2023 Tour de l'Abitibi

TECHNICAL GUIDE

COURSES DETAILS

53th edition

July 11th to 16, 2023

Version : 2023-05-17

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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://tourabitibi.github.io/guide2023/EN/ for complete technical guide information.

Schedule

Date	Event	Start	Finish
Monday July 10th	Team Presentation Challenge Sprint Abitibi	**17h30** **18h30** Amos, Cathedral	**18h** **20h** Amos, Cathedral
Tuesday July 11th **Stage 1**	**Road race** Val-d'Or - Amos (via Barraute) 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 **Stage 2**	**Road race** Rouyn-Noranda - Amos (via Poularies) Distance : 125.6 km (5 km controlled start)	**16:15** Rouyn-Noranda, CEGEP	**19:13** Amos, Cathedral
Thursday July 13th (AM) **Stage 3 (half-stage)**	Individual Time Trial Amos - Saint-Maurice - Amos Distance : 10.0 km	First start : **09:30** First arrival : **11:40** Amos, Cathedral	Last start : **09:43** Last arrival : **11:53** Amos, Cathedral
Thursday July 13th (PM) **Stage 4 (half-stage)**	Road race Malartic - Cadillac - Malartic Distance : 57.4 km (2 km controlled start)	**18:15** Malartic, Le Tremplin High School	**19:32** Malartic, Le Tremplin High School
Friday July 14th **Stage 5**	Road race Senneterre ↺ Senneterre (via Val-d'Or) Distance : 140 km (5 km controlled start)	**14:00** Senneterre, City Hall	**17:22** Senneterre, Mont Bell
Saturday July 15th **Stage 6**	Road race Amos ↻ Amos (via Rivière-Héva & Preissac) Distance : 115.9 km (3 km controlled start)	**16:30** Amos, Cathedral	**19:12** Amos, Cathedral
Sunday July 16th **Stage 7**	Road race La Sarre - Amos (via Macamic) 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 : **16:11** Finish : **16:48** Amos, Cathedral

