

Local Sports

Building on the success of the first edition of the ÉPIQ Triathlon held last year, organizers are doing it again on September 23 with the second edition of the event.

Second edition Épiq triathlon to benefit missisquoi north volunteer centre (cabmn) in potton



THE SCOOP

MABLE HASTINGS

The Épiq extreme triathlon is coming to Owl's Head on September 23.

A highly challenging experience, the Épiq triathlon promotes a return to the roots of the sport by offering an eco-responsible, semi-autonomous event in a natural environment that encourages participants to surpass themselves.

Building on the success of the first edition of the ÉPIQ Triathlon held last year, organizers are doing it again on September 23 with the second edition of the event. With athlete, Marc Van Oordt at the helm backed by a dynamic organizing team, the event has expanded and participation increased.

Again, this year, the success of the

The event runs from 6 am to 5 pm there are a multitude of tasks. If you would like to help out, please call the volunteer coordination team at 450-292-3114 and ask for Krysten or Debbie.

event also depends on the help of a wonderful team of volunteers. The CABMN volunteer coordination team would therefore be very happy if volunteers could join them for (part of) the day of September 23rd. The ÉPIQ Triathlon is a fundraiser for the CABMN volunteer centre that serves the MRC Memphremagog west. Last year nearly \$4,000 was donated, this year the hope is to double that amount.

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The course itself is a diverse one filled with excitement.

The swimming portion takes place in open water in majestic Lake



COURTESY

Memphremagog, while the bike portion is done on gravel on the most beautiful gravel roads in Potton Township. As for the running portion, it's partly on trails, including the climbing and descent of Owl's Head mountain, which rises to over 500 meters.

Triathlon formula: 1.9 km of open-water swimming in Lake Memphremagog, 90 km of gravel bike on the most beautiful roads in Potton Township, and 21 km of gravel and trail running, including the climbing and descent of Mont Owl's Head.

Short-triathlon formula: 1 km of open-water swimming in Lake Memphremagog, 26 km of gravel bike on the most beautiful roads in Potton Township, and 10 km of 100% trail running, including the climbing and descent of Mont Owl's Head.

The Épiq triathlon will be a one-of-a-kind challenge. Reward yourself for accomplishing it, and take the evening of September 23 to relax in nature at Owls Head's charming hotel at the foot of the mountain. Accommodating up to 6 people the rooms offer breathtaking views of the mountain and the picturesque surroundings of Mont Owl's Head.

40 Chem. du Mont Owls Head, Mansonville, QC J0E 1X0

This event is held in one of the most beautiful areas in the Eastern Townships. The organizational efforts put in by Marc Van Oordt and his team is exceptional. The success, effort, participation and joy displayed by the athletes participating is infectious. Whether you participate in the triathlon, volunteer to lend a hand with the many tasks to be done or come out to encourage the participants, this is a not to be missed event supporting the CABMN programs.

THE RECORD

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