

2023 Tour de l'Abitibi



TECHNICAL GUIDE

COURSES DETAILS

53th edition

July 11th to 16, 2023

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

Stage 1 : Val-d'Or - Amos

Tuesday, July 11th, 2023

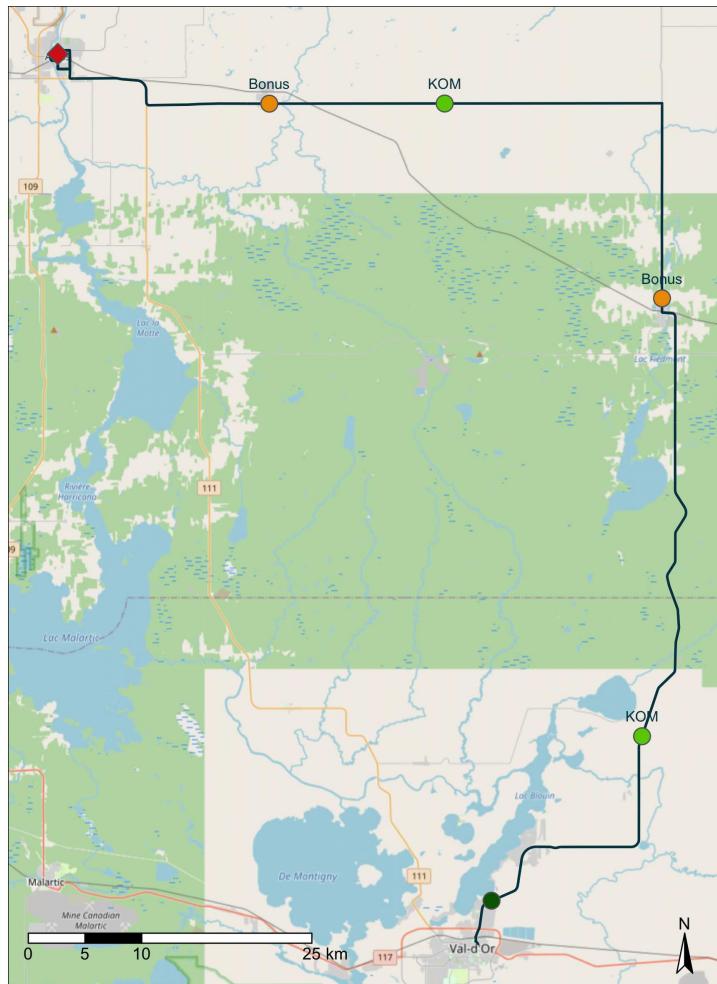
119.7 km



AGNICO EAGLE

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

Course

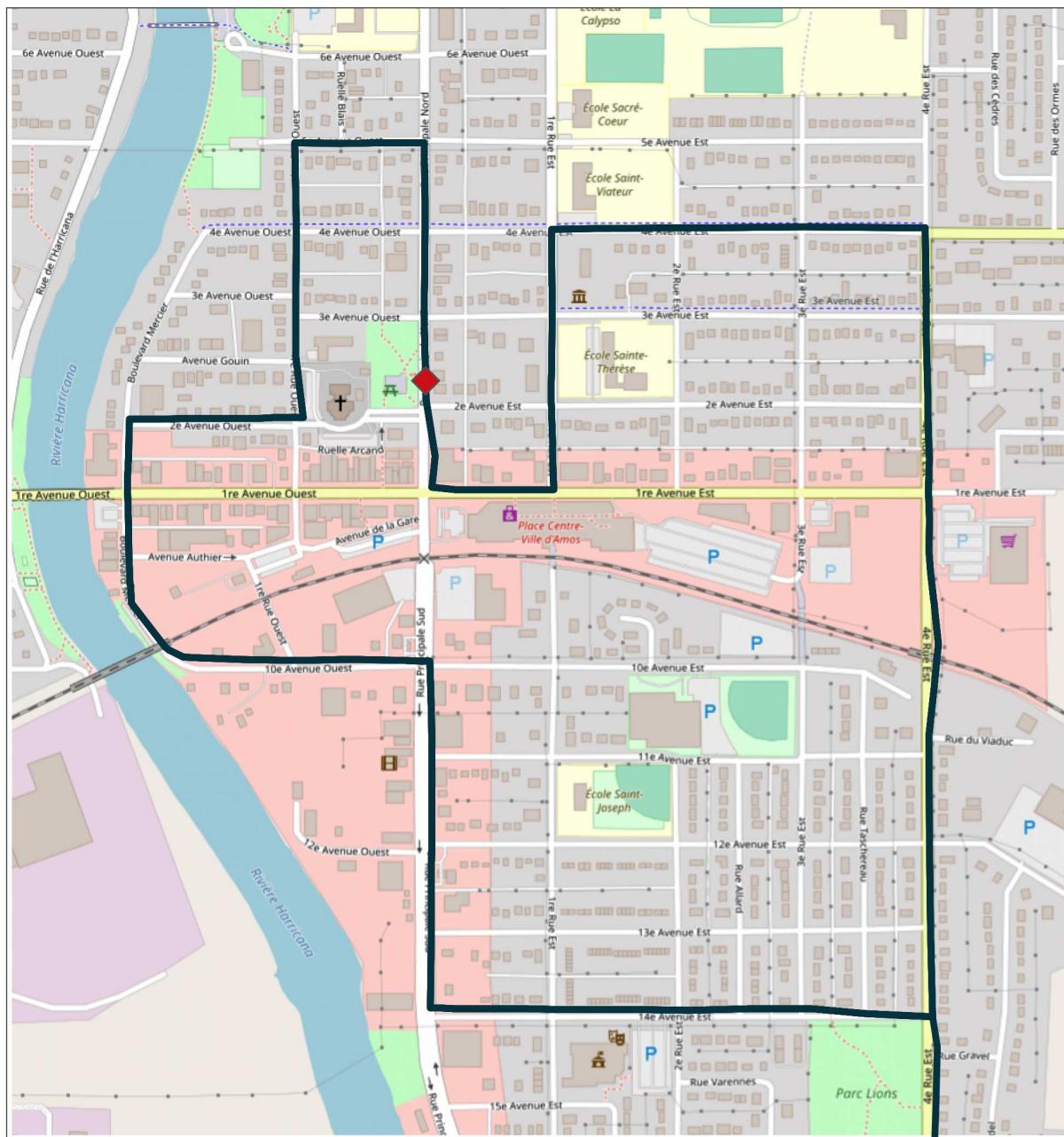


Start details



! Neutralized start on 3 km

Finish details



