



RUNNER'S GUIDE

MARATHON - SUNDAY OCTOBER 3, 2021

Reminder: what you need to know before you set off.

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 3!

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 when the bibs are handed over.

Virtual mode

For all runners who cannot provide their vaccination passport or proof of vaccination, we ask you not to come to the bib collection. 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 30th – 3:00 pm to 9:00 pm (half-marathon & marathon)

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

Saturday, October 2nd – 8:00 am to 6:30 pm

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 GET ON BOARD THE BUS

- 1) You must wear your bib.
- 2) "AUTOBUS" must be printed on your bib.
- 3) Only "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 – VAL-DAVID – MARATHON START

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

Only 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
Aréna Melançon: 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 site. 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

Parking spaces are limited.

VAL-DAVID VILLAGE

VAL-DAVID – PLACE DU MARCHÉ is the buses arrival 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.

START AREA

The start area is located on the Léonidas Dufresne park, near the Gare Station, 2525 de l'Église Street.

The Gear Check is located in the Start Area.

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 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 entering the start area.**
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 in the Léonidas Dufresne park.

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 order of starts 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.

NORTH ACCESS

Start # 1: 8h00 Numbers: 5001 to 5252

Start # 2:

Start # 3: 8:10 am Numbers: 5505 to 5756

Start # 4:

Start # 5: 8:20 am Numbers: 6009 to 6260

Start # 6:

Start # 7: 8:30 am Numbers: 6513 to 6764

Start # 8:

Start # 9: 8:40 am Numbers: 7017 to 7268

Start # 10:

Start # 11: 8:50 am Numbers: 7521 to 7772

Start # 12:

SOUTH ACCESS

8:05 am Numbers: 5253 to 5504

8:15 am Numbers: 5757 to 6008

8:25 am Numbers: 6261 to 6512

8:35 am Numbers: 6765 to 7016

8:45 am Numbers: 7269 to 7520

8:55 am Numbers: 7773 & +



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 10 refueling stations:

WATER - ICE RIVER SPRING

Km: 4 - 9 - 12 - 16.8 - 21.5 - 24.2 - 28.2 - 32.2 - 36.2 - 39.2

ELECTROLYTE DRINK - XACT ELECTROLYTES

Km: 9 - 12 - 16.8 - 21.5 - 24.2 - 28.2 - 32.2 - 36.2

JUJUBE – EXACT ENERGY

Km: 28.2 - 32.2 - 36.2

TOILETS

Portable toilets are available:

- Marathon start area
- Bus boarding area in St-Jérôme
- Arrival site, Place des Festivals
- On the course:
 - Km : 9 – 12 – 16,8 – 21,5 – 28,2 – 36,2

INTERMEDIATE TIME

Split times will be recorded at km: 10 – 21,1 – 30.

MEDICAL

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

There will be bicycle patrollers (first aid) all along the route.

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.

LIMITED TIME

The course will be closed to traffic. The time limit to complete the marathon is 5:30 am. Runners will have priority at cross roads.

Checkpoints

First checkpoint: Gare de Piedmont

Runners have 2 hours and 48 minutes to get to kilometer 21.5 km

Runners who arrive at this point after 11:45 am will have to stop and take the bus to the finish line.

Second checkpoint: Clos Prévostois street

Runners have 4 hours and 12 minutes to get to kilometer 32.2 km

Runners who arrive at this point after 1:08 pm 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

Throughout the course, it is possible to follow and encourage the runners. Here are some points where it is possible to encourage runners on the course:

- Val-Morin - Municipal beach parking lot
- Sainte-Adèle - Chemin Pierre-Péladeau - The Linear Park parking lot (a few steps east of the Auberge de la Gare)
- Sainte-Adèle - At Mont-Rolland station
- Piedmont - The Chemin du Pont
- Prévost - Prévost station
- Saint-Jérôme - Boulevard Lafontaine, rue Bélanger, rue Filion



WINNER REWARDS

The trophies will be awarded to the winners of the marathon.

First three men and three women all categories.
The trophies are awarded after the race.

Top three men and three women by age category:
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

Android (Google play)

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!