



## **RUNNER'S GUIDE**

### **HALF-MARATHON - SATURDAY 2 OCTOBER 2021**

#### **Reminder: what you need to know before the course**

It is with great pleasure that the Marathon welcomes you. We are very happy to have you among our runners. We look forward to seeing you on October 2!

**As of September 1**, the Government of Quebec requires that all people who wish to take part in non-essential outdoor activities that bring together 50 people or more must present their vaccination passport to take part in the activity.

**The vaccination passport will be checked at bibs pickup.**

#### **Virtual mode**

For all runners who cannot provide their vaccination passport or proof of vaccination, we ask you not to come to the bib pickup. After the event, your bib and medal will be mailed to you so that you can run your race virtually.

**Please read this guide to the end.** We will not be able to answer the questions answered in this guide.



## **HEALTH INSTRUCTIONS to be observed during the event**

- **Wearing a mask is compulsory at the start and finish sites, it can be removed during your race when the start is given.**
- **Wearing a mask is compulsory at bibs pickup.**
- Respect physical distancing at all times during the event.
- Physical distancing must be respected at the refueling stations.
- After crossing the finish line, it is recommended that you wear your mask when physical distancing is not possible.
- There will be no sponsor booth at the arrival site to avoid crowds.
- We have a bicycle rescue team on the course. If you need assistance, be sure to put on your mask before the rescuer approaches you.
- During the race, it is important to respect a 2 meters distance when overtaking.
- You will not be able to make any t-shirt change size.
- There will be no pacer this year so as not to create a crowd on the course.

Note that this guide is subject to changes depending on the evolution of the situation and directives from the Government of Quebec.

We want this event to be safe for all runners. We are counting on your precious collaboration.  
Thank you so much



## **BIB PICKUP**

### **PLACE:**

Décathlon Boisbriand Store Sport  
2525 d'Annemasse street, Boisbriand, Qc J7H 0A3

### **SCHEDULE:**

Thursday, September 30<sup>th</sup> – 3:00 pm to 9:00 pm (half-marathon & marathon)

Friday, October 1<sup>st</sup> – 9 :00 am to 9:00 pm (half-marathon & marathon)

**It will not be possible to collect your bib on the day of the half-marathon or at any other time outside the scheduled hours.**

### **TO PICK UP YOUR BIB:**

- 1) You must attend in person.
- 2) You must present a valid identity card with photo (Driver's license, health insurance card, passport).
- 3) **No other person can collect your bib (no exceptions).**

### **VACCINATION PASSEPORT:**

The vaccination passport will be checked at bibs pickup.

### **For people from Quebec:**

You can show your proof of vaccination with the QR code on your smartphone or with the paper QR code.

### **For people outside Quebec:**

They must present proof of identity with photo and proof, provided by their country or Canadian province, that they have received two doses of a vaccine recognized among the following:

- Pfizer
- Moderna
- AstraZeneca
- Johnson & Johnson (ne requiers qu'une seule dose).

### **PARTICIPANT'S BRACELET**

When picking up your bib, a bracelet will be put on your wrist. You must keep this bracelet on until you leave the finish area after your race. You must wear your bracelet to access the start area.

If your wristband is damaged, you may be denied access to the start area.



## **BUS TO THE START**

### **BUS DEPARTURE**

Bus departure: Saint-Jérôme Old Train Station.  
Address: 160 Place de la Gare, Saint-jérôme  
Entrance: by the South, via rue Latour, Saint-Jérôme.

### **TO BOARD THE BUS**

- 1) You must wear your bib.
- 2) "AUTOBUS" must be printed on your bib.
- 3) Only "Half-Marathon" bibs will be allowed on the bus.
- 4) Wearing a mask is compulsory on the bus and you must keep it until arrival.

#### **Take note:**

**\*\*\* No bus will bring back the runners to the start line after the race \*\*\***

### **BUS SCHEDULE – PIEDMONT – HALF-MARATHON START (COMING SOON)**

The buses leave as soon as they are full.  
First departure: 6:30 am  
Last bus: 7:30 am  
Travel time: 20 minutes

Only HALF-MARATHON bibs with "AUTOBUS" printed on it, will be accepted on these buses.

Runners are responsible for showing up in time to catch their bus according to their start time.

**\*\*\* Make sure you don't leave anything on the bus \*\*\***

### **PARKING IN SAINT-JÉRÔME**

There are several car parks available in the vicinity of the Station.  
Old Saint-Jérôme station: Entrance via rue Latour, Saint-Jérôme.  
Quartier 50+: 425, boulevard Jean-Baptiste-Rolland Est, Saint-Jérôme QC J7Z 4J4  
Melançon Arena: 451, rue Melançon Saint-Jérôme, QC, J7Z 4K3



## **ACCESS TO THE START SITE**

### **BY CAR**

It will not be possible to drive to the start area. If you haven't taken the bus, the only way to get to the start line (at the Station) is on foot at a distance of 1 km.