Stage 1 : Val-d'Or - Amos

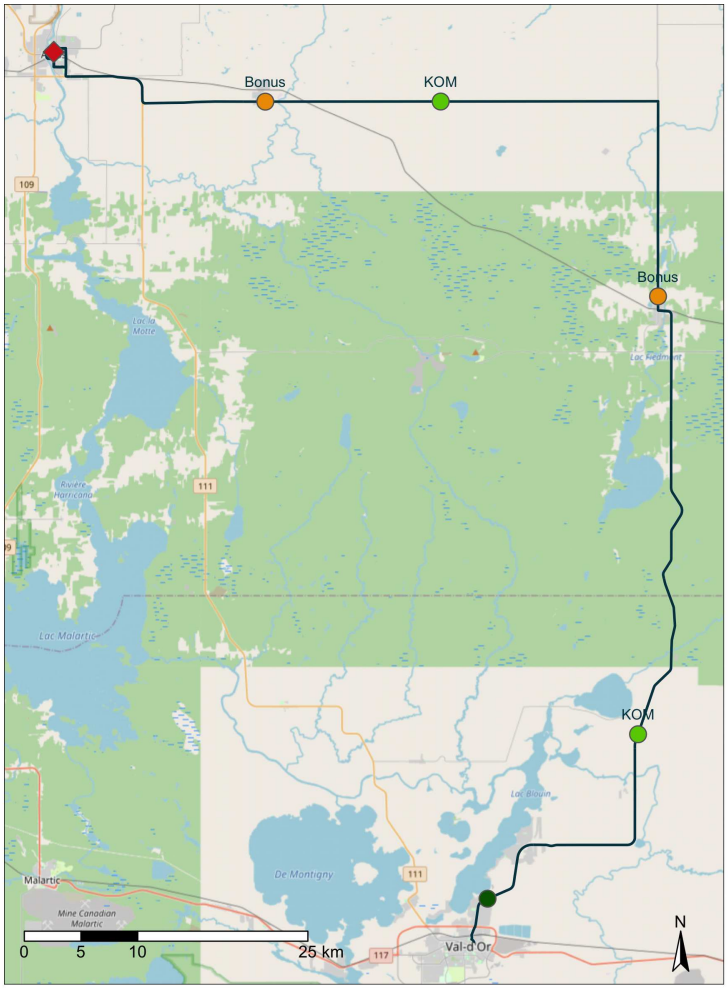
Tuesday, July 11th, 2023

119.7 km

AGNICO EAGLE

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

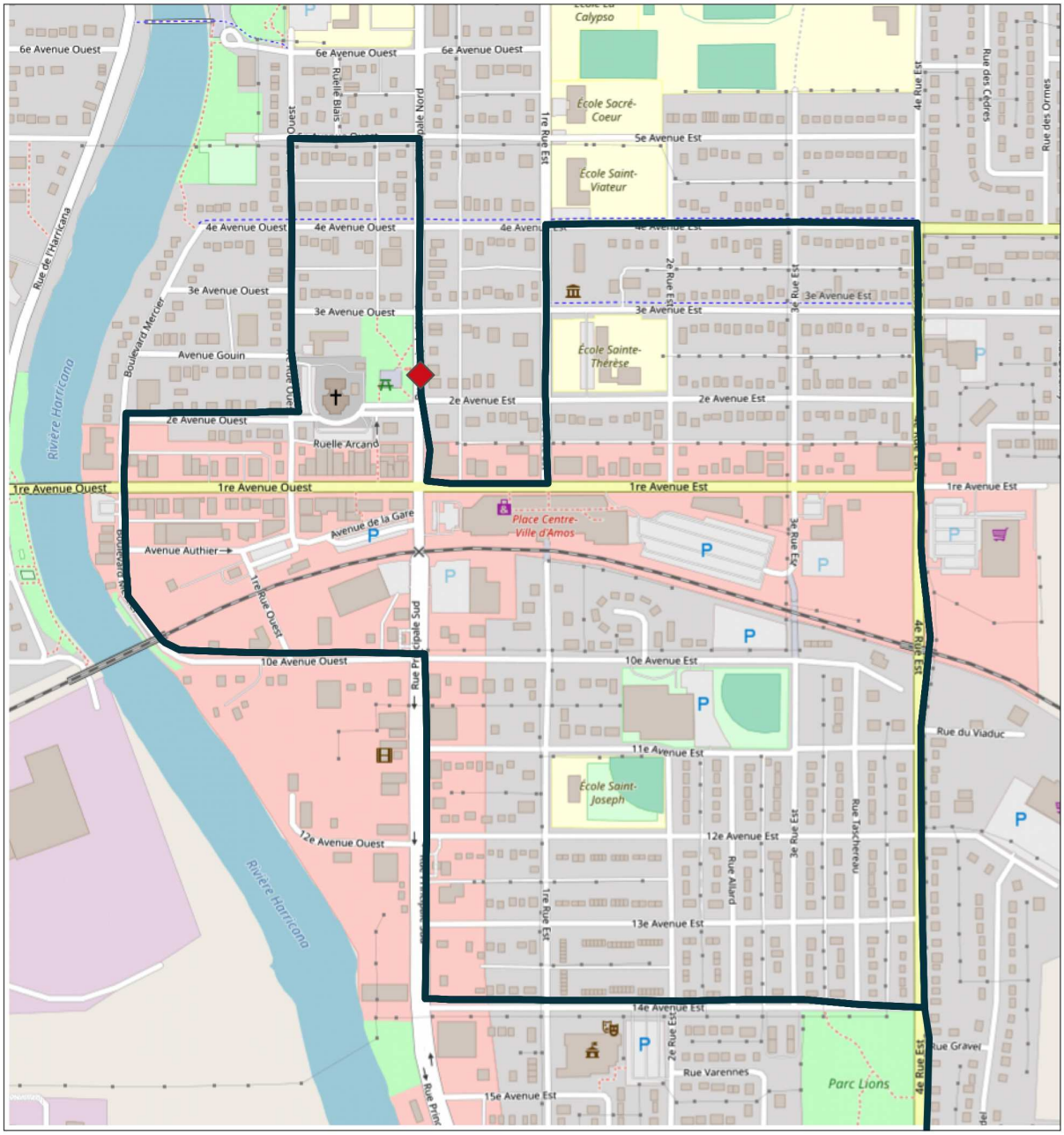
Course



Start details

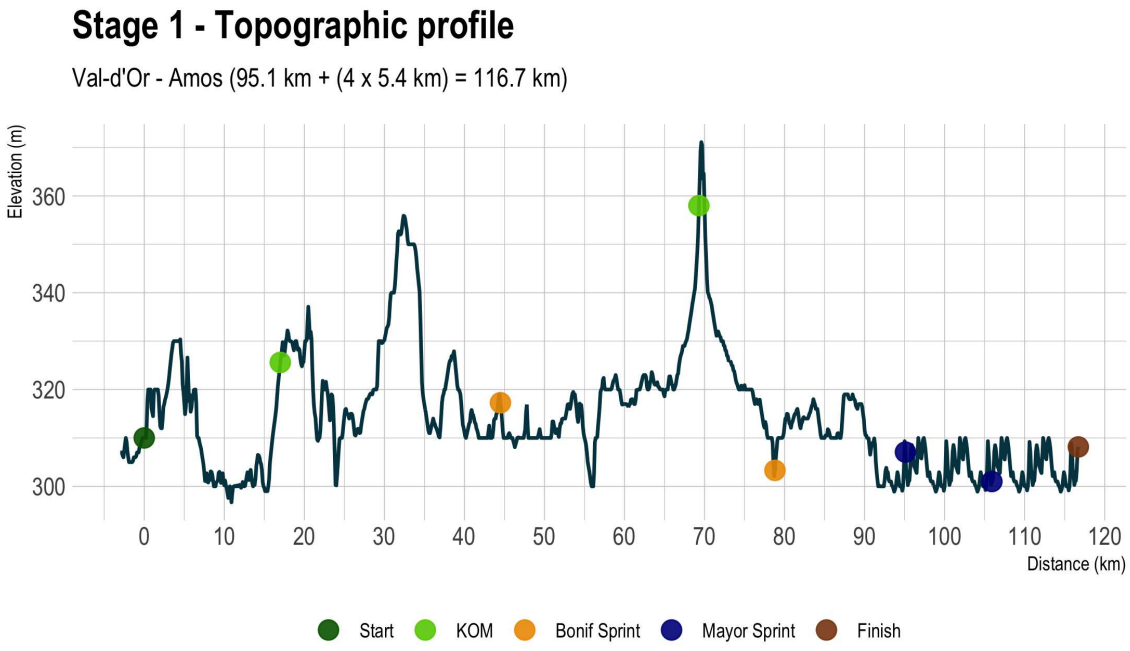
! Neutralized start on 3 km

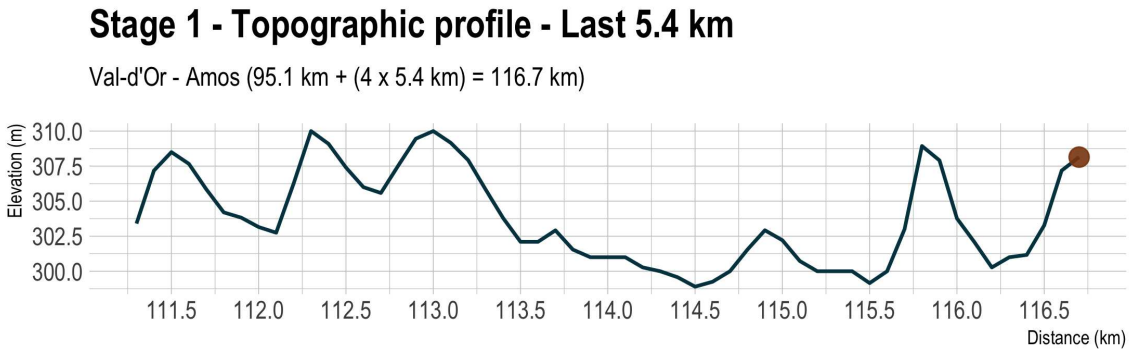
Finish details



! 4 full clockwise 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)
Elevation (m)
360
340
320
300
0
10
20
30
40
50
60
70
80
90
100
110
120
Distance (km)
Start
KOM
Bonif Sprint
Mayor Sprint
Finish


Stage 1 - Topographic profile - Last 5.4 km
Val-d'Or - Amos (95.1 km + (4 x 5.4 km) = 116.7 km)
Elevation (m)
310.0
307.5
305.0
302.5
300.0
111.5
112.0
112.5
113.0
113.5
114.0
114.5
115.0
115.5
116.0
116.5
Distance (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**	⚐	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
47.4	**69.3**	🚴	KOM Points	18:19	18:23	18:28
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**	←	Circuit finish entrance 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