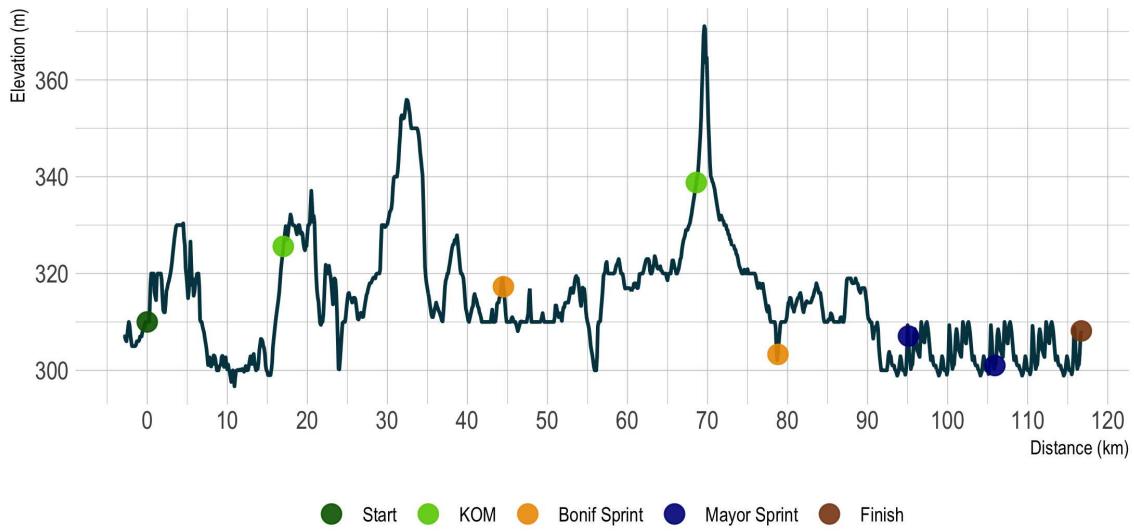
! 4 full clockwise laps of the 5.4 km finish circuit

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

Elevation

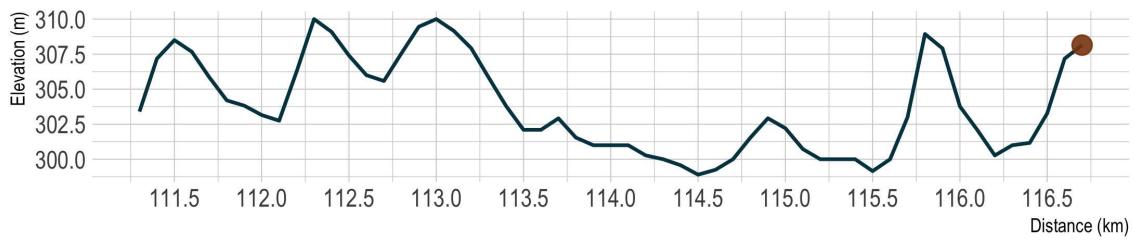
Stage 1 - Topographic profile

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



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	▷	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, Barraulte)		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

