

2023 Tour de l'Abitibi



TECHNICAL GUIDE

COURSES DETAILS

53th edition

July 11th to 16, 2023

Version : 2023-04-10

Contents

Schedule	1
Stage 1 : Val-d'Or - Amos	2
Course	2
Start details	3
Finish details	4
Elevation	5
Stage 2 : Rouyn-Noranda - Amos	7
Course	7
Start details	8
Finish details	8
Elevation	9

Notes

In order to avoid wasting paper and to facilitate updates to the document, only the details of the courses will be available in paper format.

Please refer to the website : <https://home.brunogauthier.net/guide/EN> for complete technical guide information.

Schedule

Date	Event	Start	Finish
Monday July 10th	Team Presentation Challenge Sprint Abitibi	17h30	18h
		18h30 Amos, Cathedral	20h Amos, Cathedral
Tuesday July 11th	Road race Val-d'Or - Amos (via Barraute) Stage 1 Distance : 95.1 km + (4 x 5.4 km) = 116.7 km (3 km controlled start)	16:45 Val-d'Or, Place Agnico-Eagle	Circuit arrival : 18:58 Finish : 19:28 Amos, Cathedral
Wednesday July 12th	Road race Rouyn-Noranda - Amos (via Poularies) Stage 2 Distance : 125.6 km (5 km controlled start)	16:15 Rouyn-Noranda, CEGEP	19:13 Amos, Cathedral
Thursday July 13th (AM)	Individual Time Trial Amos - Saint-Maurice - Amos Distance : 10.0 km Stage 3 (half-stage)	First start : 09:30 First arrival : 11:40 Amos, Cathedral	Last start : 09:43 Last arrival : 11:53 Amos, Cathedral
Thursday July 13th (PM)	Road race Malartic - Cadillac - Malartic Distance : 57.4 km (2 km controlled start) Stage 4 (half-stage)	18:15 Malartic, Le Tremplin High School	19:32 Malartic, Le Tremplin High School
Friday July 14th	Road race Senneterre & Senneterre (via Val-d'Or) Stage 5 Distance : 140 km (5 km controlled start)	14:00 Senneterre, City Hall	17:22 Senneterre, Mont Bell
Saturday July 15th	Road race Amos & Amos (via Rivière-Héva & Preissac) Stage 6 Distance : 115.9 km (3 km controlled start)	16:30 Amos, Cathedral	19:15 Amos, Cathedral
Sunday July 16th	Road race La Sarre - Amos (via Macamic) Stage 7 Distance : 93.5 km + (5 x 5.4 km) = 120.5 km (3 km controlled start)	14:00 La Sarre, Nicol Auto Arena	Circuit arrival : 16:14 Finish : 16:52 Amos, Cathedral