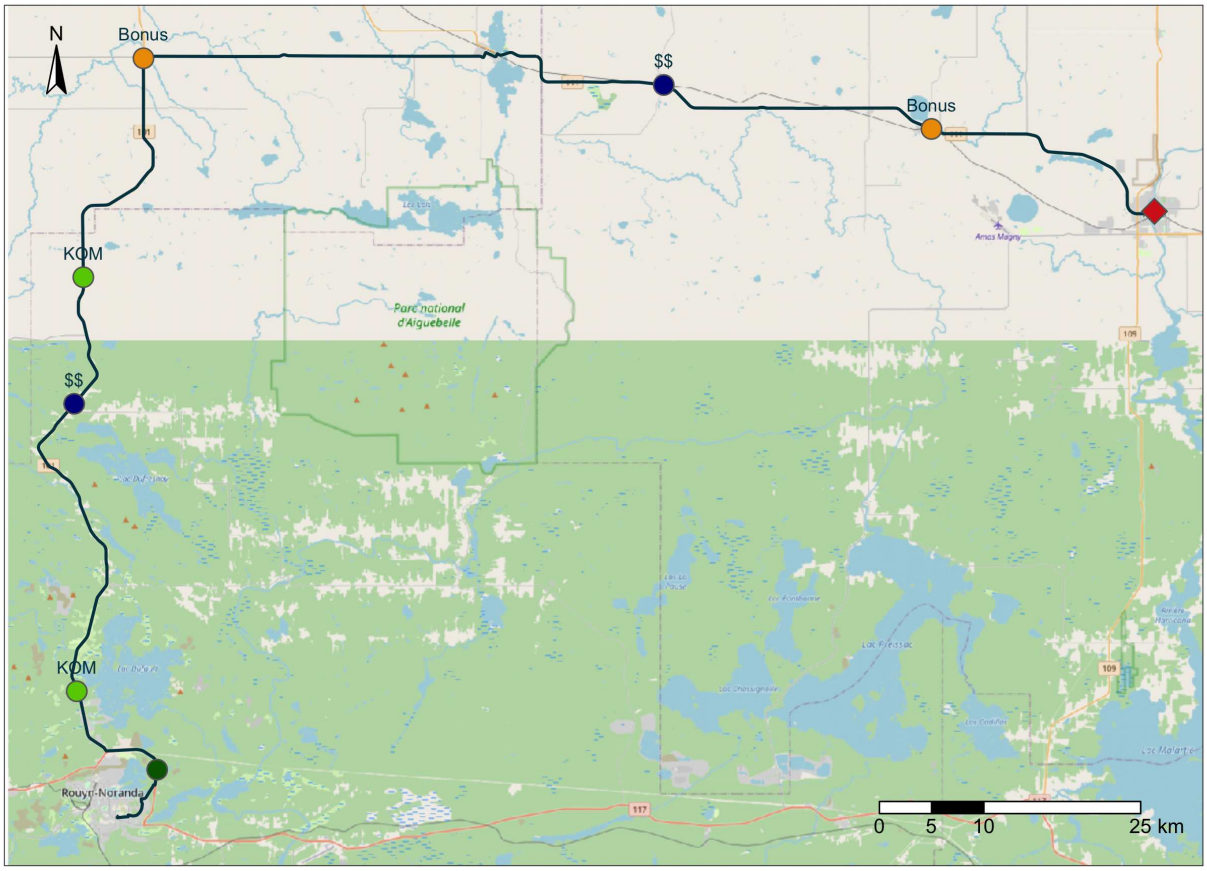
Stage 2 : Rouyn-Noranda - Amos

Wednesday, July 12th, 2023

130.6 km

	Time
Start	16:15
Finish	19:13

Course



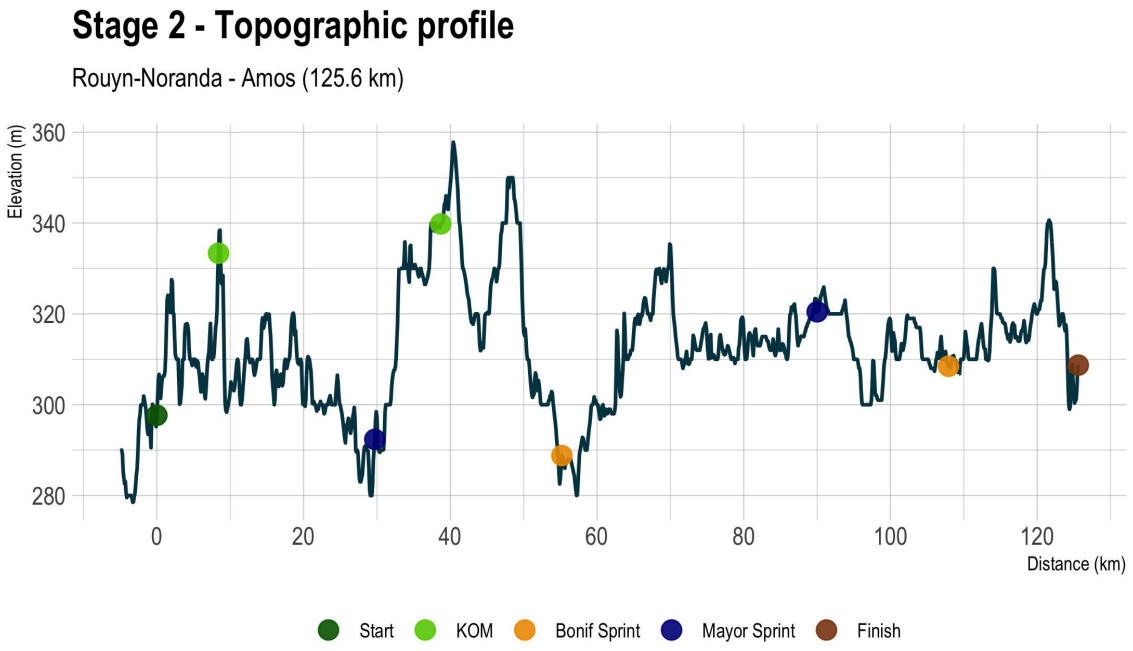
Start details

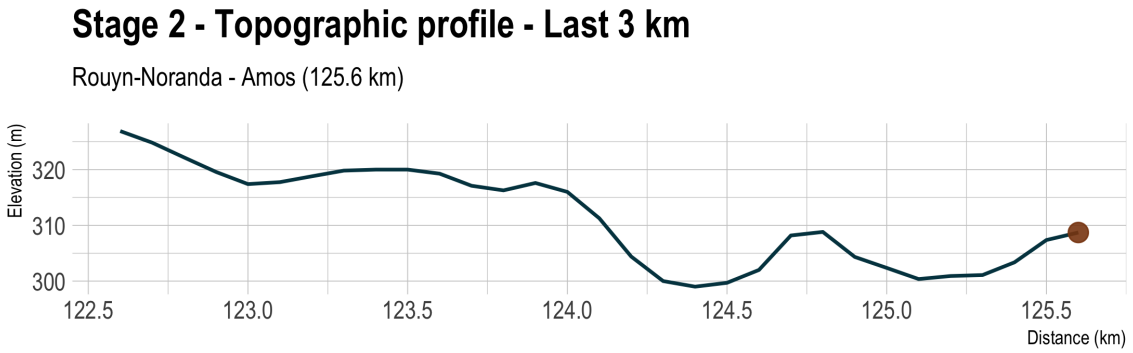
! Neutralized start on 5 km

Finish details

! Finish without circuit

Elevation


Stage 2 - Topographic profile
Rouyn-Noranda - Amos (125.6 km)
Elevation (m)
360
340
320
300
280
0
20
40
60
80
100
120
Distance (km)
Start
KOM
Bonif Sprint
Mayor Sprint
Finish


Stage 2 - Topographic profile - Last 3 km
Rouyn-Noranda - Amos (125.6 km)
Elevation (m)
320
310
300
122.5
123.0
123.5
124.0
124.5
125.0
125.5
Distance (km)

km		Course	Rouyn-Noranda - Amos	km/h		
to go	**done**	**info**	**125.6 km**	**46**	**44**	**42**
130.6	**-5.0**	⚐	Start – Cegep of Abitibi-Témiscamingue	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 Pionniers, 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