### **PARKING**

A parking area will be accessible from Chemin de la Gare.  
The parking area is 1 km from the Gare de Piedmont.

### **GARE DE PIEDMONT**

The GARE DE PIEDMONT (Piedmont Train Station) is the buses arrival and Gear Check site. We recommend that all runners and accompanying persons respect the distancing instructions at all times and wear a mask at all times if they cannot maintain a minimum distance of one meter between people.

**A limited number of toilets are available for accompanying persons at the Gare de Piedmont.**

### **START AREA**

The start area is located on Rue des Faucons, 400 meters behind the Train Station.  
Only runners wearing bib, wristband and mask will have access to the start area.  
The accompanying persons will not have access to the start area.



## **GEAR CHECK**

You can leave your personal belonging at the start of the Half-Marathon.

1. YOU MUST USE THE BAG THAT WILL BE GIVEN TO YOU WITH YOUR BIB.
2. **No other bag will be accepted at Gear Check.**
3. **Your bag with personal belonging must be ready to hand over to the volunteers before you go to Gear Check.**
4. **Personal belonging that you leave must be kept to the minimum.**
5. To identify your bag, you must use the detachable part of your bib that you will tie around a rope of the bag using the T-wrap that you will have received at the same time as your bib. You can collect your bag on arrival.
6. It is strongly recommended that you do not leave any valuables in the bag that you will leave at Gear Check. It is the sole responsibility of each runner to identify their bag correctly. The organization of the Marathon will not be responsible for any lost, stolen or otherwise damaged items.

## **IMPORTANT**

All bags not claimed on the day of the Marathon will be donated to community or charitable organizations. After the Marathon weekend, it will no longer be possible to collect your bag.



## **STARTS**

### **ACCESS TO THE START AREA**

The start area is located on Rue des Faucons, 400 meters behind the Train Station.

To access the start area, you must wear: **BRACELET, BIB and MASK.**

### **BRACELET**

If a runner shows up with a damaged bracelet, a verification will be made and the runner will have to confirm his identity. The runner could miss his start.

**If the verification is not conclusive, the runner will not have access to the start area AND WILL NOT BE ABLE TO TAKE THE START.**

**His bib number will be removed from the list of participants.**

### **MASK**

Runners must wear their mask and keep it on as soon as they enter the start area.

It will be possible to remove your mask, once in the starting corral.

### **CALL FOR STARTS**

Be vigilant not to miss your start!

You must report to the starting corral as soon as your start number is called.

You must show your bib to access the start corral.

**In order to comply with the instructions issued by Public Health, it will not be possible to change the start number. Starts are scheduled in waves of a maximum of 250 runners.**

### **START CORRAL & WAITING CORRAL**

In order to respect the distance of one meter between the runners, each runner must stand on a point on the ground.

We ask you to remove your mask one minute before departure.

Put your mask in your pocket, you will need to use it on arrival.

### **CLOTHES**

If you keep warm clothes that you plan to take off just before the start or take off along the route, those clothes will be donated to charities.



## START ORDER

The start order is established from the fastest to the slowest.

Number of departures: 12

**Your start number is written on your bib. “ Départ # 1”**

The numbers were assigned according to the predicted time you gave when you registered.  
**IT WILL NOT BE POSSIBLE TO CHANGE YOUR START NUMBER.**

Start # 1:	8h00 am	Numbers: 1001 to 1252
Start # 2:	8:05 am	Numbers: 1253 to 1504
Start # 3:	8:10 am	Numbers: 1505 to 1756
Start # 4:	8:15 am	Numbers: 1757 to 2008
Start # 5:	8:20 am	Numbers: 2009 to 2260
Start # 6:	8:25 am	Numbers: 2261 to 2512
Start # 7:	8:30 am	Numbers: 2513 to 2764
Start # 8:	8:35 am	Numbers: 2765 to 3016
Start # 9:	8:40 am	Numbers: 3017 to 3268
Start # 10:	8:45 am	Numbers: 3269 to 3520
Start # 11:	8:50 am	Numbers: 3521 to 3772
Start # 12:	8:55 am	Numbers: 3773 & +





## **COURSE INFO**

The route uses exclusively the Parc Linéaire du P'tit Train du Nord.