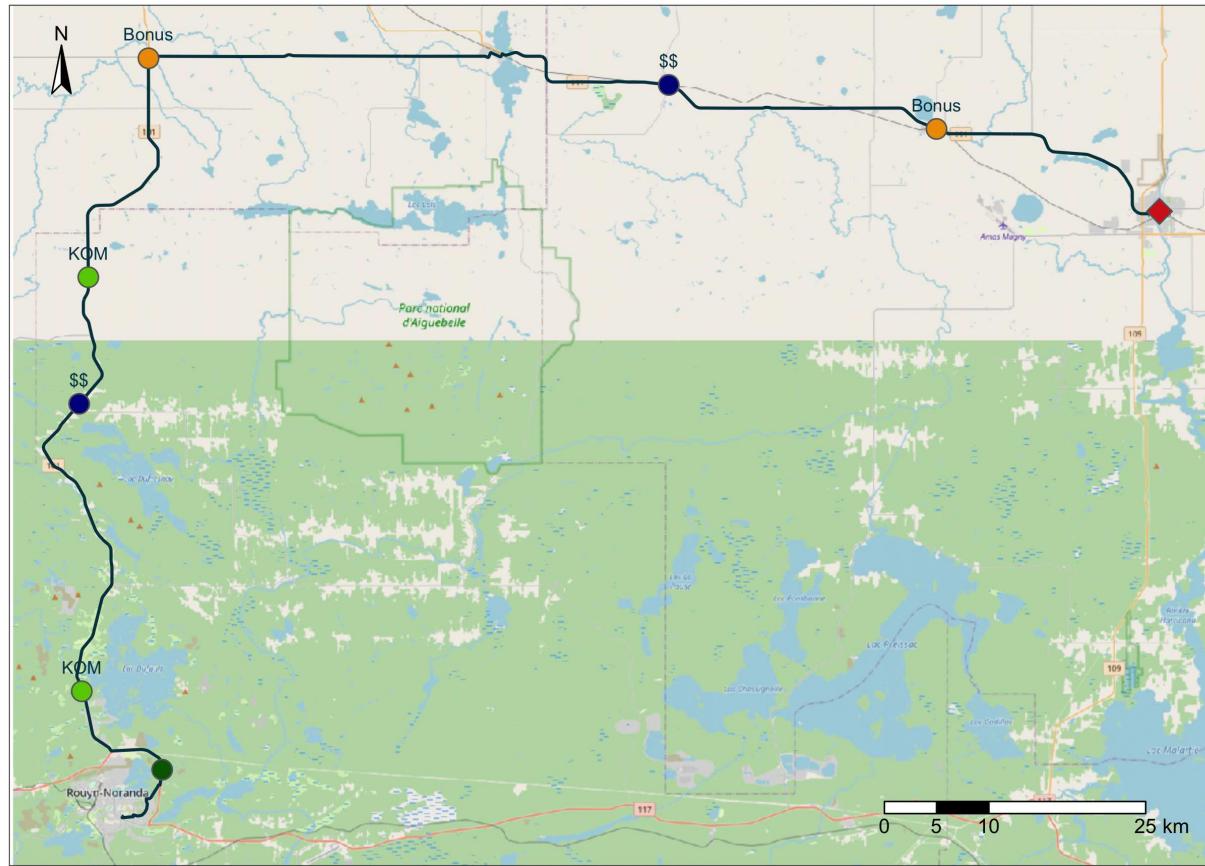
Wednesday, July 12th, 2023

130.6 km

Québec 

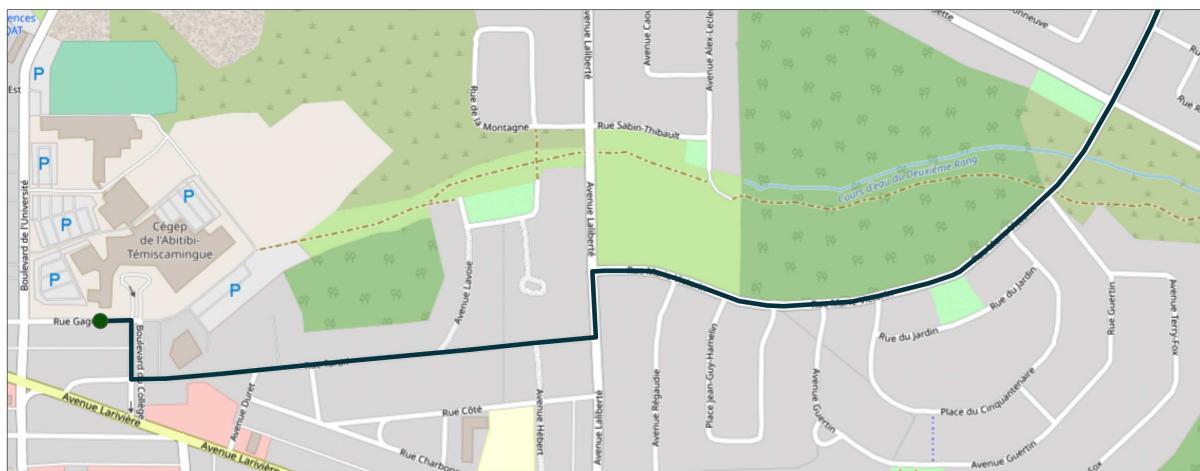
	Time
Start	16:15
Finish	19:13

Course



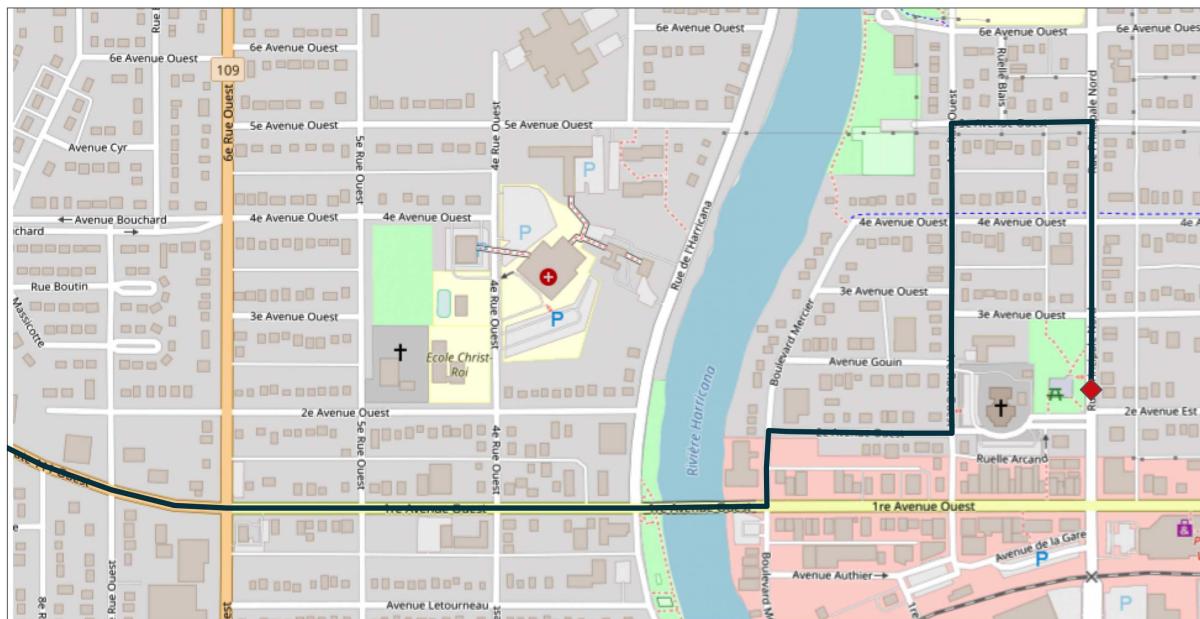
STAGE 2 : ROUYN-NORANDA - AMOS

Start details



! Neutralized start on 5 km

Finish details



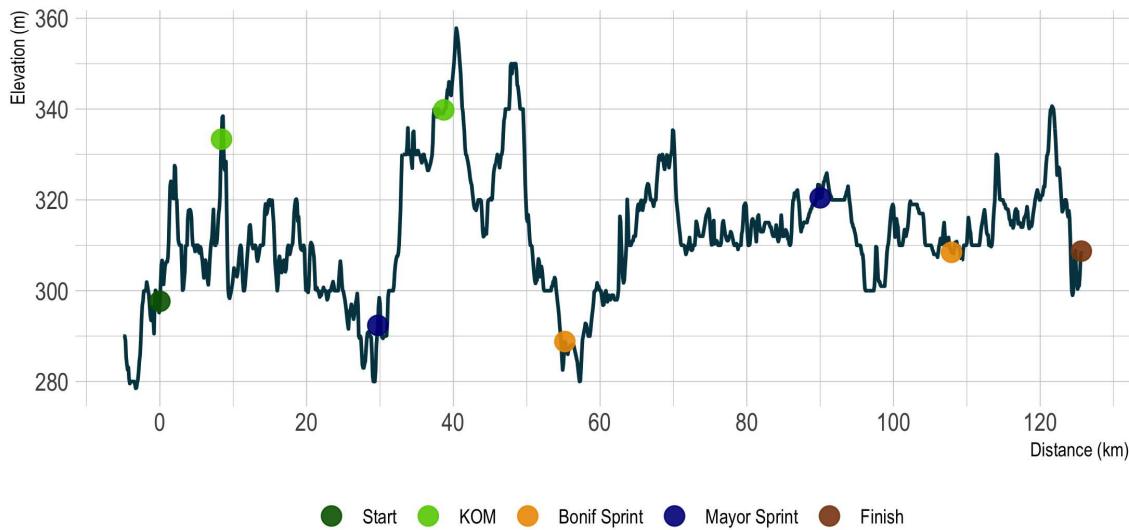
! Finish without circuit

STAGE 2 : ROUYN-NORANDA - AMOS

Elevation

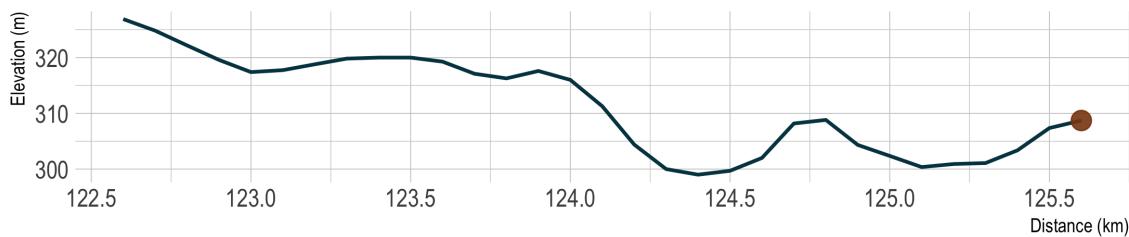
Stage 2 - Topographic profile

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 (Renault 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'Eske)	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 (Engoulement 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