Stage 1 : Val-d'Or - Amos

Tuesday, July 11th, 2023

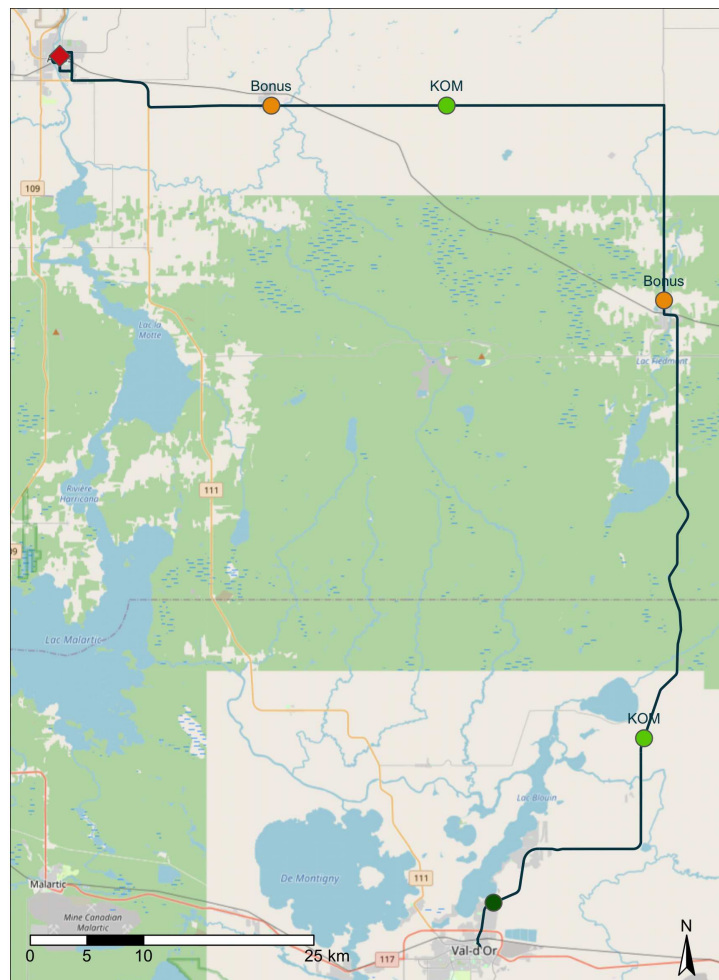
119.7 km



AGNICO EAGLE

	Time
Start	16:45
Circuit entrance	18:58
Finish	19:28

Course

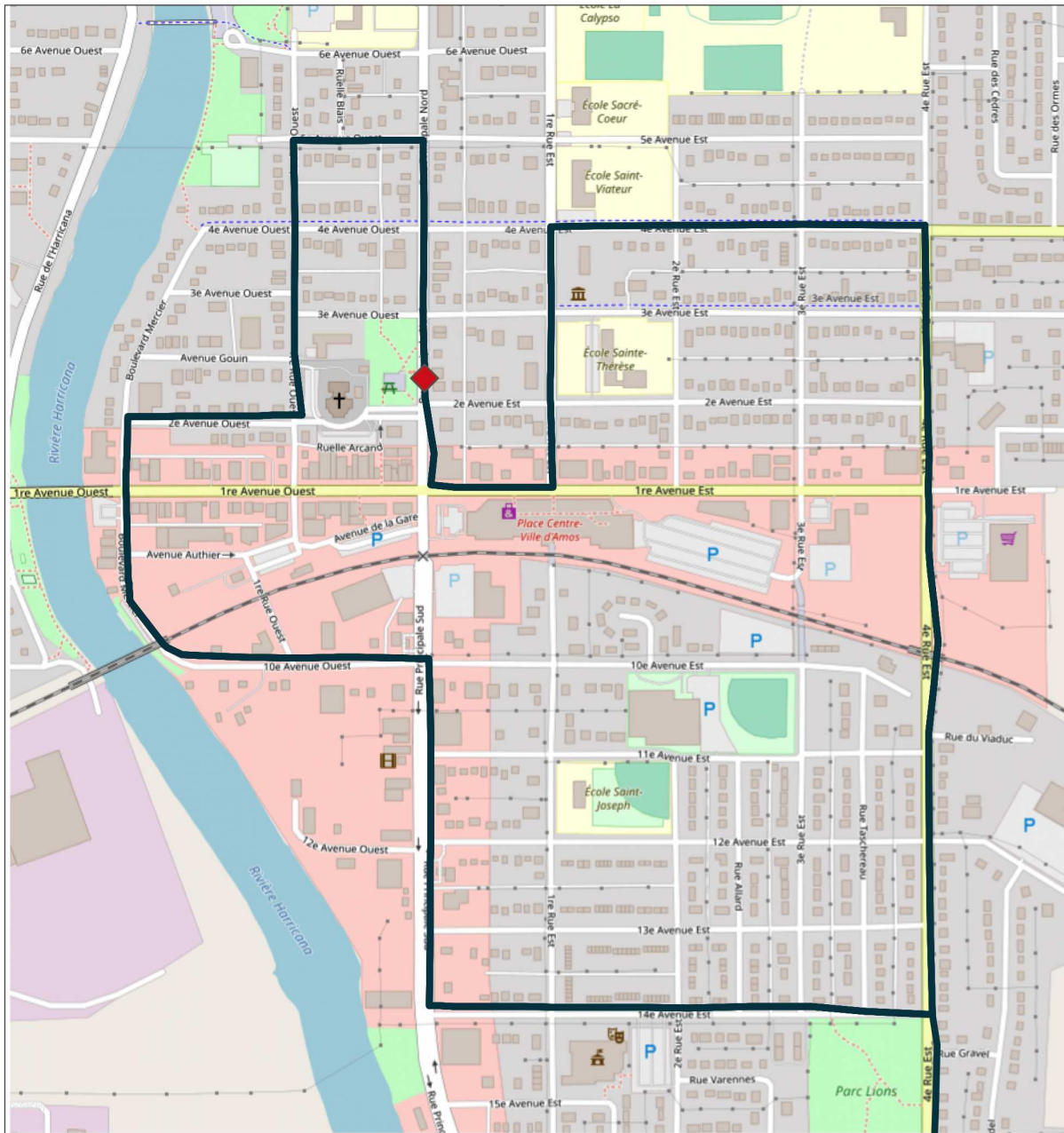


Start details



! Neutralized start on 3 km

Finish details



