



AU PROFIT DE LA
FONDATION

**SUR LA POINTE
DES PIEDS**



ATHLETE'S GUIDE

RACE February 21, 2026

Version of December 17th, 2025

THE FONDATION THANKS YOU!



You are one of the courageous who will brave Lac Saint-Jean this winter! This physical and psychological challenge is an opportunity to support the mission of **On the Tip of the Toes foundation**.

All funds raised during the CRYO Races will be used to finance **therapeutic adventure expeditions**. Discover the unique spirit of these expeditions in [this video](#), where pushing oneself beyond one's limits and solidarity come together in the heart of nature!

OUR MISSION – Connect. Transform. Propel.

For more thirty years, the On the Tip of the Toes Foundation has been changing the lives of young people living with cancer through therapeutic adventure expeditions. These young people return changed, ready for a fresh start and with a source of motivation that will stay with them for the rest of their lives.



FUNDRAISING

For each race, you must raise a minimum amount of funds in order to participate

The 24 km – minimum fundraising goal of 750\$

The 12 km – minimum fundraising goal of 500\$

Prizes for major fundraisers

On race day, we have some great prizes donated by our sponsors for the top fundraisers. Among them, a half-day sailing experience on Lac Saint-Jean with [Amure Adventure](#). The prize draw formula is simple: for every \$250 you raise over your minimum fundraising goal, you will be entered into the draw. This formula applies to both the 12 km and 24 km races. Here are some examples of fundraising goals:

Race	Minimum fundraising goal	Athlete's fundraising	Number of raffle tickets
12 KM	500\$	750\$	1 raffle ticket
12 KM	500\$	1250\$	3 raffle tickets
24KM	750\$	1250\$	2 raffle tickets
24KM	750\$	2000\$	5 raffle tickets

Please note that we will calculate the amounts fundraised on February 19 to establish the number of prize drawing entries. You will therefore have until noon on February 19, 2026, to make donations that will be counted towards the number of entries you are entitled to for the prize drawing. It will still be possible to make donations up to the race day on February 21, but they will unfortunately not be taken into account for the draw.

21 février 2026 - Drawing and presentation of major fundraising prizes will take place at the same time as the podium.

RACE RULES

- Always help an athlete in trouble.
- Show a spirit of camaraderie.
- Always stay on the marked trail.
- Dispose of all garbage at the aid stations.
- Always have all mandatory equipment with you.
- The shuttle bus is MANDATORY for all athletes.
- The use of headphones or loudspeakers is prohibited.
- Except in emergencies, athletes may not receive any assistance (technical or logistical) from anyone outside the organization.





MANDATORY EQUIPMENT

A mandatory equipment check will be conducted at chek-in before you received your race bib. We ask that you do not seal-pack your equipment in bags so that we can check everything BEFORE you receive your race bib.

Make sure you have all your mandatory equipment with you at this time. Random checks may also be carried out at various times, on the course and at aid stations during the race. Failure to comply with the mandatory equipment requirements will result in disqualification. The race director is the only person authorized to disqualify a participant.

IMPORTANT : THE MANDATORY EQUIPMENT LIST IS THE SAME FOR ALL ATHLETES. WEATHER CONDITIONS ON LAC ST-JEAN CAN CHANGE RAPIDLY, SO THIS EQUIPMENT COULD BE USEFUL AT ANY TIME!

We strongly recommend layering your clothing to help you adapt to varying weather conditions. To increase your visibility on the lake and make it easier for the CRYO race team to spot you, we encourage you to wear brightly colored reflective clothing.

In addition to the clothing you'll be wearing at the start, here is the list of mandatory equipment **you must carry with you throughout the race**:

- Cold-weather running shoes (trail or winter shoes) – No road or casual shoes are allowed.
- Long running pants (if you are not already wearing them at the start); depending on weather conditions, the race director may require you to wear them at the start of your race.
- Running pack containing all mandatory equipment (see list below).

