. Femmes	Time trial - Woman	3	26,4	
	C (5-4)	CLM ind. Hommes	Time trial - Man	3	26,4	
16h30 - 17h30	H (1-5)	Relais (H et F)	Relay (M and W)	6	22,8	
17h45		Remise des médailles/trophé Medals/Trophies ceremony				

APPENDIX 5 – SCHEDULE FOR AUGUST 6 AND 7, 2022



Jour 4 - 5
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Day 4 - 5

JOUR 4 - SAMEDI 6 AOÛT / DAY 4 - SATURDAY AUGUST 6th					
Début : 8h00		Fin : 18h45		Start : 8:00 Am End : 6:45 Pm	
1 tour/lap = 8,8 km					
Heure/Hour	Catégorie/Catego	Épreuve	Compétition	Tour/La	Total kn
8h00 - 10h30	H (3-4)	Route Femmes	Race - Woman	6	52,8
	H (2)	Route Femmes	Race - Woman	4	35,2
	H (1)	Route Femmes	Race - Woman	3	26,4
8h02 - 10h30	H (2)	Route Hommes	Race - Man	5	44,0
	H (1)	Route Hommes	Race - Man	3	26,4
10h45 - 13h00	H (4)	Route Hommes	Race - Men	7	61,6
	H (5)	Route Femmes	Race - Women	6	52,8
13h15		Remise des médailles/trophé	Medals/Trophies ceremony		
13h05 - 13h45	Familial/Family	Tour populaire	Popular trial	1	3,4
14h00 - 15h30	T (2)	Route Hommes	Race - Man	4	35,2
	T (1)	Route Hommes	Race - Man	3	26,4
14h02 - 15h30	T (2)	Route Femmes	Race - Woman	4	35,2
	T (1)	Route Femmes	Race - Woman	3	26,4
15h45 - 18h00	H (5)	Route Hommes	Race - Man	7	61,6
15h47 - 18h00	H (3)	Route Hommes	Race - Man	7	61,6
18h15		Remise des médailles/trophé	Medals/Trophies ceremony		

JOUR 5 - DIMANCHE 7 AOÛT / DAY 5 - SUNDAY AUGUST 7th					
Début : 8h00		Fin : 17h00		Start : 8:00 Am End : 5:00 Pm	
1 tour/lap = 8,8 km					
Heure/Hour	Catégorie/Catego	Épreuve	Compétition	Tour/La	Total kn
8h00 - 10h15	C (1-3)	Route Hommes	Race - Man	7	61,6
8h02 - 10h15	C (4-5)	Route Femmes	Race - Woman	7	61,6
10h30 - 12h45	C (4-5)	Route Hommes	Race - Man	9	79,2
10h32 - 12h45	C (1-3)	Route Femmes	Race - Woman	6	52,8
13h00		Remise des médailles/trophé	Medals/Trophies ceremony		
13h45 - 16h15	B	Route Hommes	Race - Man	11	96,8
13h47 - 16h15	B	Route Femmes	Race - Woman	9	79,2
16h30		Remise des médailles/trophé	Medals/Trophies ceremony		