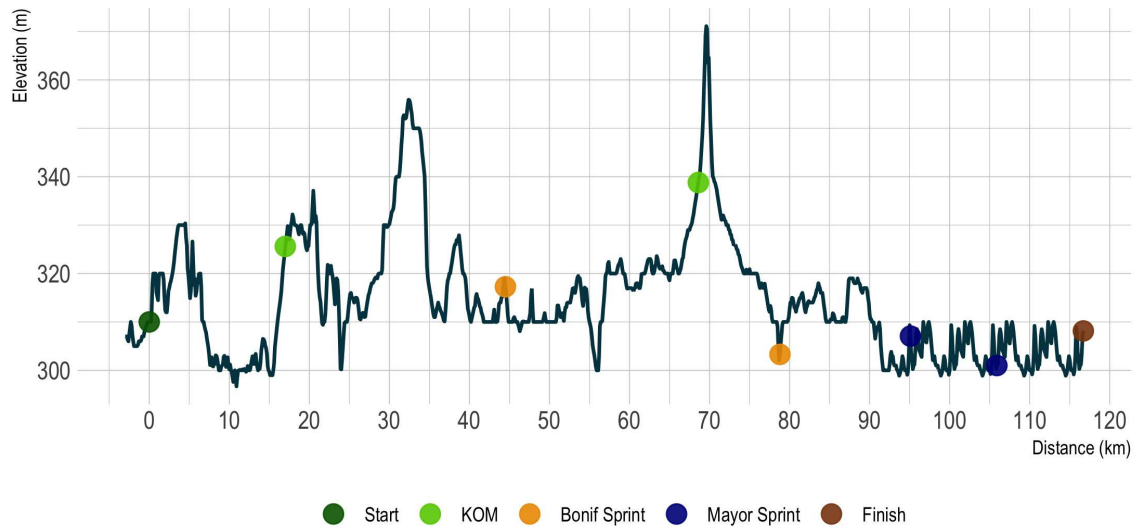
! 4 full laps of the 5.4 km finish circuit

! The entrance to the circuit is located at the intersection of *4e Rue Est* and *14e Avenue Est*

Elevation

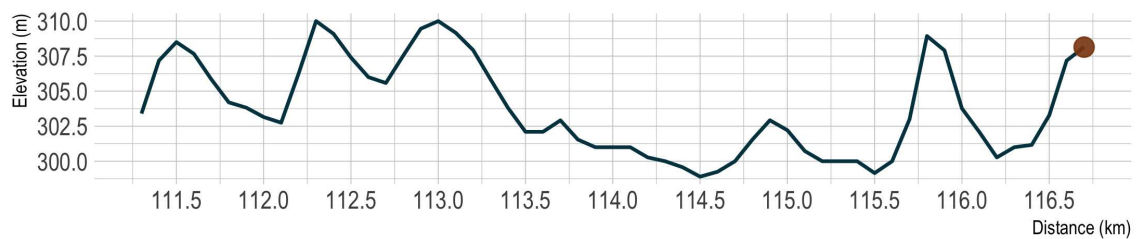
Stage 1 - Topographic profile

Val-d'Or - Amos (95.1 km + (4 x 5.4 km) = 116.7 km)



