



## **RUNNER'S GUIDE**

### **MARATHON - SUNDAY OCTOBER 2<sup>nd</sup>, 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 Sunday October 2!

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

### SCHEDULE:

Thursday, September 29	3:00 pm to 9:00 pm
Friday, September 30	9:00 am to 9:00 pm
Saturday, October 1 <sup>st</sup>	9:00 am to 5:00 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**

### **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. "Marathon"
- 2) "Autobus" must be printed on your bib.
- 3) Only runners with bibs will be allowed on the bus.

### **BUS SCHEDULE – VAL-DAVID – MARATHON START**

The buses leave as soon as they are full.  
First departure: 6:05 am  
Last bus: 7:40 am  
Trip to start: 30 minutes (about)

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 \*\*\***

**\*\*\* No bus will bring back the runners 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

Aréna Melançon: 451, rue Melançon Saint-Jérôme, QC, J7Z 4K3



## **ACCESS TO THE START SITE**

### **Village de Val-David**

#### **SHUTTLE BUS**

The best way to get to the start of the Marathon is to take the shuttle bus.

The runners are dropped off at the PLACE DU MARCHÉ in Val-David, in the heart of the Village, two steps away of the start site.

See the previous page for more information on buses.

**It is possible to buy a bus ticket at bib pickup.**

#### **CARS**

For runners who choose to take their car to go to Val-David, you should know that parking spaces are limited.

The entire area of the village center will be closed to traffic.

Parking is prohibited in the streets of Val-David.

It will not be possible to drive to the start site. Traffic will be diverted to parking lots on the outskirts.



## **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.
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

### MARATHON START AREA

The start area is located in the park: Léonidas Dufresne.

### 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 your participant wristband.**

#### **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.**

### 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:**

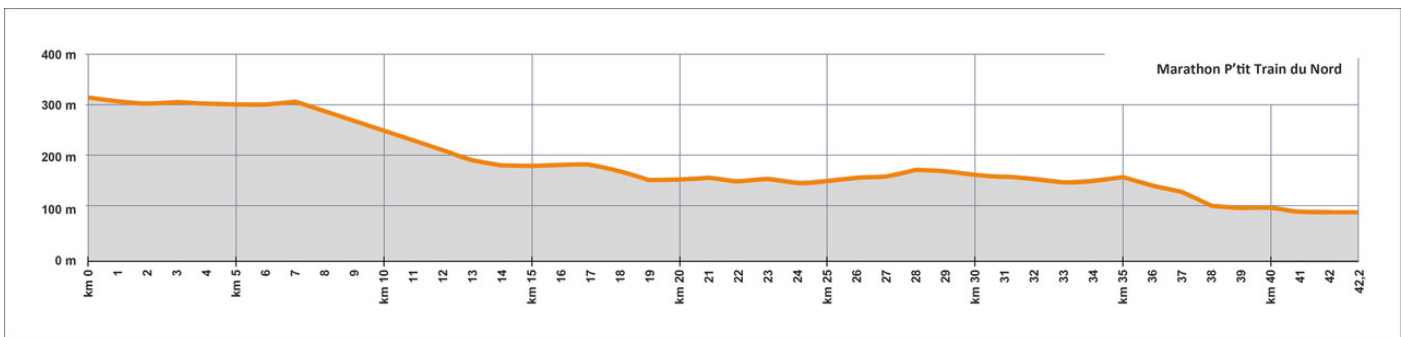
Départ 1 (Départ is Start in French)

**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:	8h30
Start # 2:	8h05	Start # 8:	8h35
Start # 3:	8h10	Start # 9:	8h40
Start # 4:	8h15	Start # 10:	8h45
Start # 5:	8h20	Start # 11:	8h50
Start # 6:	8h25	Start # 12:	8h55



## PACERS

List of planned pacers.

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

<b>Start # 1</b>	<b>2h59</b>	<b>Start # 8</b>	<b>4h00</b>
<b>Start # 2</b>	<b>3h20</b>	<b>Start # 9</b>	<b>4h10</b>
<b>Start # 4</b>	<b>3h30</b>	<b>Start # 10</b>	<b>4h20</b>
<b>Start # 4</b>	<b>3h40</b>	<b>Start # 10</b>	<b>4h30</b>
<b>Start # 5</b>	<b>3h40</b>	<b>Start # 11</b>	<b>4h30</b>
<b>Start # 6</b>	<b>3h50</b>		



## 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 - 39.7

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

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

### JUJUBE - EXACT ENERGY – Apricot & Orange

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**

Bicycle and strollers are not allowed on the 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 marathon is 5h30m.

Runners will have priority at cross roads.

### **Checkpoints**

Clos Prévostois street – 32,2 km

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 train station
- Prévost – Prévost train station
- 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 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](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>

#### **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/en/partners/>

## **TITLE PARTNER**



# **MAGASIN DE SPORT**

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