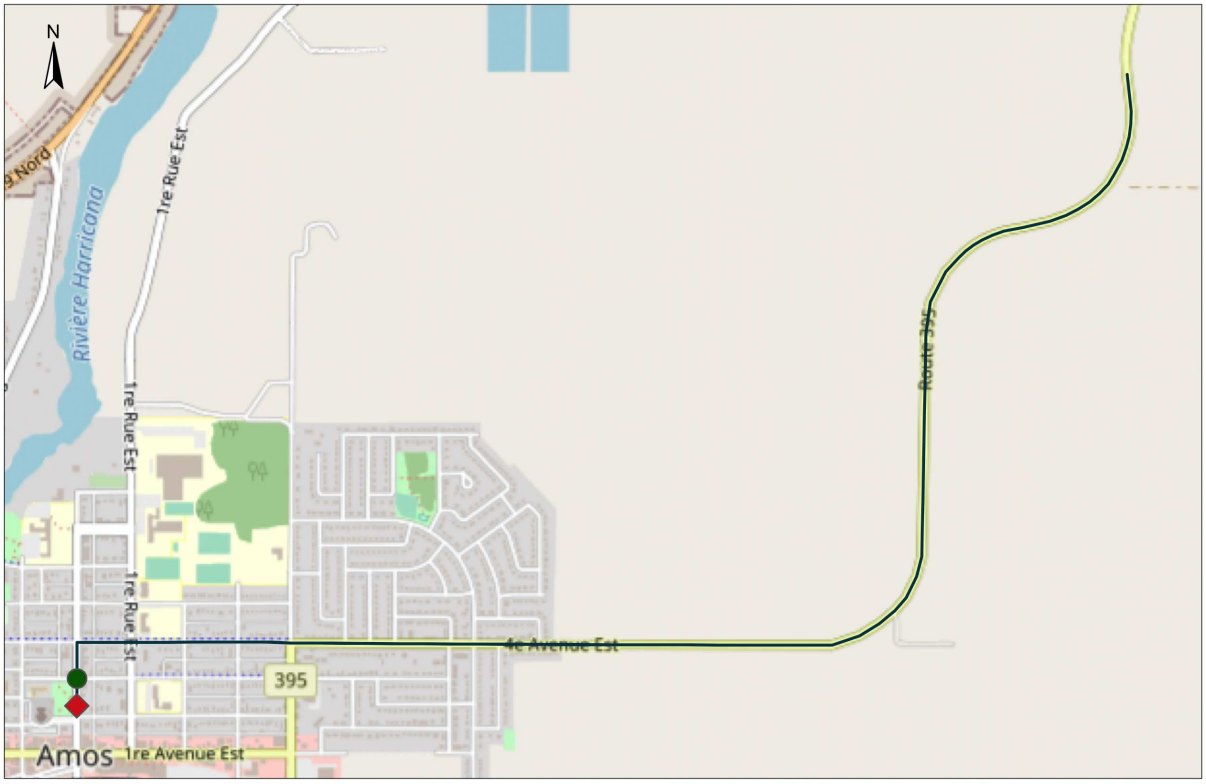
Stage 3 - ITT

Thursday, July 13th, 2023

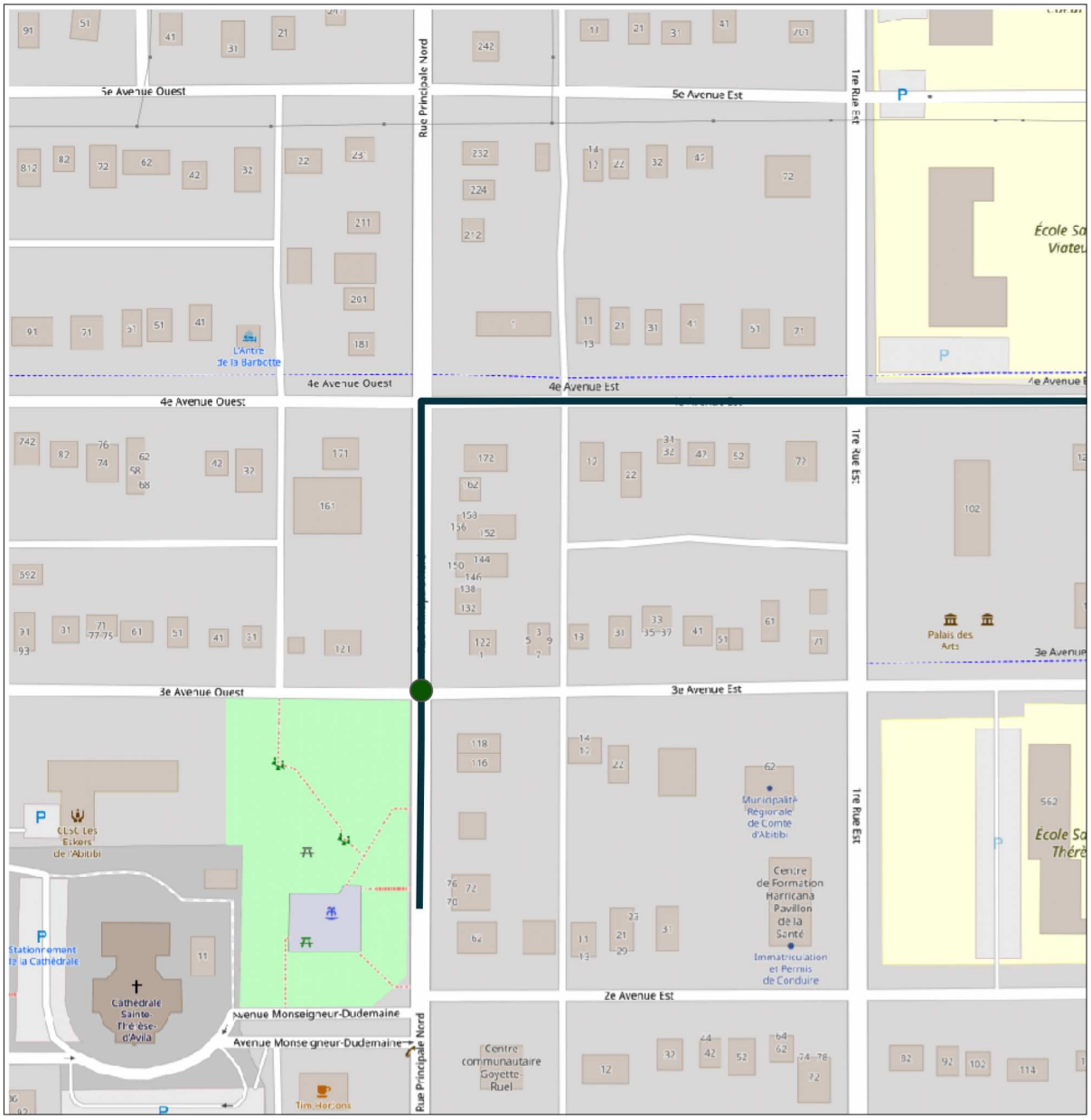
10 km

	Time
First start	09:30
First finish	09:43
Last start	11:40
Last finish	11:53

Course

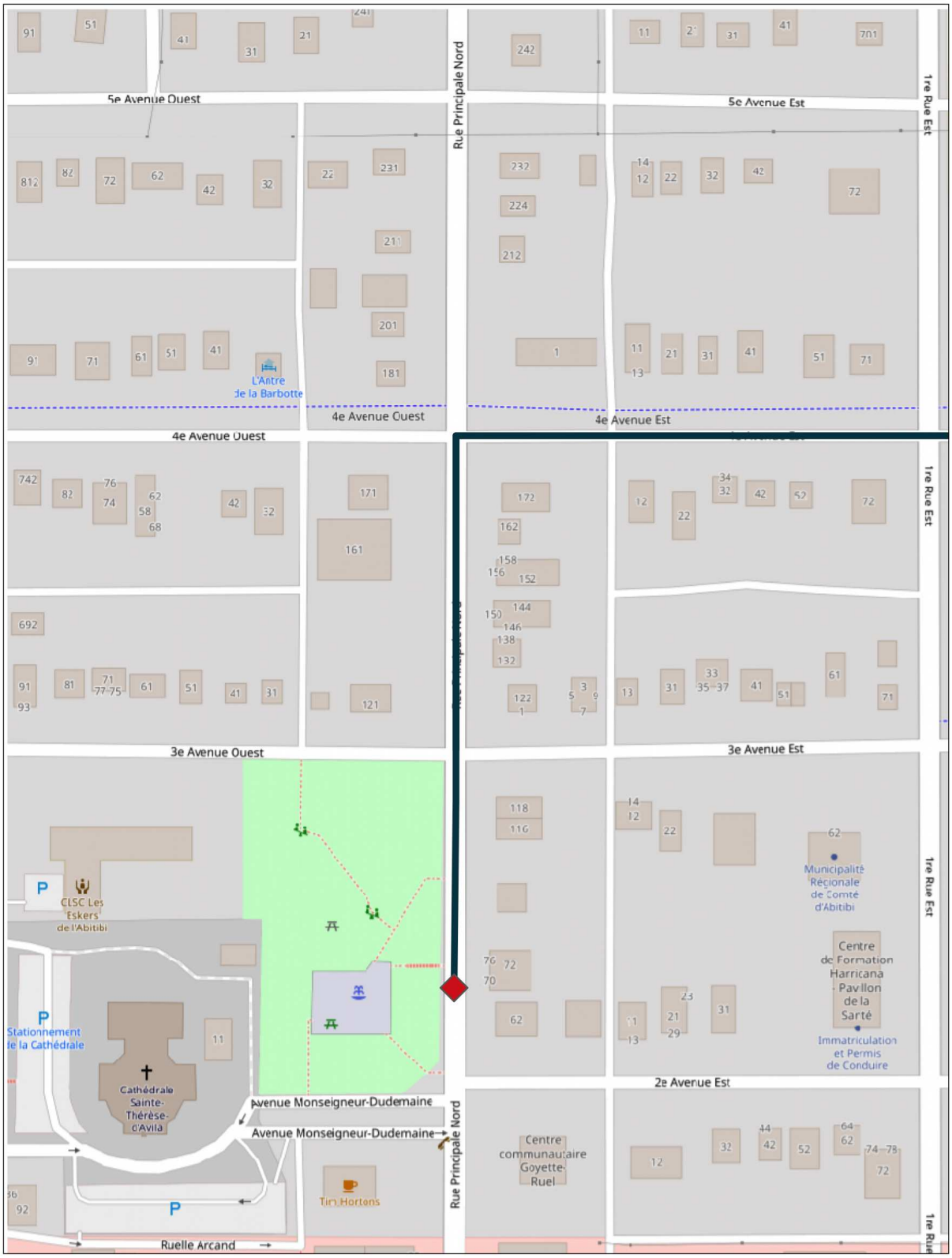


Start details

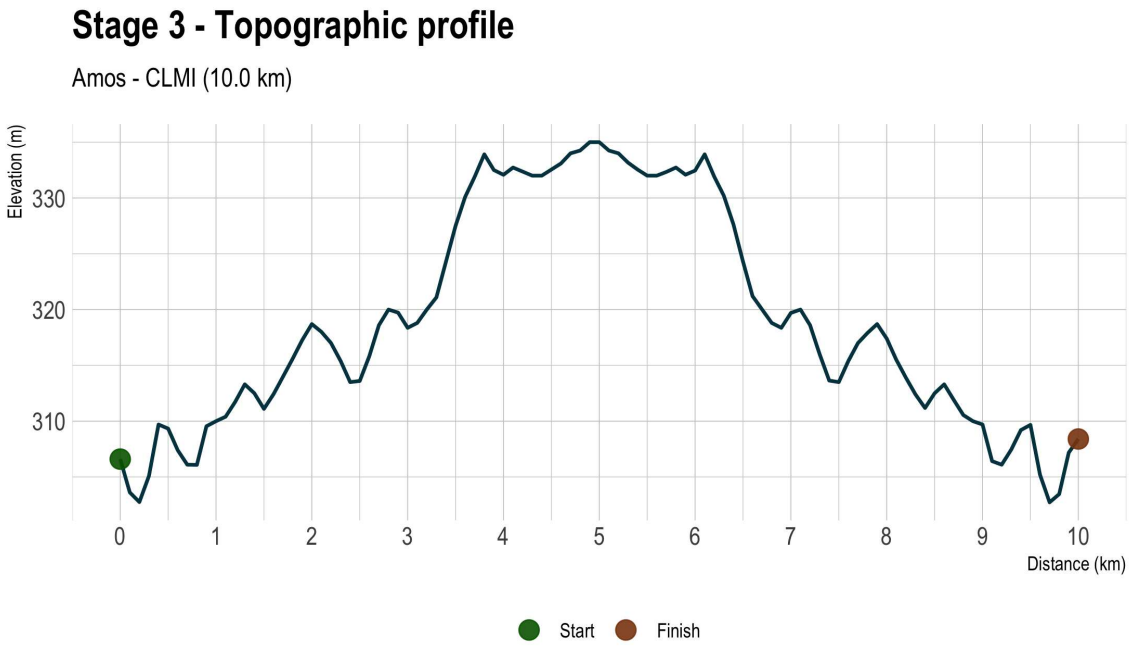


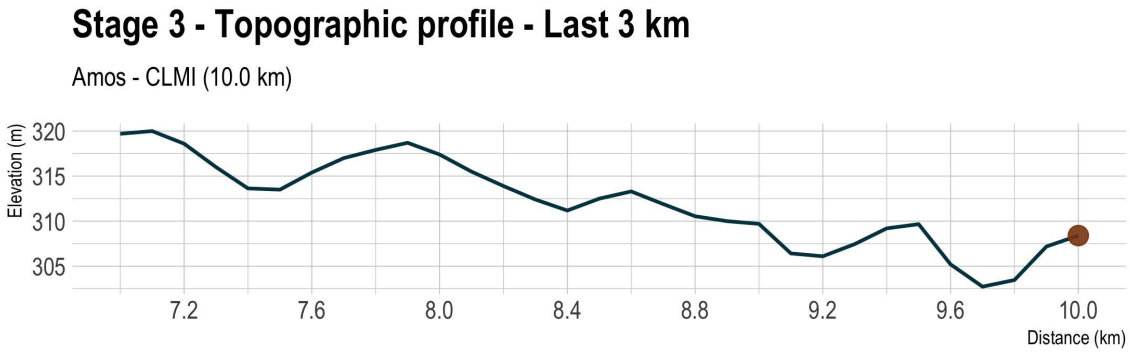
! Round-trip time trial : 2 x 5 km
! Team car deviation towards 3e ave Est and 1ere Rue Est

Finish details



Elevation


Stage 3 - Topographic profile
Amos - CLMI (10.0 km)
Elevation (m)
330
320
310
0
1
2
3
4
5
6
7
8
9
10
Distance (km)
Start
Finish


Stage 3 - Topographic profile - Last 3 km
Amos - CLMI (10.0 km)
Elevation (m)
320
315
310
305
7.2
7.6
8.0
8.4
8.8
9.2
9.6
10.0
Distance (km)

km		Course	Amos - CLMI	km/h		
to go	**done**	**info**	**10.0 km**	**48**	**46**	**42**
10.0	**0.0**	⚑	Start - Cathedral	09:30	09:30	09:30
9.9	**0.1**	→	4e Avenue Est	09:30	09:30	09:30
5.0	**5.0**	↺	U-turn	09:36	09:36	09:37
0.2	**9.8**	←	Rue Principale Nord	09:42	09:42	09:44
0.0	**10.0**	⚑	**Finish**	**09:42**	**09:43**	**09:44**