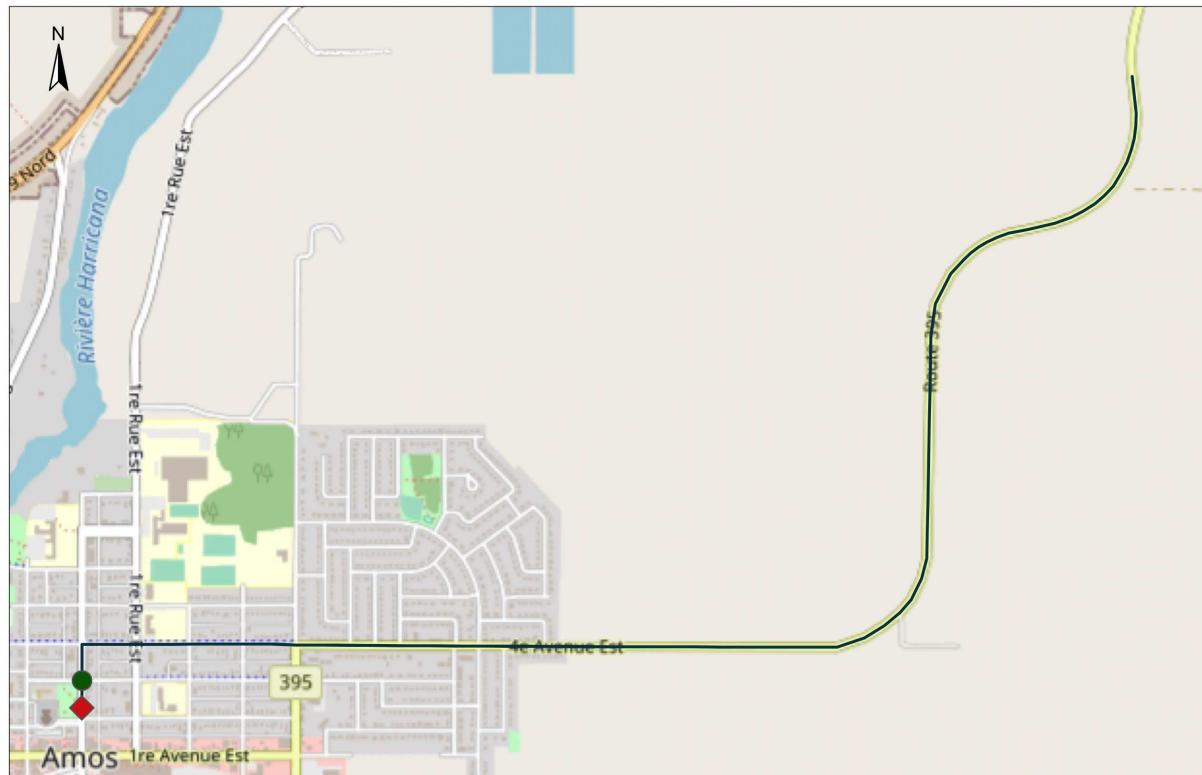
Thursday, July 13th, 2023

10 km

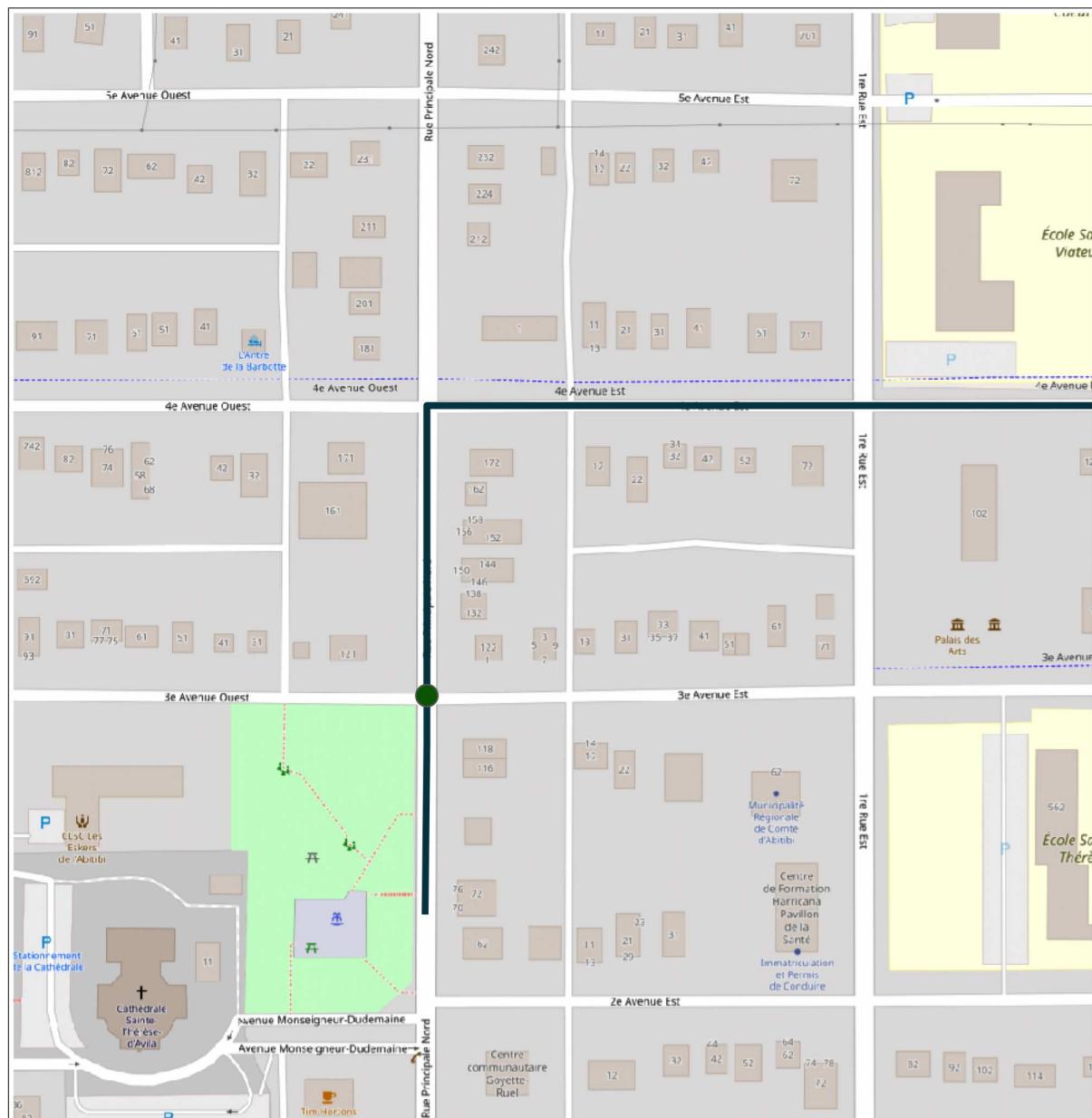


	Time
First start	09:30
First finish	09:43
Last start	11:40
Last finish	11:53

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

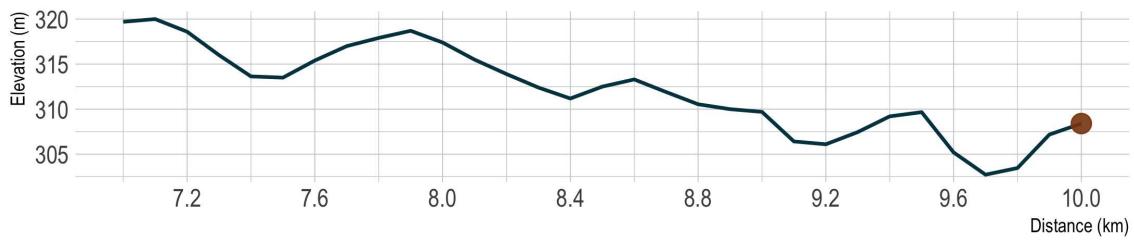
Amos - CLMI (10.0 km)



● Start ● Finish

Stage 3 - Topographic profile - Last 3 km

Amos - CLMI (10.0 km)



km		Course	Amos - CLMI	km/h		
to go	done	info	10.0 km	47	45	42
10.0	0.0	▶	Start	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	09:43	09:44
0.0	10.0	▶	Finish	09:42	09:43	09:44

