

# Epiq extreme triathlon 2024 edition in Potton



## THE SCOOP

### MABLE HASTINGS

The ÉPIQ Triathlon (lake-gravel-mountain) is an extreme triathlon. The swimming portion is done in open water in the majestic Lake Memphremagog, the two-wheel portion is done by gravel bike on the most beautiful gravel roads in the Canton of Potton. As for the running portion, it is partly done on a trail, including the ascent and descent of Mount Owl's Head which rises to more than 500 meters.

It is an event with a high level of difficulty, which advocates a return to the roots of triathlon, in semi-autonomy, in a natural environment which encourages surpassing oneself.

The ÉPIQ Triathlon is also an event by the community for the community, because all participants commit to completing reasonable fundraising and

the operational surplus from the event will be paid in full to the Missisquoi Volunteer Action Center North.

For its third edition on Sept. 28, 2024, the ÉPIQ Triathlon offers three triathlon events as well as two duathlon events, all with lots of D+(ascent)!

Triathlon ÉPIQ is proud to offer for the edition on 2024, an eco-responsible event certified ÉcoTQ Bronze, by Triathlon Québec and the Quebec Council of Eco-Responsible Events.

"I'm super excited to put on the event for a third year in a row and see the event grow in both the athlete and local communities; we're making a real impact," said part-time Potton resident, Marc Van Oordt-Race Director and initiator of the fundraiser that began as a personal challenge in 2021 and his "Pottonman" event.

The ÉPIQ Triathlon surplus will be donated in full to the Missisquoi North Volunteer Centre (CAB), a non-profit organization that aims to find solutions to problems affecting health, social services, protection, education and all that concerns the quality of life of all, more particularly that of marginalized people and young people in the western sector of the MRC de Memphremagog. Also, each participant commits during registration to raise funds for the CAB.

"We couldn't do this without the support of our sponsors, our organizing committee and most importantly our amazing group of volunteers,"



PHOTOS COURTESY OF J.M. NERON PHOTOGRAPHY

Marc concluded.

There are a variety of ways to get involved with the event through volunteering prior to, the day of and the day following the triathlon. If you would like more information regarding tasks that need filling contact CABMN Volunteer Coordinator, Debra Harding at 450-292-3114 extension 109. Volunteers can register right up until

the race day.

"They say it takes a village to raise a child, and this is true, said Debra Harding, however it takes a community to make an event like this one a success!"

The deadline for athlete registration is Sept. 15. For more information about the triathlon visit: [www.triathlonepiq.ca](http://www.triathlonepiq.ca)

YOUR FARMERS' MARKETS

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GIVE YOUR LOCAL MARKET A VISIT!

<p><b>LENNOXVILLE FARMERS' MARKET</b> 152, Queen Street</p> <p>Every Saturday until October 12 10 a.m. to 1 p.m.</p>	<p><b>MARCHÉ DE LA GARE</b> 710, Place de la Gare</p> <p>Every Saturday until October 26 9 a.m. to 3 p.m.</p>
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sherbrooke.ca/marches-publics

**BRITISH INVASION**

The Vintage Wine band, a quartet from Montreal, along with three female vocalists, pays tribute to the British Invasion's 60th anniversary, performing songs by the Beatles, Rolling Stones, Herman's Hermits, Dusty Springfield, the Hollies, the Searchers, Petula Clark, the Animals, Cilla Black, the Yardbirds, the Dave Clark Five, and others. The concert will be illustrated with slides and stories.

**Vintage Wine**  
*en spectacle*

**Piggery Theatre, North Hatley**  
21 septembre (samedi), 20h

**Lac Brome Theatre, Knowlton**  
27 septembre (vendredi), 20h