

# EPIQ Extreme Triathlon: Lake, gravel, mountain



**THE SCOOP**  
**MABLE HASTINGS**

Athlete Marc Van Oordt aka “Pottonman” is at it again organizing the ÉPIQ Triathlon which will take place on Sept. 24 in Potton, sponsored and presented by Real Estate Agent, Mike Cyr, with supporting partners, Naked, Nubik, Appalaches Torrificateurs, Equinoxe Resto and Brasserie, Pose Rebelle Photographie and a variety of other partners including the Municipality of Potton, Triathlon Quebec, Bruno Velo, and la Bouffée D’Air. The event is drawing a lot of attention and participation. Many may recall the Pottonman fundraising event held last

fall where Van Oordt and his family and friends raised funds in support of the Missisquoi North Volunteer Centre (CABMN) non-profit organization totalling over \$7,500!

Marc Van Oordt’s vivacious approach to all things is infectious and has succeeded in securing the involvement and support of local businesses and organizations, as well as the athletes, friends and volunteers to support, promote and partake in this dynamic and simply epic event that is being organized.

“Having been a part-time resident of Potton for the past 13 years, the level of immediate and unconditional support offered by most locals and even non-locals alike is heartwarming and motivates me in pushing forward with the organization, despite some of the inevitable hurdles we’ve had to overcome,” says Van Oordt.

The ÉPIQ Triathlon is an extreme triathlon whose swimming portion will be done in open water in the majestic Lake Memphremagog, the cycling portion will be done by gravel bike on the most beautiful gravel roads from the Township of Potton and the running portion will be done partly on the same roads and partly on trails,

including the ascent and descent of Mont Owl’s Head.

For its first edition, the ÉPIQ Triathlon is offering a half distance option (1.9km-90km-21km), for solo athletes or for teams.

“Gravel Triathlon is a recent worldwide trend which is quickly picking up speed. Accomplished triathletes are looking to vary their training efforts in more difficult terrain, away from asphalt and cars, and gravel cyclists and trail runners are converging to triathlon as a more complete sport. The ÉPIQ Triathlon will be one of the first, if not the first, of its kind in Quebec, or even Canada, and we hope to establish a tradition for years to come here in Potton”, continues Van Oordt with his habitual enthusiasm.

The ÉPIQ Triathlon is also an event by the community for the community, because the operating surplus of the event will be donated in full to the Missisquoi North Volunteer Centre (CAB MN), 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.

Adds Van Oordt: “I had a lot of success last year with my personal and individual effort, but I wanted to make a longer lasting change and contribution to my new community: this year, the contribution might be modest (every donation counts!) but we sincerely hope and believe that as the event grows over the years, the CAB MN and perhaps other organizations will be able to benefit from it. We’re also hoping to involve many volunteers from the local community thus encouraging and promoting an active and healthy lifestyle”.

It’s going to be EPIQ!

The ÉPIQ Triathlon will begin at the Mansonville Municipal Wharf/ Beach at 77 Chem. George-R.-Jewett, in Mansonville. To participate, register online at

<https://www.ms1inscription.com/triathlonepiq2022/en> by Sept. 16, 2022 at 11:59 p.m.

More information about the event can be found on its Facebook page at <https://www.facebook.com/epiqtriathlon>

To Register as a volunteer or host an athlete contact the organizing team at [epiqtriathlon@gmail.com](mailto:epiqtriathlon@gmail.com)

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