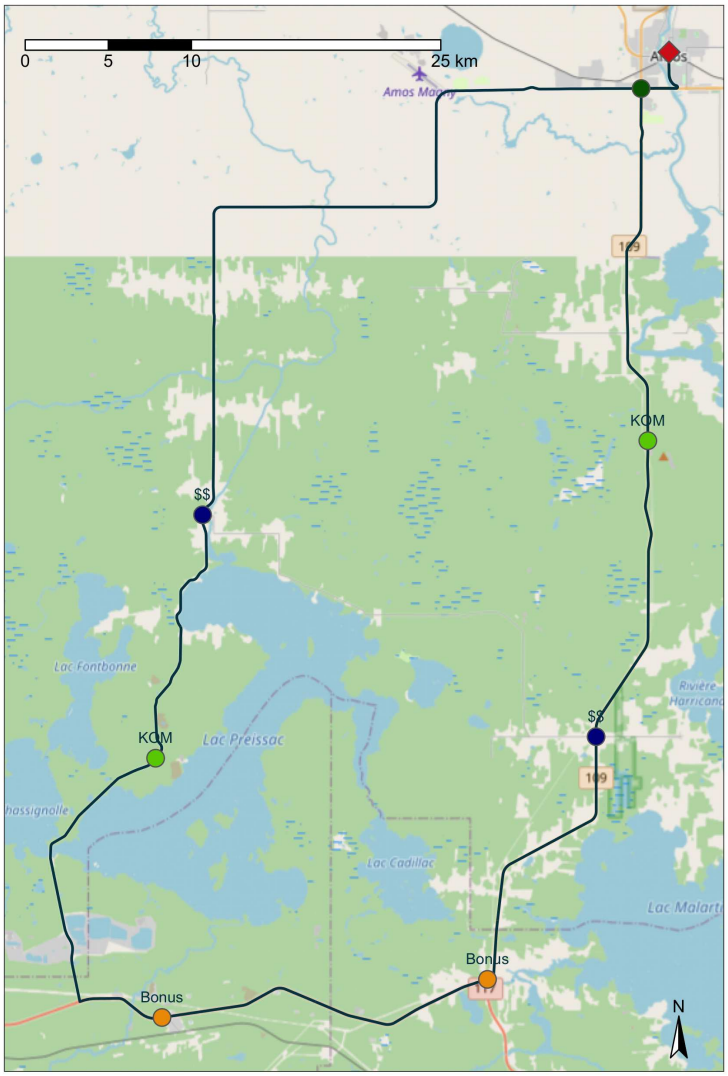
Stage 6 : Amos -Preissac - RH - Amos

Saturday, July 15th, 2023

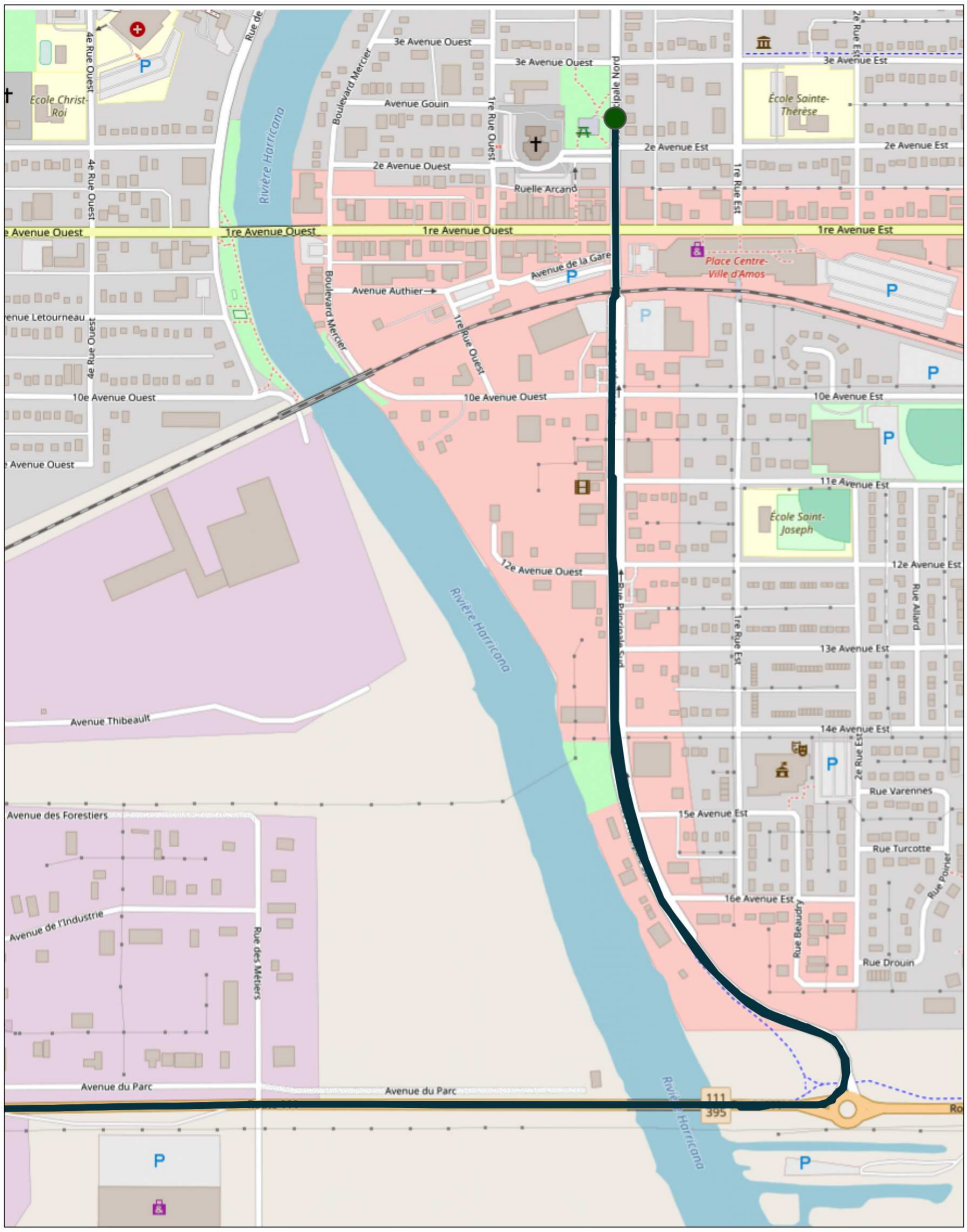
118.9 km

	Time
Start	16:30
Finish	19:12

Course

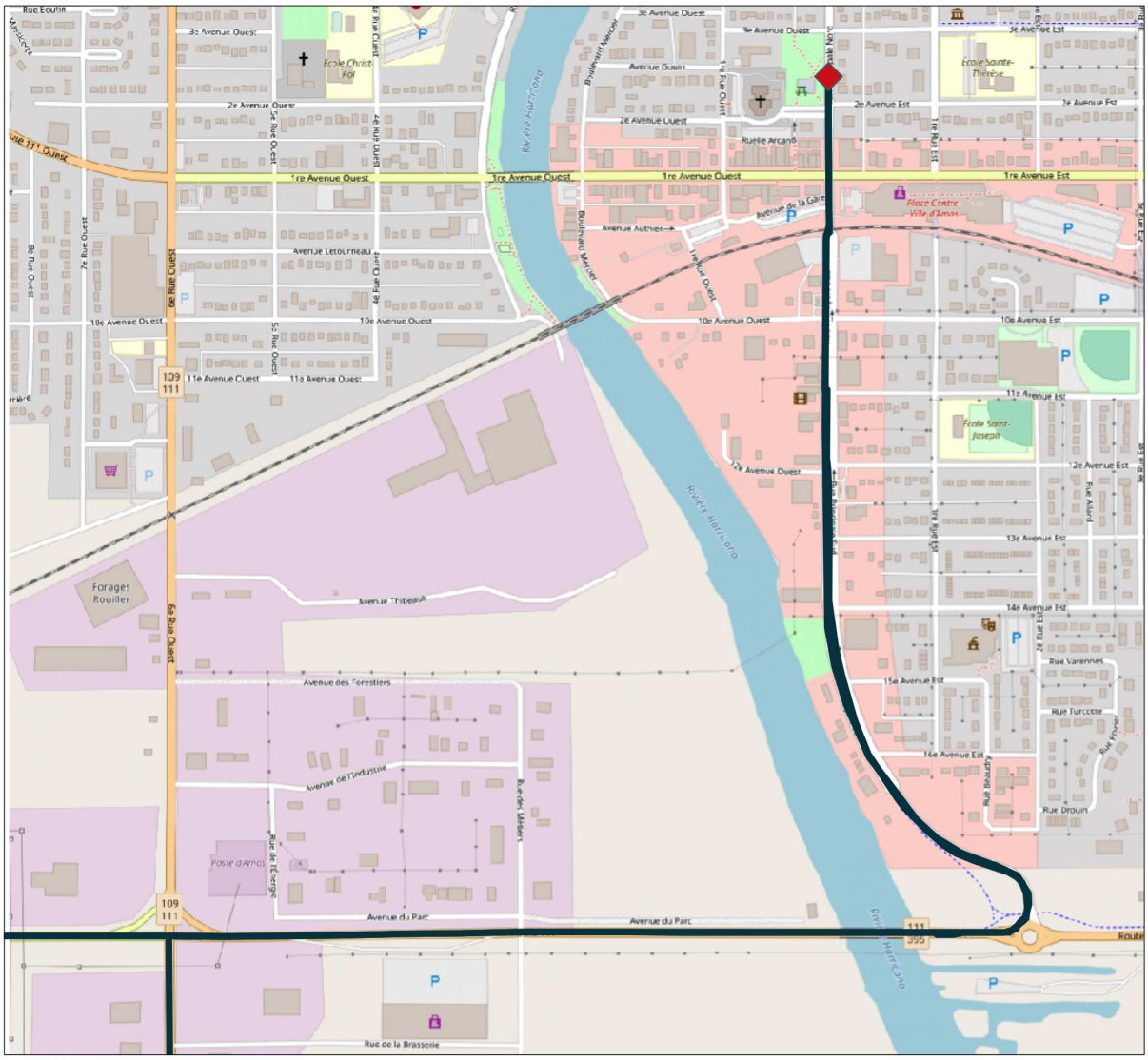


Start details



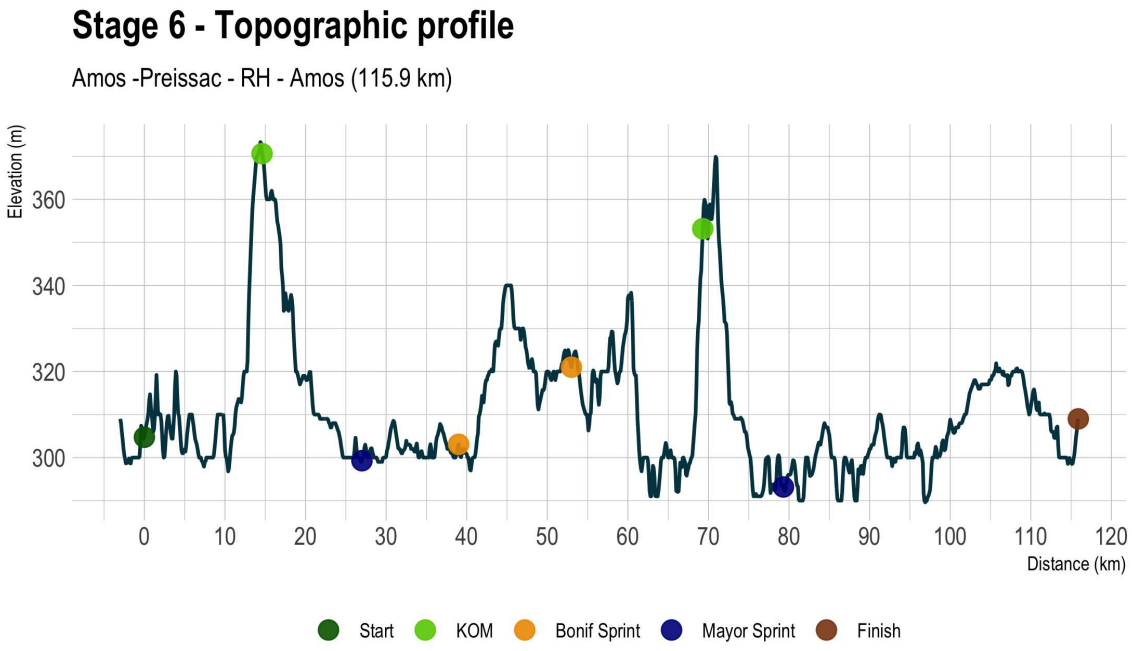
! Neutralized start on 3 km

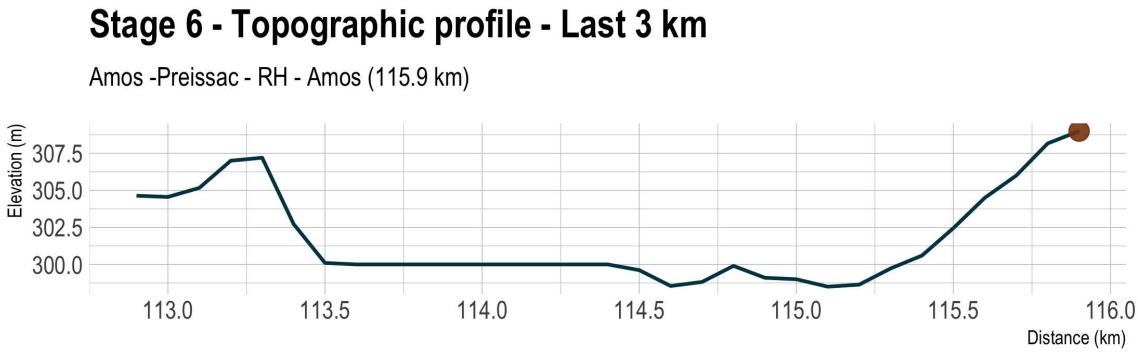
Finish details



! Finish without circuit

Elevation


Stage 6 - Topographic profile
Amos -Preissac - RH - Amos (115.9 km)
Elevation (m)
360
340
320
300
0
10
20
30
40
50
60
70
80
90
100
110
120
Distance (km)
Start
KOM
Bonif Sprint
Mayor Sprint
Finish


Stage 6 - Topographic profile - Last 3 km
Amos -Preissac - RH - Amos (115.9 km)
Elevation (m)
307.5
305.0
302.5
300.0
113.0
113.5
114.0
114.5
115.0
115.5
116.0
Distance (km)

km		Course	Amos -Preissac - RH - Amos	km/h		
to go	**done**	**info**	**115.9 km**	**46**	**44**	**42**
118.9	**-3.0**	⚐	Start - Parc de la Cathédrale d'Amos	16:30	16:30	16:30
117.3	**-1.4**	→	Round about 1st exit right on Rte 111 E	16:32	16:32	16:32
115.9	**0.0**	⚑	Official Start	16:33	16:34	16:34
115.9	**0.0**	←	Route 109	16:33	16:34	16:34
