

# Runner's guide

31<sup>st</sup> edition | september 22-23-24 2023



Marathon  
Beneva  
de Montréal

1-5-10  
21.1-42.2   
mtlmarathon.com



PRÉSENTÉ PAR | PRESENTED BY

**beneva**



sports  
experts



TOURISME /  
MONTREAL

Montréal 

Québec 

le journal  
de montréal

le journal  
de québec

OUTFRONT

COGECO  
MEDIA

COROS

IGA

Action Sport Physio  
Centre de rééducation

SCHEMATA  
COURSEUR

fait en  
chocolat

SPARK  
MONTREAL

LIBERTÉ

BORÉALE

édika

ROSEY  
MONTREAL

PRAISE



**Marathon  
Beneva  
de Montréal**

# Table of contents

03-06	Welcome!
08-09	The 31 <sup>st</sup> edition at a glance
10	Notice of street closure
11	Safe, responsible and generous
13-16	Expo-marathon: the place to collect your bib and the starting point of your race!
18-19	Plan your presence on race days
21-24	Race course and service stations
25-27	The after race!
28	A responsible marathon thanks to everyone's efforts!
29	Run with Heart
30	Thanks to our partners!



# A word from the president, M. Sébastien Arsenault

## A race for everyone!

After a year marked by the return of our organization to the helm of the event, we're once again bringing together participants from all walks of life to run at their own pace in a safe, supervised and even more festive environment. For this 31<sup>st</sup> edition, Montreal will be vibrating to the rhythm of running, and will also be celebrating the end of the city's major summer events.

Because last year's new routes were so popular, participants will be following in the footsteps of many, on familiar terrain, to discover Montreal through its wide-open spaces, parks and riverbanks, along various circuits ranging from 1 to 42.2 km.

We're delighted that even more runners than last year have decided to join us at the starting line. To take the experience to a whole new level, we've organized new **cheers zones** in collaboration with the Montreal running community, as well as a **musical program** to help you unwind after so much effort.

We're also pleased to report that the charitable component of the Marathon Beneva de Montréal, **Run with Heart** program, now boasts 60 registered charities this year, more than double last year's number. By placing our various events at their service, we are contributing to their fundraising efforts. Support from the heart!

We also attach great importance to **adapted sports**. As part of our commitment to inclusion and openness, we have taken the initiative, like many other major races around the world, to reserve bib #321 for an athlete with Down's syndrome. Thanks to this movement, every neurodivergent athlete feels represented in the most widespread sports.

Once again, our event shows that sport creates opportunities, builds bridges and inspires others. One step at a time, one challenge at a time.

And because the challenge of organizing an event like the Marathon Beneva de Montréal is only possible with the strength of numbers, we'd like to thank all our volunteers for their commitment.

Not forgetting the support of our invaluable partners: Beneva, I love fruits and veggies movement, Sports Experts, the Quebec Breast Cancer Foundation, the City of Montréal, the Government of Québec, Tourisme Montréal, STM and all our other partners.

Have a great race!



**Sébastien Arsenault**



# A word from the Mayor, Ms. Valérie Plante

## 31<sup>st</sup> edition of the Marathon Beneva de Montréal

The Marathon Beneva de Montréal has been a major event in our city for over 40 years. We invite Montrealers to take part in large numbers from September 22nd to 24th.

Once again this year, the city of Montréal is proud to contribute to this sporting event, which promotes the development of sport and healthy lifestyle habits.

Sport and physical activity have always played an important role in our city. We're proud to welcome athletes from all over the world and to offer them the chance to discover Montréal by running through our streets from Île Sainte-Hélène to the Olympic Park.

I'm also delighted to see that, once again this year, the Marathon Beneva de Montréal is renewing its Run with Heart program, a charitable initiative enabling runners to choose a cause to support.

I'd like to thank the entire Marathon Beneva de Montréal team for their efforts in highlighting our city's strong identity with a rich and inclusive program, including races of different levels, adapted to athletes of all ages or with limitations.

Thank you also to the many volunteers who give their time to ensure the success of this event.

Now it's time to hit the floor running and enjoy the marathon!



