



RUNNER'S GUIDE

HALF-MARATHON – SATURDAY OCTOBER 1st, 2022

What you need to know before the race.

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!

Beyond performance, self-fulfillment!

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



BIB PICKUP

PLACE:

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

SCHEDULE:

Thursday, September 29th 3:00 pm to 9:00 pm
Friday, September 30th 10 :00 am to 9:00 pm

The times for the race bib pickup correspond to the store's opening hours.

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).**

PARTICIPANT'S WRISTBAND

When picking up your bib, **a wristband will be put on your wrist.**

You must wear your wristband to access the start area.

You must keep this wristband on until you leave the finish area after your race.

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



BUS TO THE START

ALL PARTICIPANTS MUST TAKE THE BUS TO GET TO THE STARTING SITE.

BUS DEPARTURE

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

TO BOARD THE BUS

- 1) You must wear your "Half-Marathon" bib.
- 2) Only runners with bibs will be allowed on the bus.

BUS WRISTBAND

- 1) When boarding the bus, you will be given a bus wristband.
- 2) You will need to show this wristband when entering the start corral.
- 3) If you do not have a bus wristband, you will not be admitted in the departure corral.

BUS SCHEDULE – PIEDMONT – HALF-MARATHON START

The buses leave as soon as they are full.

First departure: 6:05 am
Last bus: 8:10 am
Travel time: about 20 minutes

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 *****

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

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

IMPORTANT

Only the buses transporting the runners will have access to the start site.

All runners, without exception, must take the bus to get to the start.

With the increased number of participants, the accommodation capacity and the very limited infrastructure of the Piedmont Train Station sector, we had to adopt this new measure in consultation with the Municipality of Piedmont.

Potentially close to a thousand vehicles would have converged at the same time towards the Piedmont Train Station.

Such a situation would be critical for the safety of participants, spectators and the residents of Piedmont.

Congestion in the area would make it **impossible for emergency vehicles to pass**. The safety of citizens can in no way be compromised.

We are aware that this measure may be restrictive for some people. However, we believe that you will be understanding about this safety issue for the citizens who welcome us.

All half-marathon runners without exception will have to take the bus provided for this purpose, from the Vieille Gare de Saint-Jérôme to get to the starting site in Piedmont.

Participants who intend to come by their own means and who will not take the bus will not be allowed in the starting area and will not take the start of the half-marathon.

PIEDMONT TRAIN STATION AREA

As a security measure, we ask accompanying persons not to come to the Piedmont station area throughout the departure period.

A very large number of cars could affect the smooth running of the starts and the safety of the runners.

Parking is prohibited at all times throughout Piedmont.

HALF-MARATHON START AREA

The starting site is reserved exclusively for Half-Marathon participants.

Only runners with bib and bracelets will have access to the starting site.

Accompanying persons, spectators and cars do not have access to the starting site.



GEAR CHECK

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

1. You must use the bags 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.
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.
7. You can collect your bag on arrival.

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

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.

ACCESS TO THE STARTING CORRAL

You must wear your bib to access the start corral.

YOU WILL NEED TO WEAR TWO (2) WRISTBANDS

1) Participant wristband

You will need to show your participant wristband to access the start corral.

If a runner shows up with a damaged wristband, a check will be made and the runner must confirm his identity. The runner could miss his start.

If the verification is not conclusive, the runner will not have access to the start corral and will not take the start.

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

2) Bus wristband

You must wear the wristband given to you when you board the bus.

A runner who does not have a bus wristband will not have access to the start corral and will not take the start.

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

CLOTHES

The clothes you intend to leave behind just before the start or along the course will be donated to charities.



START TIME

Number of starts: 12
 Number of runners per start: 250 (approximately)

Your start number is written on your bib.

Example :

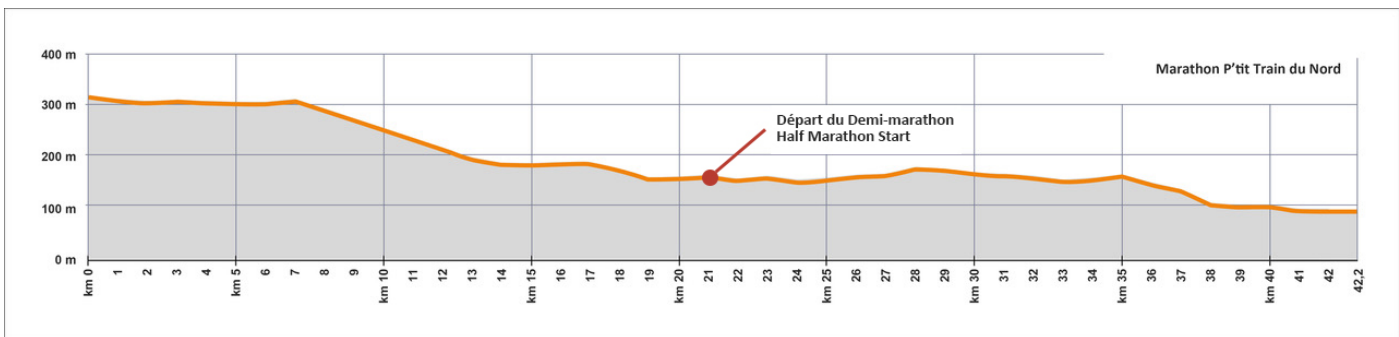
Départ 1 (Départ is Start in French)

To know your bib and start numbers, click here:

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

It is not possible to change your start for a faster start.

Start # 1:	8h00	Start # 7:	8h36
Start # 2:	8h06	Start # 8:	8h42
Start # 3:	8h12	Start # 9:	8h48
Start # 4:	8h18	Start # 10:	8h54
Start # 5:	8h24	Start # 11:	9h00
Start # 6:	8h30	Start # 12:	9h06



PACERS

List of planned pacers.

If there is no pacer in your starting wave, it is possible to take the following start.

Start # 1	1h30	Start # 5	2h00
Start # 1	1h40	Start # 6	2h00
Start # 2	1h40	Start # 8	2h10
Start # 3	1h50	Start # 10	2h20
Start # 4	1h50	Start # 11	2h30



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 - 18.6

ELECTROLYTE DRINK - XACT ELECTROLYTES – Citrus Bang (with caffeine)

Km: 7.1 - 11.1 - 15.2

JUJUBE - EXACT ENERGY – Apricot & Orange

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

Strollers and bicycle are forbidden on course.

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
- Saint-Jérôme – Finish area – Place de la Vieille Gare

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 rewards will be mailed in the weeks following the race.

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



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

While waiting for the arrival of the runners, meet up with friends and family at Place des Festivals in Saint-Jérôme. Kiosks and activities for young and old await you.

With Decathlon, try new sports.

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>

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>

**You can refer to our website as well as the tab
"Frequently Asked Questions" for any other questions.**



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!