IN YOUR RUNNING PACK, WHICH YOU MUST KEEP WITH YOU THROUGHOUT THE RACE, YOU MUST HAVE THE FOLLOWING ADDITIONAL CLOTHING:

- **JACKETS:**
 - GORE-TEX jacket (providing windproof and waterproof protection); a simple windbreaker is insufficient. See examples on this picture bellow.



- Insulated jacket with a hoodie that you will not wear at the start (down jackets are acceptable since you should not wear this while physically active, but you'll need it if you're waiting to be evacuated or if you're travelling by snowmobile), here are examples and pictures of what we are looking for:

☑ Hoody jacket [Thorium hoody](#)

☑ Hoody jacket [Cerium](#)

☹ Hoody jacket [Atom](#) (this model does **not** provide sufficient protection when you are not active)



- **SPARE CLOTHING:**

- Extra gloves or mittens;
- Spare neck gaiter or tubular scarf;
- Spare hat;
- Spare socks.

- **EQUIPEMENT :**

- Protective eyewear, ALPINE ski model, because this is the only option that won't fog up in the conditions on the lake, especially when it gets dark or cold and windy;
- Fully charged cell phone (keep it as warm as possible with hand warmers);
- Survival blanket;
- Hand and foot warmers;
- Whistle;
- Reflective strips on your clothing if it doesn't already have them and on your running pack;
- Reusable cup (to reduce waste, no cups will be provided at the aid stations; you must bring your own bottles, cups, or container of choice);



- Headlamp with at least 100 lumens, fully charged (bring spare batteries or a second lamp);
- 2 lights (such as bike lights) in flashing mode (one on the back of your running bag + one on the front, either on the straps of your running pack or your jacket);
- Necessary medications (asthma inhaler, EpiPen, etc.);
- Health insurance card.



The temperature on the lake can change quickly and the wind can cool it down by several degrees in a matter of minutes. Just because it's sunny at the start, doesn't mean the lake won't play tricks on you along the way. Don't be careless. You are responsible for your own safety!

SUGGESTED EQUIPMENT

- Gaiters;
- Insulated liquid container;
- Running snowshoes (depending on trail conditions) – Athletes in the Starlit may leave a pair in their drop bag (see details below);
- Crampons (depending on trail conditions);
- Energy supplements;
- Full-face hood.

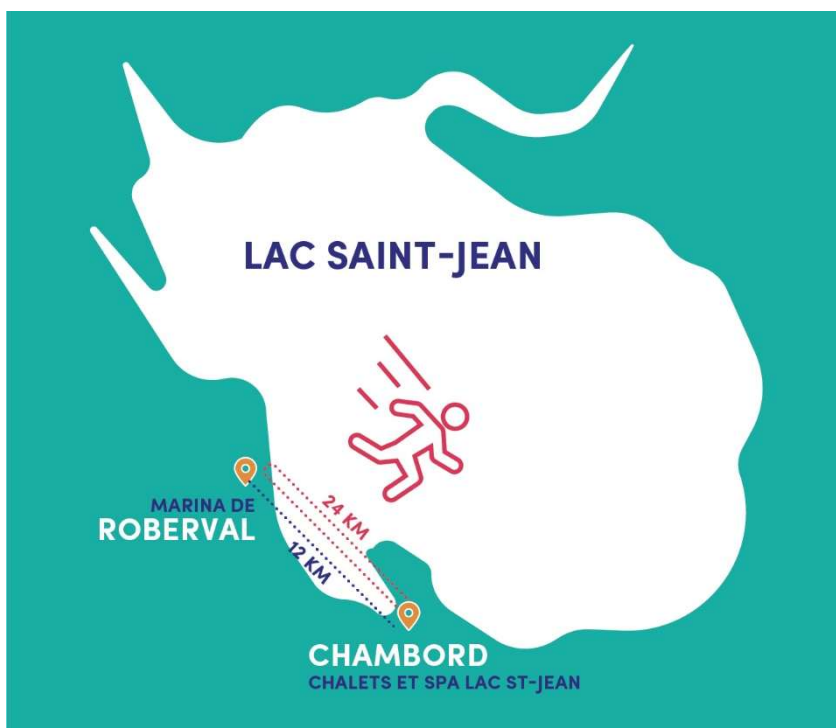
IMPORTANT - The organization will never recommend whether or not to wear snowshoes and crampons. It is your responsibility to make this decision before you leave, based on the known conditions of the course and the weather conditions. Please note that we suggest you train with snowshoes to adapt your running style before taking part in the event.