Stage 7 : La Sarre - Amos

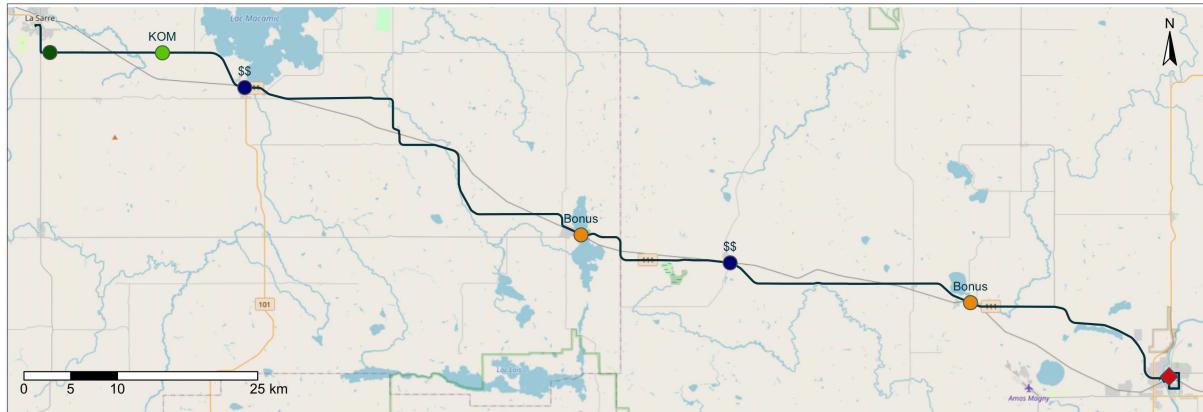
Sunday, July 16th, 2023

123.5 km



	Time
Start	14:00
Circuit entrance	16:14
Finish	16:52

Course

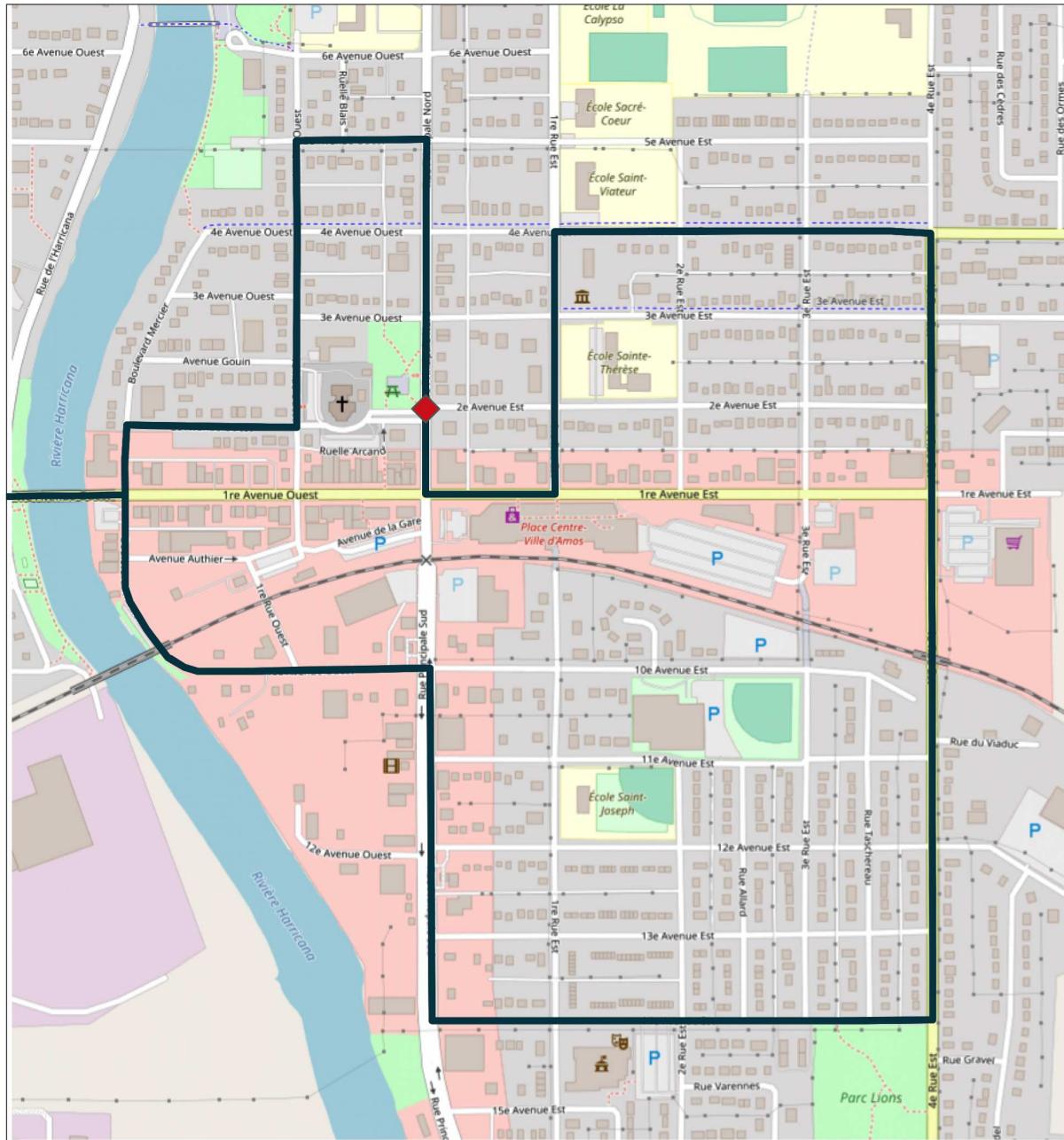


Start details



! Neutralized start on 3 km

Finish details

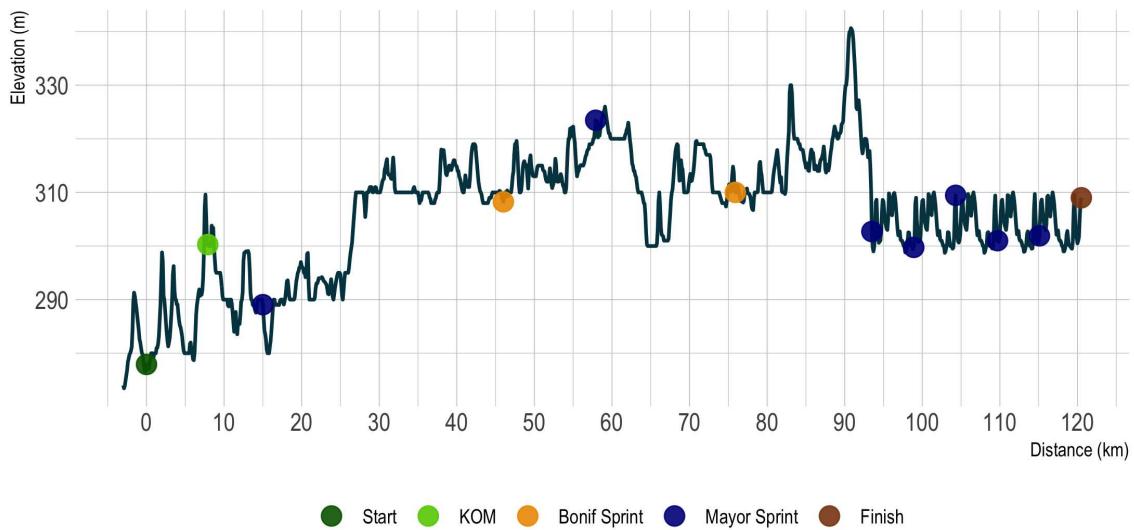


- ! 5 full clockwise laps of the 5.4 km finish circuit
 - ! The entrance to the circuit is located at the intersection of *4e Rue Est* and *14e Avenue Est*

Elevation

Stage 7 - Topographic profile

La Sarre - Amos (93.5 km + (5 x 5.4 km) = 120.5 km)



Stage 7 - Topographic profile - Last 5.4 km

La Sarre - Amos (93.5 km + (5 x 5.4 km) = 120.5 km)



km		Course	La Sarre - Amos	km/h		
to go	done	info	93.5 km + (5 x 5.4 km) = 120.5 km	45	43	41
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	14:04	14:04	14:04
116.1	4.4	△	Railroad crossing	14:09	14:10	14:10
112.6	7.9	▲	KOM Sprint	14:14	14:15	14:15
105.5	15.0	\$	La Sarre Mayor's sprint 250\$ (Postal Office Macamic)	14:24	14:25	14:26
104.8	15.7	△	Bridge	14:24	14:26	14:27
95.1	25.4	△	Bridge - Roadwork - 1 lane only	14:37	14:39	14:41
93.2	27.3	i	Municipality of Authier	14:40	14:42	14:44
92.2	28.3	△	Railroad crossing	14:41	14:43	14:45
90.5	30.0	≡	Feed open	14:44	14:46	14:48
88.3	32.2	△	Bridge - Roadwork	14:46	14:49	14:51
78.6	41.9	△	Railroad crossing	14:59	15:02	15:05
76.2	44.3	i	Municipality of Taschereau	15:03	15:06	15:09
74.5	46.0	■	Bonification sprint - times and points (Rte 111/390 intersections)	15:05	15:08	15:11
74.0	46.5	△	Bridge	15:06	15:09	15:12
70.8	49.7	△	Railroad crossing	15:10	15:13	15:17
62.9	57.6	i	Municipality of Launay	15:20	15:24	15:28