106.6	**9.3**	ℹ	St-Mathieu-d'Harricana	16:46	16:46	16:47
101.3	**14.6**	⛰	KOM Points Côte de St-Mathieu	16:52	16:54	16:55
88.9	**27.0**	$	Preissac Mayor's sprint $250 Intersection chemin St-Luc	17:09	17:10	17:12
85.9	**30.0**	☕	Feed open	17:13	17:15	17:17
77.2	**38.7**	ℹ	Rivière-Heva	17:24	17:26	17:29
76.9	**39.0**	⚑	Bonification Sprint - times and points Intersection Rue Principale	17:24	17:27	17:30
76.3	**39.6**	⇗	Route 117	17:25	17:28	17:30
63.7	**52.2**	ℹ	Cadillac	17:42	17:45	17:48
62.9	**53.0**	⚑	Bonification Sprint - times and points Rest Area Cadillac	17:43	17:46	17:50
59.4	**56.5**	→	Route 395	17:47	17:51	17:55
53.8	**62.1**	ℹ	Preissac	17:54	17:58	18:03
46.6	**69.3**	⛰	KOM Points Observation tower Preissac	18:04	18:08	18:13
36.6	**79.3**	$	Mayor's sprint $250 Gas Station Preissac	18:17	18:22	18:27
36.4	**79.5**	♻	Trash zone	18:17	18:22	18:27
20.7	**95.2**	ℹ	Ste-Gertrude	18:38	18:43	18:50
20.0	**95.9**	☕	Feed closed	18:39	18:44	18:51
3.0	**112.9**	↑	Route 111	19:01	19:08	19:15
1.6	**114.3**	←	Round about 1st exit, left	19:03	19:09	19:17
0.3	**115.6**	⚠	Railroad crossing	19:04	19:11	19:19
0.0	**115.9**	⚑	**Finish** **Time and points bonus**	**19:05**	**19:12**	**19:19**