Stage 1 - Topographic profile - Last 5.4 km

Val-d'Or - Amos (95.1 km + (4 x 5.4 km) = 116.7 km)



km		Course	Val-d'Or - Amos	km/h		
to go	done	info	95.1 km + (4 x 5.4 km) = 116.7 km	46	44	42
119.7	-3.0	i	Start – Val-d'Or Place Agnico Eagle	16:45	16:45	16:45
119.6	-2.9	←	Boulevard Lamaque	16:45	16:45	16:45
119.4	-2.7	→	7e Rue	16:45	16:45	16:45
119.2	-2.5	⚠	Railroad crossing	16:45	16:45	16:45
118.7	-2.0	⤿	Round about (2nd exit, straight)	16:46	16:46	16:46
116.7	0.0	🚩	Official start	16:48	16:49	16:49
103.0	13.7	i	City of Val-Senneville	17:06	17:07	17:08
99.7	17.0	🏆	KOM Points (Chemin Fortier)	17:11	17:12	17:13
86.7	30.0	🚧	Feed open	17:28	17:30	17:32
72.2	44.5	🏁	Sprint bonification temps et points (1er 2e Rang Ouest, Barraute)	17:46	17:49	17:52
60.8	55.9	←	Route 386	18:01	18:05	18:09
48.1	68.6	🏆	KOM Points	18:18	18:22	18:27
40.2	76.5	⚠	Railroad crossing	18:28	18:33	18:38
38.2	78.5	i	Landrienne	18:31	18:36	18:41
37.9	78.8	🏁	Sprint bonification temps et points (rue Trépanier)	18:31	18:36	18:41
36.9	79.8	i	Trash zone	18:33	18:37	18:43
30.6	86.1	→	Ramp toward Route 111	18:41	18:46	18:52
25.9	90.8	i	Amos	18:47	18:52	18:59
25.2	91.5	🚧	Feed closed	18:48	18:53	19:00
25.1	91.6	⤿	Round about (1st exit, right)	18:48	18:54	19:00
24.6	92.1	←	14e Avenue E.	18:49	18:54	19:00
23.9	92.8	→	Rue Principale S	18:49	18:55	19:01
23.4	93.3	←	10e Avenue O	18:50	18:56	19:02
22.7	94.0	→	2e Avenue E	18:51	18:57	19:03
22.4	94.3	←	1re Rue O	18:51	18:57	19:04
22.0	94.7	→	5e Avenue E	18:52	18:58	19:04
21.9	94.8	→	Rue Principale N	18:52	18:58	19:04
21.6	95.1	\$	Start of 1st lap Val-d'Or Mayor's sprint (250\$)	18:52	18:58	19:05
21.4	95.3	←	1re Ave O	18:53	18:59	19:05
21.2	95.5	←	1re Rue E	18:53	18:59	19:05
20.9	95.8	→	4e Avenue E	18:53	18:59	19:06
20.3	96.4	→	4e Rue	18:54	19:00	19:07
19.2	97.5	→	14e Av E	18:56	19:02	19:08
18.5	98.2	→	Rue Principale S	18:57	19:03	19:09
18.1	98.6	←	10e Avenue O	18:57	19:03	19:10
17.4	99.3	→	2e Avenue E	18:58	19:04	19:11
17.1	99.6	←	1re Rue O	18:58	19:04	19:11
16.7	100.0	→	5e Avenue E	18:59	19:05	19:12
16.5	100.2	→	Rue Principale N	18:59	19:05	19:12
16.2	100.5	↑	Start of 2nd lap	19:00	19:06	19:12
10.8	105.9	\$	Start of 3rd lap Val-d'Or Mayor's sprint (250\$)	19:07	19:13	19:20
5.4	111.3		Start of 4th lap	19:14	19:20	19:28
1.0	115.7	🚧	Caravan bypass Right on 3e avenue	19:19	19:26	19:34
0.0	116.7	🏁	Finish Time and points bonus	19:21	19:28	19:36

Points and bonifications :