DROP BAG

Only athletes in the 24KM race can drop off a clearly identified bag (first name, last name) with a change of clothes and food when they check in. Bags must not exceed a 20-litre capacity. The bags will be available at aid station #2 (Marina de Roberval), with 12 km left to go. It is important to consider that the food and liquids you leave in your drop bag may freeze. Your snowshoes must also be clearly identified and attached to your bag if you wish to have access to them at aid station #2. Three changing rooms will be available: men's, women's and mixed



THE 24 KM



SCHEDULE

February 9, 2026

6:30 to 7:00
p.m.

Question period on TEAMS following the 2026 information video, which will be sent to you during the week of February 2. [Link for TEAMS meeting](#)

21 février 2026

10:00 a.m. to
3:00 p.m.

Welcome, **mandatory equipment check** (do not seal anything before coming to show us your mandatory equipment!) and bib pick up at Chalets et Spa Lac St-Jean - 109, chemin du Parc municipal, Chambord - *Salle Thuya - salle des participants*

3:10 p.m.

Meet the athletes, speeches, and pre-departure protocol - *Salle Thuya - salle des participants*

3:30 p.m.

Departure of the 24 KM – Chalet et Spa Chambord

7:00 p.m.

Podium for the 12 KM, the 24 KM and presentation of the prizes for fundraisings

THE 12KM



HORAIRE

February 9, 2026

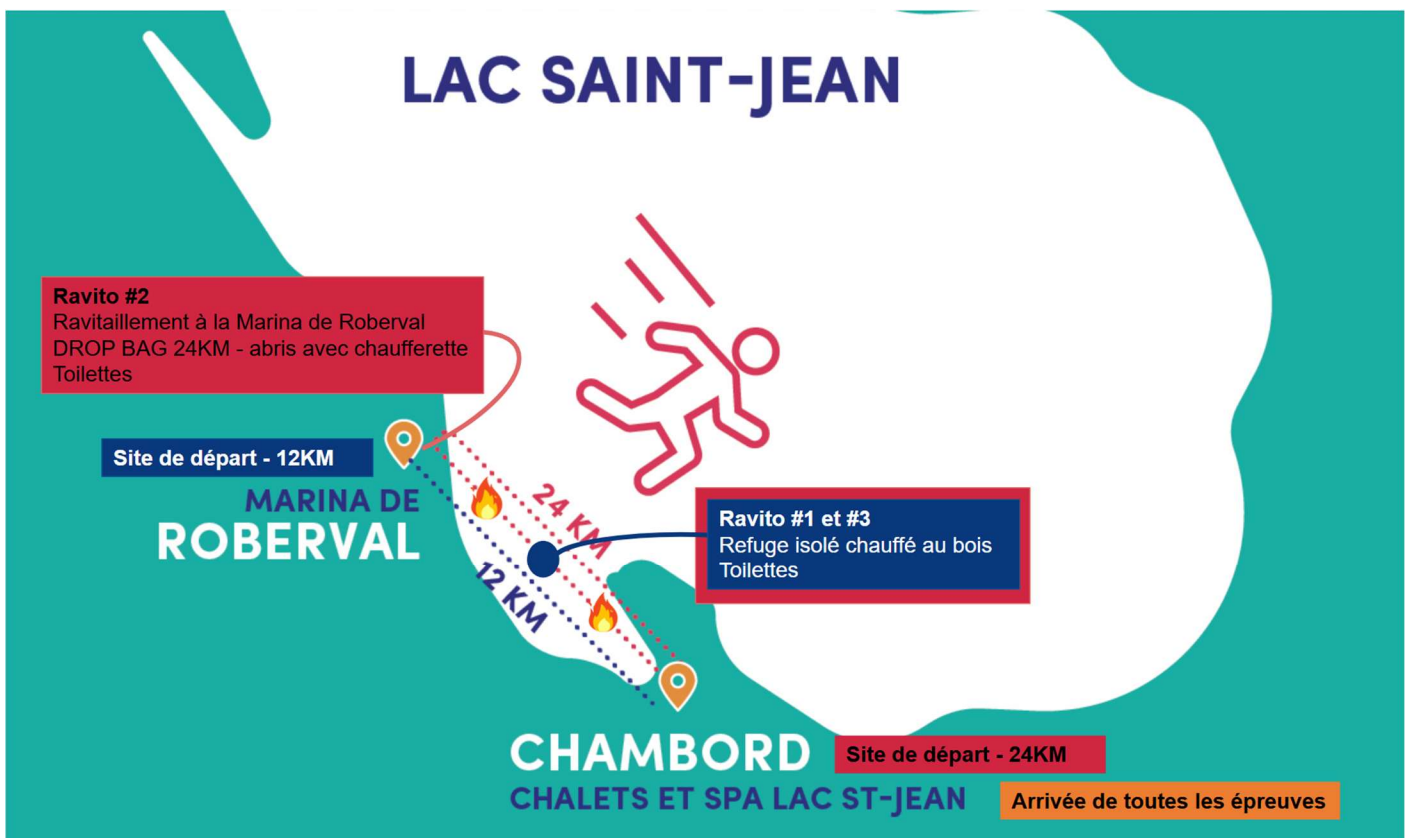
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4:15 p.m.	<p>MANDATORY shuttle bus departure from Chalets et Spa Lac St-Jean (109, chemin du Parc municipal, Chambord) to Site de transmission culturelle Uashassihsh (1514 Rue Oujatchouan, Mashteuiatsh, QC G0W 2H0). Plan to arrive at least 30 minutes before the departure of your shuttle so that attendance can be taken.