### **REFUELING STATIONS**

Taking into account the configuration and the limited accesses on the course, there are a total of 5 refueling stations:

#### **WATER - ICE RIVER SPRING**

Km: 3.1 - 7.1 - 11.1 - 15.2 - 18.1

#### **ELECTROLYTE DRINK - XACT ELECTROLYTES**

Km: 7.1 - 11.1 - 15.2

#### **JUJUBE - EXACT ENERGY**

Km: 7.1 - 11.1 - 15.2

### **TOILETS**

Portable toilets are available:

- Half Marathon start area
- Bus boarding area in Saint-Jérôme
- Arrival area, Place des Festivals, Saint-Jérôme
- On the course
  - Km: 7.1
  - Km: 15.2

### **INTERMEDIATE TIME**

Split time will be recorded at 10 km.

### **MEDICAL**

The Marathon team took all necessary precautions to ensure the safety of the participants.

There will be bike patrols (first aid) all along the course.

A team of first responders equipped with several response vehicles will be stationed along the route. In addition to a multidisciplinary team on arrival: doctor, nurse, physiotherapist, osteopath, massage therapist, chiropractor.

A medical tent will be set up if you need treatment before leaving the site.



## **BIKES AND STROLLERS**

**In order not to interfere with the smooth running of the race and not to injure or endanger runners. Strollers and bicycle are not allowed on the course. An accompanying bike could lead to the disqualification of the runner.**

## **TIME LIMIT**

The course will be closed to traffic. The time limit to complete the half-marathon is 2:45. Runners will have priority at cross roads.

### **Checkpoint**

Clos Prévostois 11.1 km

Runners have 1 hour and 35 minutes to get to kilometer 11.1 km

Runners who will arrive at this point after 10:30 am will have to stop and take the bus to the finish line.

## **ON COURSE – MINI VAN TO FINISH LINE**

We have four vehicles that will go back and forth between the course and the finish line. If you have to quit for any reason, let us know. If you can move, go to one of the roads that cross the course and let the volunteers know there. A vehicle will be called to pick you up. We also have bicycle patrollers on the course as well as emergency response vehicles stationed throughout the course.

## **CHEERING POINTS**

Here are some points where it is possible to encourage runners on the course:

- In Prévost - Prévost station
- In Saint-Jérôme - Boulevard Lafontaine, rue Bélanger, rue Filion

## **AWARDS TO WINNERS**

Trophies will be awarded to the winners of the half marathon.

First three men and women all categories.

The trophies are awarded after the race.

Top three men and women by age categories: 18-29, 30-39, 40-49, 50-59, 60-69, 70 +

The chip time will determine the top three in each category.

The rewards will be mailed in the weeks following the race.



## **FINISH LINE AREA – PLACE DE LA GARE – SAINT-JÉRÔME**

In compliance with the standards established by Quebec public health. Only participants will have access to the finish area.

The arrival site is delimited by fences. Only runners will have access to this area. Spectators and accompanying persons will not be admitted to the arrival site.

We invite spectators and accompanying persons to move along the course to encourage the runners while respecting the health instructions.

## **TIMING – SPORTSTATS**

The race will be timed by Sportstats.

Your friends and relatives can follow you on the Sportstats app.

There will be no results tent at the finish site, the results will be available on the Sportstats site

### **SPORTSTATS**

<https://www.sportstats.ca/events.xhtml?eventname=MARATHON+P%27TIT+TRAIN+DU+NORD>

### **IOS / IPHONE**

<https://apps.apple.com/ca/app/sportstats-tracker/id1457761131>

### **ANDROID**

[https://play.google.com/store/apps/details?id=me.rtrt.app.ssa&hl=en\\_CA&gl=US](https://play.google.com/store/apps/details?id=me.rtrt.app.ssa&hl=en_CA&gl=US)

### **Android (Google play)**

[http://bit.ly/SportstatsTracker\\_GooglePlay](http://bit.ly/SportstatsTracker_GooglePlay)

### **CERTIFICATES**

You will be able to download your certificate of participation, directly on the results page.

<https://www.sportstats.ca/events.xhtml?eventname=MARATHON+P%27TIT+TRAIN+DU+NORD>

### **PHOTOS AND VIDEOS**

You will be able to upload a free photo and video of your arrival, directly on the results page.

<https://www.sportstats.ca/events.xhtml?eventname=MARATHON+P%27TIT+TRAIN+DU+NORD>

### **MARATHON PHOTOS**

<https://marathonphotos.live/Event/Sports%2FSTCA%2F2021%2FMarathon%20du%20Ptit%20Train%20du%20Nord>

### **BIBS**

<https://www.sportstats.ca/events.xhtml?eventname=MARATHON+P%27TIT+TRAIN+DU+NORD>



## **PARTNERS**

We would like to thank all of our valuable collaborators and partners who team up with us and greatly contribute to the success of the Marathon P'tit Train du Nord.

Visit our partner's page to find out more:

<http://marathontraindunord.com/partenaires/>

## **TITLE PARTNER**



# **MAGASIN DE SPORT**

**HAVE A GOOD RACE TO ALL!**  
*Beyond Performance - Self-fulfillment!*