***the Mayor of Montreal, Ms. Valérie Plante***





# A word from the Government of Quebec

## Montreal in action!

The government of Québec is proud to support the Marathon Beneva de Montréal, which promotes running as part of its mandate to provide environments conducive to active living. Practiced regularly, this activity contributes to good physical health, as well as developing a competitive spirit and a desire to surpass oneself. This large-scale competition, which welcomes running enthusiasts of all ages, gives both renowned and up-and-coming athletes the chance to outdo themselves, while helping to raise Montreal's profile as a top tourist destination.

Since its first edition in 1979, the Marathon has gone from strength to strength, helping to position Montreal as one of Canada's leading sports cities. Generating significant tourism and economic spin-offs for the metropolis, it energizes our events industry and showcases the expertise of its players.

Congratulations to the organizing team, who work tirelessly to bring us this sporting event every year, while respecting environmental regulations! Your professionalism is undoubtedly appreciated by the general public.

We invite runners and visitors alike to come and cheer on the athletes, and discover the many attractions Montreal has to offer.

Have a great race!

Minister of Tourism  
Minister Responsible for the Lanaudière Region  
**Caroline Proulx**

Minister Responsible for Sports, Recreation and the Outdoors  
**Isabelle Charest**

The Minister of the Economy, Innovation and Energy,  
Minister responsible for Regional Economic Development and  
Minister responsible for the Metropolis and the Montreal Region and  
Member of Parliament for Terrebonne,  
**Pierre Fitzgibbon**





**A WORD  
FROM THE  
TITLE SPONSOR**

**beneva**

## **THIS IS IT: ALMOST TIME TO STEP UP TO THE STARTING LINE!**

Beneva is proud to be the title partner of the 31<sup>st</sup> edition of the Marathon Beneva de Montréal, the biggest running event in the province of Quebec—and one of the top five in Canada.

Beneva shares a common goal with this major event which is to promote smart lifestyle choices and overall health. Contributing to the promotion of an active lifestyle is important to us and our association with the Marathon is part of our commitment to health and well-being.

The Marathon Beneva de Montréal is designed to bring people together. It offers different starting points and routes, from the shorter ones for children to the epic 42.2 km route for seasoned runners. As participants, you get to run circuits designed to help you discover or rediscover the finest attractions Montreal has to offer. You'll be cheered on by supporters, your families and volunteers, many of whom are Beneva employees.

Our company is once again associated with the Run with Heart charity program of the Marathon Beneva de Montréal and the Beneva grant program for organizations registered as charity partners. We want to encourage their fundraising efforts and recognize the engagement of people who make a difference in the community.

From September 22 to 24, 2023, take your place by our side on the starting line where you'll be able to challenge and surpass yourself, but above all, have fun in a high-energy atmosphere.



Happy running!

**Jean-François Chalifoux**  
**President and Chief Executive Officer**



# Get a Cheer message. Go that extra mile!

Invite your crew to...

- 1 Scan the QR code. 
- 2 Write an encouraging message.
- 3 Send it to you during your race.