</p> <p>*Please note that you can leave a small bag on the bus (clearly marked with your first name, last name and distance). This equipment will be returned to the athletes' room at Chalets et Spa Lac-St-Jean and will be available upon your arrival.</p> <p>Please note that a heated room with toilets and changing facilities will be available for athletes at the start area. Water will also be available.</p>
4:45 p.m.	Meet the athletes, speeches, and pre-departure protocol
5:00 p.m.	Departure of the 12 KM – Marina de Roberval
7:00 p.m.	Podium for the 12 KM, the 24 KM and presentation of the prizes for fundraisings

MAP OF THE RACES AND AID STATIONS

Spectators are welcome at the start and finish lines to cheer on the athletes! These sites will be easily accessible and there will be entertainment before the start and at the finish. There will be speeches by the Foundation and the host cities at the start of the races, but they will be brief so that the athletes don't get cold. On the course, we will have two fires on from the moment it gets dark.



CUT-OFF TIMES

You must complete the course within the maximum time limits, which represent the time by which athletes must have left the aid station, not the time by which athletes must have arrived at that aid station, as in previous years (NEW IN 2026). These times are subject to change and will be announced at the athletes' meeting or on the course by the race director, depending on weather conditions.

THE 24 KM

Aid Stations	Estimated time of arrival of the first athlete	Cut-off time for the departure of this aid station
1 (18 km remaining)	4:00 p.m.	5:00 p.m.
2 (12 km remaining)	4:30 p.m.	6:30 p.m.
3 (6 km remaining)	5:00 p.m.	8:00 p.m.
Arrival at Chambord	5:30 p.m.	9:30 p.m.