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

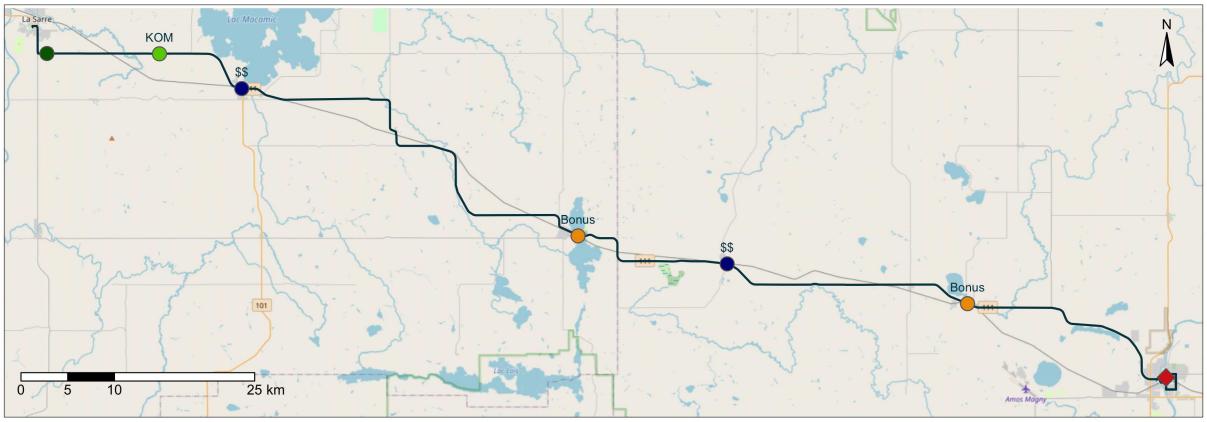
Stage 7 : La Sarre - Amos

Sunday, July 16th, 2023

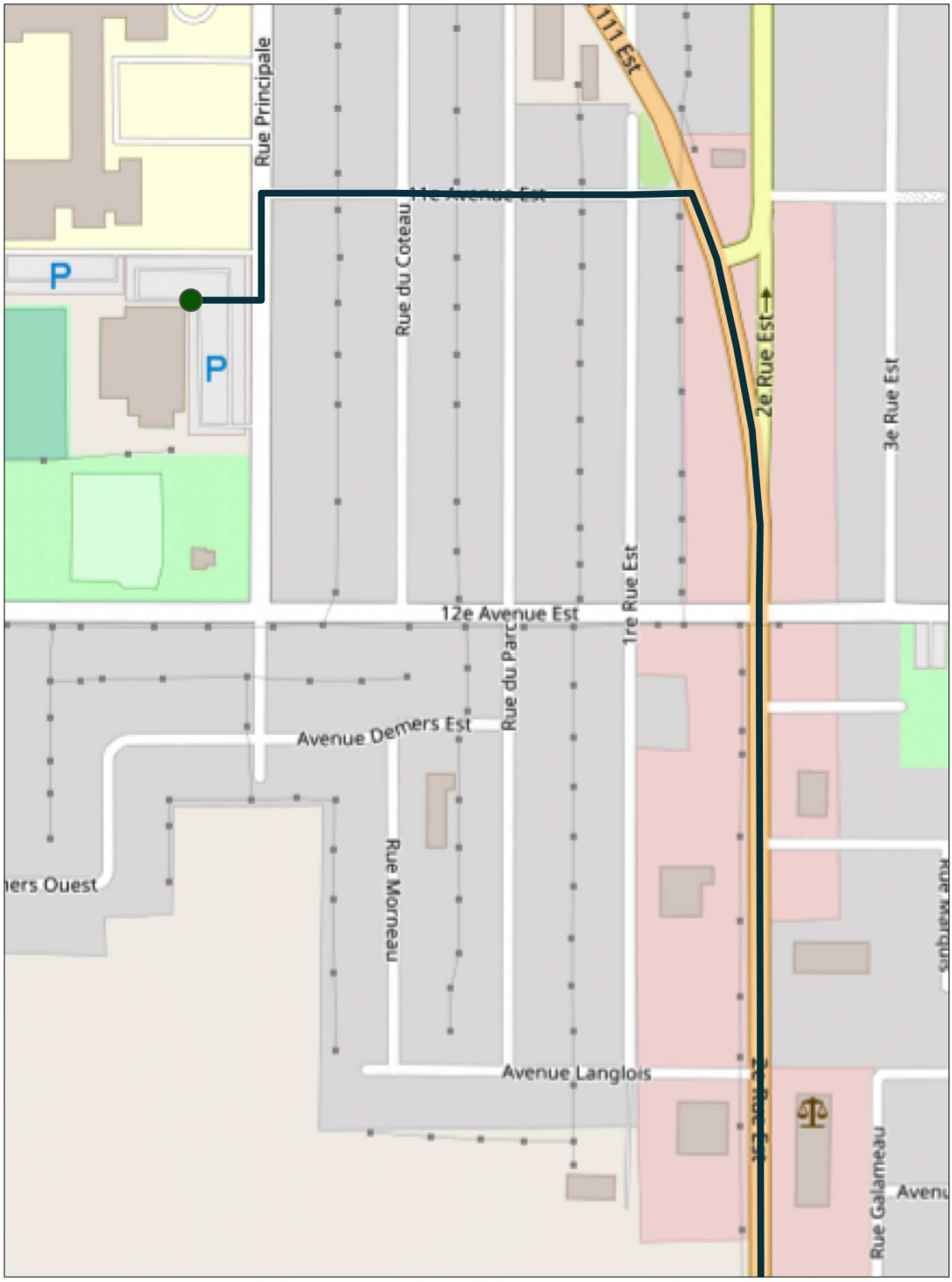
123.5 km

	Time
Start	14:00
Circuit entrance	16:11
Finish	16:48

Course

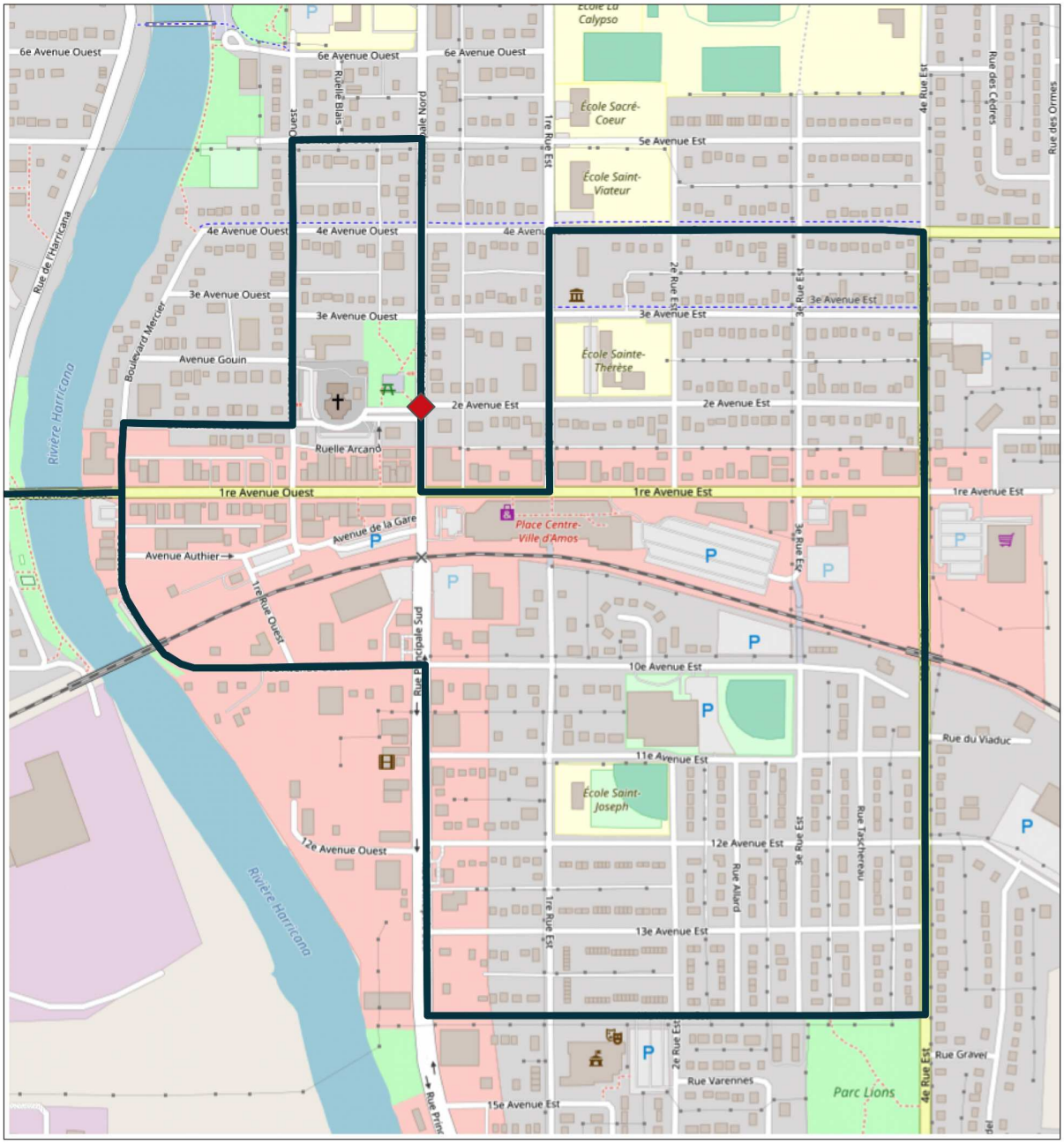


Start details



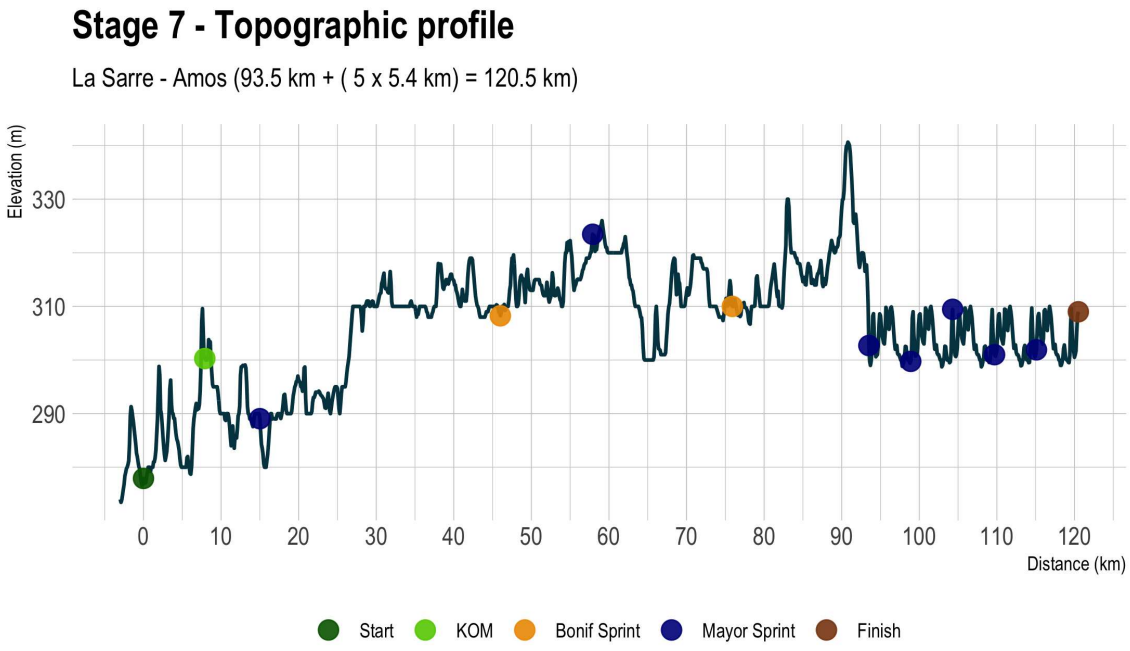
! Neutralized start on 3 km

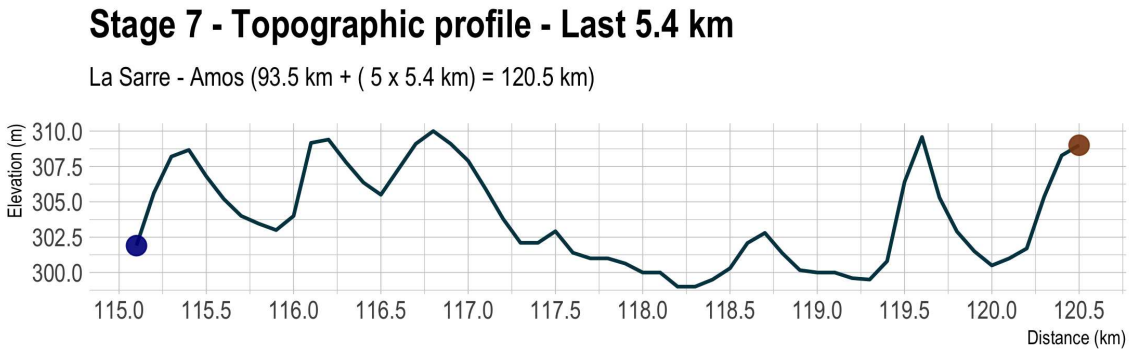
Finish details



! 5 full clockwise 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 7 - Topographic profile
La Sarre - Amos (93.5 km + (5 x 5.4 km) = 120.5 km)
Elevation (m)
330
310
290
0
10
20
30
40
50
60
70
80
90
100
110
120
Distance (km)
Start
KOM
Bonif Sprint
Mayor Sprint
Finish


Stage 7 - Topographic profile - Last 5.4 km
La Sarre - Amos (93.5 km + (5 x 5.4 km) = 120.5 km)
Elevation (m)
310.0
307.5
305.0
302.5
300.0
115.0
115.5
116.0
116.5
117.0
117.5
118.0
118.5
119.0
119.5
120.0
120.5
Distance (km)

km		Course	La Sarre - Amos	km/h		
to go	**done**	**info**	**93.5 km + (5 x 5.4 km) = 120.5 km**	**46**	**44**	**42**
123.5	**-3.0**	⚐	Start - Nicol Auto Arena Parking	14:00	14:00	14:00
123.4	**-2.9**	←	Rue Principale	14:00	14:00	14:00
123.4	**-2.9**	→	11e Avenue Est	14:00	14:00	14:00
123.1	**-2.6**	→	Route 111 Est	14:00	14:00	14:00
121.2	**-0.7**	←	Ramp toward Rte 111E	14:03	14:03	14:03
120.5	**0.0**	⚑	Official start	14:03	14:04	14:04
116.1	**4.4**	⚠	Railroad crossing	14:09	14:10	14:10
112.6	**7.9**	⛰	KOM Sprint	14:14	14:14	14:15
105.5	**15.0**	$	La Sarre Mayor's sprint 250$ (Postal Office Macamic)	14:23	14:24	14:25
104.8	**15.7**	⚠	Bridge	14:24	14:25	14:26
95.1	**25.4**	⚠	Bridge - Roadwork - 1 lane only	14:37	14:38	14:40
93.2	**27.3**	ℹ	Municipality of Authier	14:39	14:41	14:43
92.2	**28.3**	⚠	Railroad crossing	14:40	14:42	14:44
90.5	**30.0**	☕	Feed open	14:43	14:45	14:47
88.3	**32.2**	⚠	Bridge - Roadwork	14:45	14:48	14:50
78.6	**41.9**	⚠	Railroad crossing	14:58	15:01	15:04
76.2	**44.3**	ℹ	Municipality of Taschereau	15:01	15:04	15:07