62.6	57.9	\$	La Sarre Mayor's sprint 250\$ (Engoulevent municipal parc)	15:21	15:24	15:29
51.0	69.5	△	Oblique Railroad crossing	15:36	15:41	15:46
49.3	71.2	i	Municipality of Trécesson	15:38	15:43	15:48
44.6	75.9	■	Bonification Sprint - time and points (Trécesson rest stop)	15:45	15:50	15:55
28.3	92.2	←	Boulevard Mercier	16:06	16:12	16:19
28.2	92.3	→	2e Avenue Ouest	16:07	16:12	16:19
27.9	92.6	←	1re Rue Ouest	16:07	16:13	16:19
27.5	93.0	→	5e Avenue Ouest	16:08	16:13	16:20
27.4	93.1	→	Rue Principale Nord	16:08	16:14	16:20
27.0	93.5	\$	Start of 1st lap Amos Mayor's sprint (100\$)	16:08	16:14	16:21
26.9	93.6	←	1re Avenue Est	16:08	16:14	16:21
26.7	93.8	←	1re Rue Est	16:09	16:15	16:21
26.3	94.2	→	4e Avenue Est	16:09	16:15	16:22
25.8	94.7	→	4e Rue Est	16:10	16:16	16:22
24.7	95.8	→	14e Avenue Est	16:11	16:17	16:24
24.0	96.5	→	Rue Principale Sud	16:12	16:18	16:25
23.5	97.0	←	10e Avenue Est	16:13	16:19	16:26
22.8	97.7	→	2e Avenue Ouest	16:14	16:20	16:27
22.6	97.9	←	1re Rue Ouest	16:14	16:20	16:27
22.2	98.3	→	5e Avenue Ouest	16:15	16:21	16:28
22.0	98.5	→	Rue Principale Nord	16:15	16:21	16:28
21.6	98.9	\$	Start of 2nd lap Amos Mayor's sprint (100\$)	16:15	16:22	16:29
16.2	104.3	≡	Feed closed	16:23	16:29	16:37
16.2	104.3	\$	Start of 3rd lap Amos Mayor's sprint (100\$)	16:23	16:29	16:37
10.8	109.7	\$	Start of 4th lap Amos Mayor's sprint (100\$)	16:30	16:37	16:44
5.4	115.1	\$	Start of 5th lap Amos Mayor's sprint (100\$)	16:37	16:44	16:52
1.0	119.5	≡	Caravan bypass Right on 3e avenue	16:43	16:50	16:59
0.0	120.5	■	Finish Time and points bonus	16:44	16:52	17:00

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