THE 12 KM

Aid Stations	Estimated time of arrival of the first athlete	Cut-off time for the departure of this aid station
3 (6 km remaining)	5:30 p.m.	6:30 p.m.
Arrival at Chambord	6:00 p.m.	8:00 p.m.

* Times will be adjusted according to the actual start time of your race. However, the time limits will remain the same between the aid stations (e.g., maximum 1 hour 45 minutes between your departure and your arrival at the aid station at km 6).

If you fail to respect the cut-off times at any of the aid stations, your adventure on Lac Saint-Jean will unfortunately come to an end. This is for your own safety and that of all the volunteers. The race management is responsible for ensuring that the cut-off times are respected. The athlete-volunteers will also be responsible for closing the courses and will accompany the last athletes to ensure that they meet the cut-off times at each aid station. **No athlete will be allowed to continue the race independently outside of these cut-off times.**

MARKERS

Every 50 metres or so there will be trail markers indicating the route to follow. You must stay on the marked route AT ALL TIMES. On the day of the event, we will tell you which side of the track to take (left or right). Please note that the kilometres are counted backwards (0 being your arrival at the Chalets et Spa Lac-St-Jean) and that the distance is approximate. The official distance will be confirmed a few days before the event, depending on ice conditions and any necessary detours.

TIMEKEEPING

Results will be available live on the **CRYO Races** website (via Sportstats) throughout the event. Make sure you wear your race number over your clothing and on the front at all times to ensure optimum data transmission.

Volunteers will take note of your bib number at each aid station. **It is the athlete's responsibility to ensure their arrival is recorded before leaving the aid station. This double verification is intended to ensure that all athletes are registered in the event of a computer system failure.**

SAFETY

Depending on the weather and wind conditions, temperatures can be much colder than the thermometer indicates. Make sure you have enough water (in an insulated container) between aid stations, as well as energy supplements that can be consumed in cold weather.

Athlete-volunteers (coaches) will be responsible for closing all courses and snowmobile patrols will be on the trail throughout the event. Medical teams will be stationed at various points along the course to ensure rapid intervention in case of need. If you need assistance, don't hesitate to ask the volunteers at the aid stations or the snowmobile patrollers. Please note that an emergency number will be printed on the underside of your race number (so be sure to add it to your phone contacts for race day).

As a precautionary measure, we invite you to familiarize yourself with **self-rescue procedures** in the event of a fall into cold water, although it is virtually impossible for such a situation to occur. In fact, in the weeks leading up to the event and on the eve of the event, the routes will be maintained and inspected.



AID STATIONS

The exact location and number of aid stations is subject to change due to weather or logistical constraints due to ice conditions. Final information will be provided in the information video in early February and at the pre-race meeting in February with your race director.

FOODS	AID STATION 1 (km 18) 24KM	AID STATION (km 12) Marina de Roberval DROP BAG - 24KM	AID STATION (km 6) 24KM 12KM
Water	X	X	X
Vegetable broth	X	X	X
Energy drinks	X	X	X
Soft drinks	X	X	X
Banana bread	X	X	X
Bretzels	X	X	X
Bananas	X	X	X
Jujubes	X	X	X
Maple syrup	X	X	X
Dark chocolate	X	X	X
Hashbrowns	X	X	X
Grilled cheeses	X	X	X

ACCOMMODATIONS

If you're looking for accommodations close to the event, you have a few options.

Chalets et Spa Lac St-Jean : 10% discount by mentioning the CRYO races when booking by telephone.

Reduced rate for access to the spas: \$35 + tax per person (instead of \$55 + tax), applicable to everyone staying at the Chalets et Spa and to all participants in the CRYO races.