Bonus sprint : 3-2-1 sec & 6-4-2 pts

Final Finish : 10-6-4 sec & 30-24-20-16-12-10-8-6-4-2 pts

KOM : 5-3-2 points

Stage 2 : Rouyn-Noranda - Amos

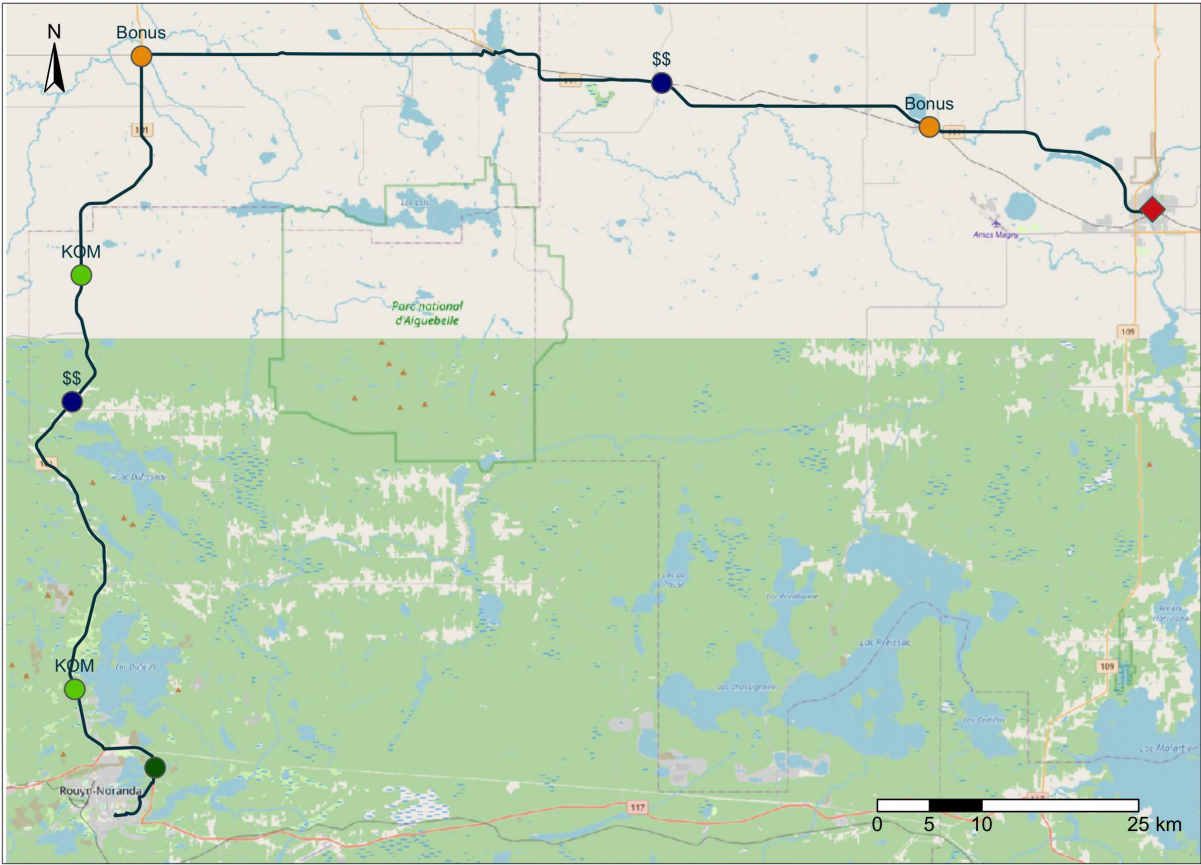
Wednesday, July 12th, 2023



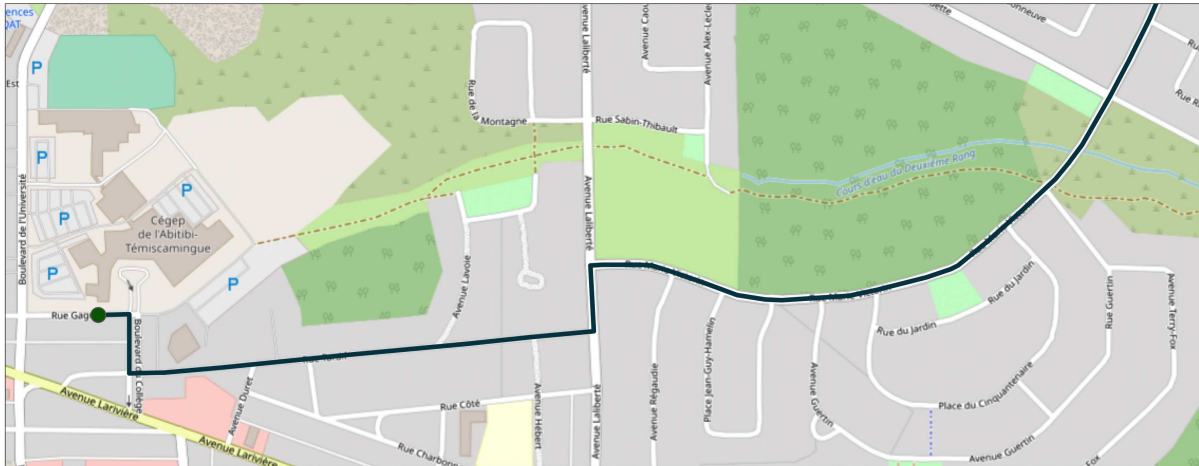
130.6 km

	Time