74.5	**46.0**	⚑	Bonification sprint - times and points (Rte 111/390 intersections)	15:03	15:06	15:10
74.0	**46.5**	⚠	Bridge	15:04	15:07	15:10
70.8	**49.7**	⚠	Railroad crossing	15:08	15:11	15:15
62.9	**57.6**	ℹ	Municipality of Launay	15:19	15:22	15:26
62.6	**57.9**	$	La Sarre Mayor's sprint 250$ (Engoulevent municipal parc)	15:19	15:23	15:27
51.0	**69.5**	⚠	Oblique Railroad crossing	15:34	15:38	15:43
49.3	**71.2**	ℹ	Municipality of Trécesson	15:36	15:41	15:46
44.6	**75.9**	⚑	Bonification Sprint - time and points (Trécesson rest stop)	15:42	15:47	15:52
28.3	**92.2**	←	Circuit finish entrance Boulevard Mercier	16:04	16:09	16:16
28.2	**92.3**	→	2e Avenue Ouest	16:04	16:09	16:16
27.9	**92.6**	←	1re Rue Ouest	16:04	16:10	16:16
27.5	**93.0**	→	5e Avenue Ouest	16:05	16:10	16:17
27.4	**93.1**	→	Rue Principale Nord	16:05	16:11	16:17
27.0	**93.5**	$	Start of 1st lap Amos Mayor's sprint (100$)	16:05	16:11	16:17
26.9	**93.6**	←	1re Avenue Est	16:06	16:11	16:18
26.7	**93.8**	←	1re Rue Est	16:06	16:12	16:18
26.3	**94.2**	→	4e Avenue Est	16:06	16:12	16:18
25.8	**94.7**	→	4e Rue Est	16:07	16:13	16:19
24.7	**95.8**	→	14e Avenue Est	16:08	16:14	16:21
24.0	**96.5**	→	Rue Principale Sud	16:09	16:15	16:22
23.5	**97.0**	←	10e Avenue Est	16:10	16:16	16:22
22.8	**97.7**	→	2e Avenue Ouest	16:11	16:17	16:23
22.6	**97.9**	←	1re Rue Ouest	16:11	16:17	16:24
22.2	**98.3**	→	5e Avenue Ouest	16:12	16:18	16:24
22.0	**98.5**	→	Rue Principale Nord	16:12	16:18	16:25
21.6	**98.9**	$	Start of 2nd lap Amos Mayor's sprint (100$)	16:12	16:18	16:25
16.2	**104.3**	☕	Feed closed	16:19	16:26	16:33
16.2	**104.3**	$	Start of 3rd lap Amos Mayor's sprint (100$)	16:19	16:26	16:33
10.8	**109.7**	$	Start of 4th lap Amos Mayor's sprint (100$)	16:27	16:33	16:41
5.4	**115.1**	$	Start of 5th lap Amos Mayor's sprint (100$)	16:34	16:41	16:48
1.0	**119.5**	🚚	Caravan bypass Right on 3e avenue	16:39	16:47	16:55
0.0	**120.5**	⚑	**Finish** **Time and points bonus**	**16:41**	**16:48**	**16:56**

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