Château Roberval : \$25 discount and breakfast included when you mention CRYO races when booking by phone.



MEALS

At the end of the race, a meal will be served at the finish (Chalets et Spa Lac St-Jean). Vegetarian and animal protein options will be available.

The Chalets et Spa restaurant will also be open for those accompanying the athletes during the event. Meals, hot drinks and alcoholic beverages will be available for purchase. The same menu as for the athletes will be available for dinner.



OUR COMMITMENT: TO BE CRYO-RESPONSIBLE



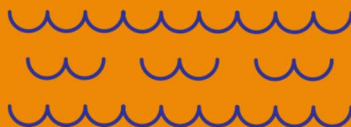
Together, through the CRYO Races, let's make sure we're environmentally responsible and minimize the impact of our presence on the magnificent sites we use.

To do this, it's important for athletes, volunteers and visitors to:

- Reduce waste production on site as much as possible (snack and energy gels, for example).
- Sort residual waste as conscientiously as possible during meal service in the containers provided.
- Note that water cans will be provided at the aid stations, but you must be self-sufficient in terms of bottles or glass.
- Only use the toilet facilities provided (at the start, halfway and finish sites).
- Respect the fact that the only fires allowed will be in outdoor stoves or fireplaces. No fires directly on the ground will be used. In addition, no fireworks will be set off.
- Carpool or take the bus to the site. We invite athletes to visit [this link](#) to suggest or find a carpool! It's a great way to make the road more enjoyable while reducing the environmental impact!
- Make sure to dispose of your garbage in the appropriate place according to the sorting system in place.
- As an athlete or snowmobile driver, respect the marked trails. Never go off the marked trails.

In addition to these practices, the CRYO Races organization commits to:

- Provide participants and volunteers with facilities for sorting residual materials.
- Respect the procurement policy of the On the Tip of the Toes Foundation which favours local businesses that adopt eco-responsible policies.
- Not to hand out any non-reusable promotional items to the athletes.
- Organize shuttles to transport the athletes.
- Encourage paid employees and volunteers to carpool.
- Use reusable cutlery and utensils.
- Provide for the distribution of surplus food, where appropriate.
- Promote vegetarian meal options (an animal protein option will still be available in 2026 but will be reduced for subsequent years).
- Offset greenhouse gas emissions via Carbone Boréal.
- Promote food formats and products with little or no single-use packaging.



ATHLETES' MEETING

During the week of February 2, you will receive a link to an information video on the details of the 2026 edition. Following this, we will be holding a question period for athletes via videoconference on **Monday, February 9, from 6:30 to 7:00 pm**. The Race Manager and Race Directors will be on hand to answer your questions. Here is the link to this meeting to connect on February 9:

[Rencontre des Athlètes CRYO - Questions & Réponses | Rencontre-Participation | Microsoft Teams](#)

We would also like to remind you that to take part in the CRYO races, you must have completed 100% of your fundraising to be able to start the race on February 22.

Thank you for taking the time to read this guide and we hope it has provided answers to many of your questions! For more information, we encourage you to review the [Frequently Asked Questions](#) on our website.



THANK YOU TO OUR PARTNERS!

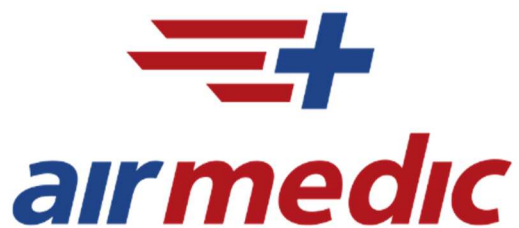
Event Presented By



The 12KM Presented by



The 24KM Presented by



THANK YOU TO OUR PARTNERS!

Cities and Host Lands



THANK YOU TO OUR PARTNERS!

Hot Poc.

VILLAGE HISTORIQUE DE
Val-Jalbert



Chalets et Spa
Lac Saint-Jean



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