Start	16:15
Finish	19:13

Course

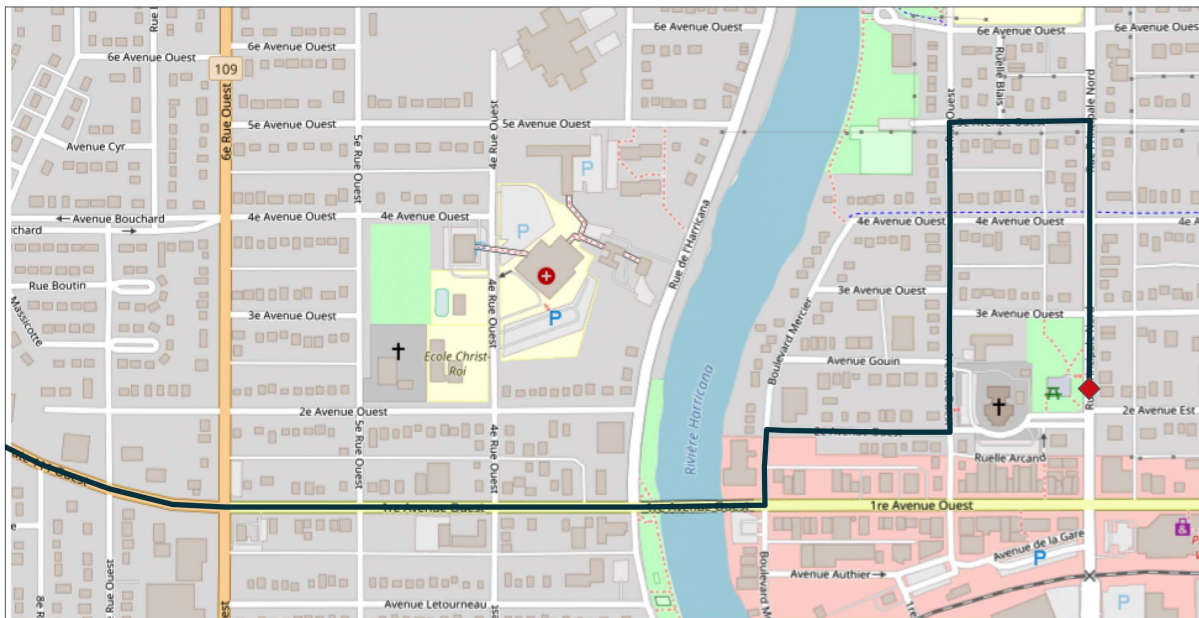


Start details



! Neutralized start on 5 km

Finish details



! Finish without circuit

Elevation

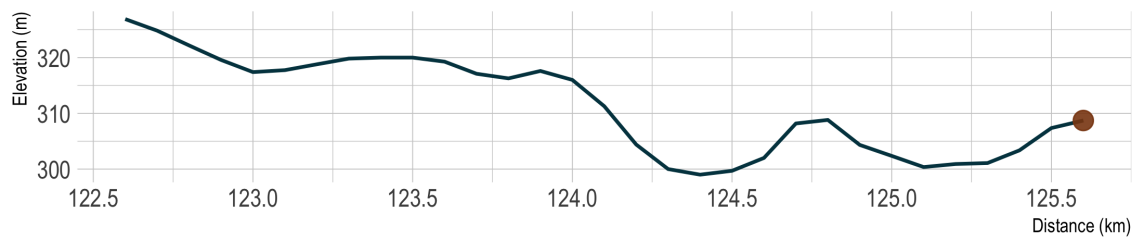
Stage 2 - Topographic profile

Rouyn-Noranda - Amos (125.6 km)



Stage 2 - Topographic profile - Last 3 km

Rouyn-Noranda - Amos (125.6 km)



km		Course	Rouyn-Noranda - Amos	km/h		
to go	done	info	125.6 km	46	44	42
130.6	-5.0	⤵	Start – Cegep	16:15	16:15	16:15
130.5	-4.9	→	Boulevard du Collège	16:15	16:15	16:15
130.4	-4.8	←	Rue Tardif	16:15	16:15	16:15
129.8	-4.2	←	Avenue Laliberté	16:16	16:16	16:16
129.7	-4.1	→	Rue Marie-Victorin	16:16	16:16	16:16
127.9	-2.3	→	Rue Perreault Est	16:18	16:18	16:18
126.6	-1.0	←	Rte 117 - Bypass route	16:20	16:20	16:20
125.6	0.0	🚩	Official start	16:21	16:21	16:22
121.5	4.1	⤴	Roundabout (use 1st exit)	16:26	16:27	16:28
117.2	8.4	🏆	KOM Points (Lac Dufault)	16:32	16:33	16:34
110.5	15.1	i	D'Alembert district	16:41	16:42	16:43
95.9	29.7	\$	Rouyn-Noranda Mayor's sprint \$250 (Reneault Parc)	17:00	17:02	17:04
95.6	30.0	🚰	Feed open	17:00	17:02	17:05
86.9	38.7	🏆	KOM Points (Intersection Chemin de l'Esker)	17:12	17:14	17:17
70.5	55.1	i	Municipality of Poularies	17:33	17:36	17:40
70.4	55.2	🚩	Bonification Sprint - times and points (Tony Mercier Garage)	17:33	17:37	17:41
70.2	55.4	→	Chemin des Plonniers, route 390	17:33	17:37	17:41
48.9	76.7	i	Municipality of Taschereau	18:01	18:06	18:11
48.6	77.0	♻️	Trash zone	18:01	18:06	18:12
47.6	78.0	←	Rue Principale	18:03	18:08	18:13
47.5	78.1	⚠️	Railroad crossing	18:03	18:08	18:13
47.4	78.2	→	Route 111	18:03	18:08	18:13
43.8	81.8	⚠️	Railroad crossing	18:08	18:13	18:19
36.1	89.5	i	Municipality of Launay	18:18	18:23	18:30
35.6	90.0	\$	Rouyn-Noranda Mayor's sprint \$250 (Engoulevent municipal parc)	18:18	18:24	18:30
24.0	101.6	⚠️	Oblique railroad crossing	18:34	18:40	18:47
22.3	103.3	i	Municipality of Trécesson	18:36	18:42	18:49
20.0	105.6	🚰	Feed closed	18:39	18:45	18:53
17.7	107.9	🚩	Bonification Sprint - times and points (Trécesson rest stop)	18:42	18:48	18:56
3.2	122.4	i	City of Amos	19:01	19:08	19:17
1.2	124.4	←	Boulevard Mercier	19:03	19:11	19:19
1.1	124.5	→	2e Avenue Ouest	19:03	19:11	19:20
0.9	124.7	←	1re Rue Ouest	19:04	19:11	19:20
0.8	124.8	🚶	Caravan bypass Right on 3e avenue	19:04	19:12	19:20
0.5	125.1	→	5e Avenue Ouest	19:04	19:12	19:20
0.3	125.3	→	Rue Principale Nord	19:04	19:12	19:21
0.0	125.6	🚩	Finish Time and points bonus	19:05	19:13	19:21

Points and bonifications :

Bonus sprint : 3-2-1 sec & 6-4-2 pts

Final Finish : 10-6-4 sec & 30-24-20-16-12-10-8-6-4-2 pts

KOM : 5-3-2 points