# beneva

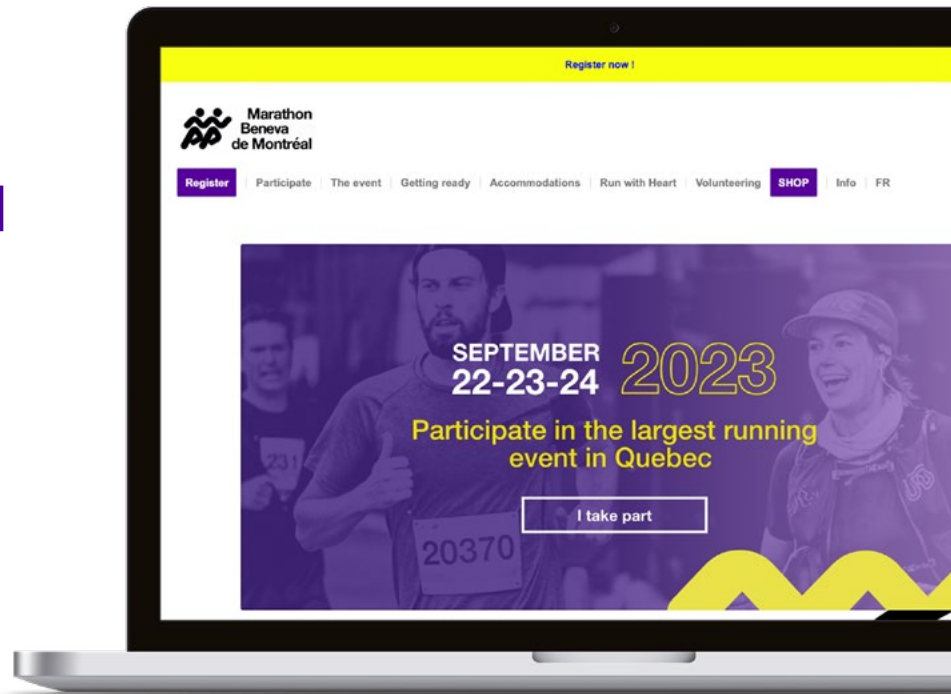


# THE 31<sup>ST</sup> EDITION AT A GLANCE

## WEBSITE

The [mtlmarathon.com](https://mtlmarathon.com) website is the base camp for all the important information to ensure your participation in the 31<sup>st</sup> edition of Marathon Beneva de Montréal. Constantly updated, you will find a wealth of information and advice. You don't find the answer to a question?

Write to [info@mtlmarathon.com](mailto:info@mtlmarathon.com) and we will help you.



## SCHEDULE

### Friday September 22<sup>nd</sup>

- Expo-marathon at the Centre Pierre-Charbonneau. Free for all. From 9:00 a.m. to 9:00 p.m.

### Saturday September 23<sup>rd</sup>

#### 1 km event – Marathon des petits pas du Mouvement J'aime les fruits et légumes

**Start:** will be near the Montréal Biodôme at 11:15 a.m. and will be done in waves according to the age of the children.

**Finish:** Esplanade of the Olympic Park. Metro Pie-IX.

#### 5 km event – Sports Experts

**Start:** will take place on Sherbrooke Street near the Olympic Park at 8:45 a.m. and will be done in waves according to your corral number.

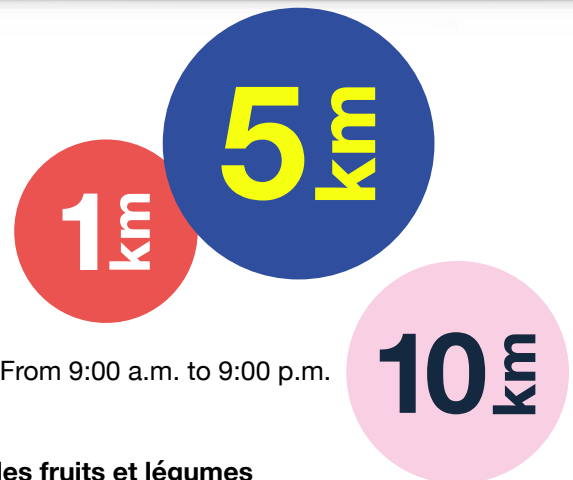
**Finish:** Esplanade of the Olympic Park. Metro Pie-IX.

#### 10 km race – Quebec Breast Cancer Foundation

**Start:** will take place on Sherbrooke Street near the Olympic Park at 9:30 a.m. and will be done in waves according to your corral number.

**Finish:** Esplanade of the Olympic Park. Metro Pie-IX.

- Animation at 8:00 a.m. and prize giving at 10:30 a.m. on the Esplanade of the Olympic Park.
- Expo-marathon at the Centre Pierre-Charbonneau. Free for all. From 10 a.m. to 5 p.m. To consult the race courses, go to page 21.





## SCHEDULE

### Sunday September 24<sup>th</sup>

#### Marathon event (42.2 km)

**Start:** Espace 67 located on Ste-Hélène Island. Metro Jean-Drapeau. Time: 7:45 a.m.

**Finish:** Esplanade of the Olympic Park. Metro Pie-IX.

Participants will be informed of their starting wave according to their corral number when they pick up their number.

#### Half-Marathon event (21.1 km)

**Start:** Espace 67 located on Ste-Hélène Island. Metro Jean-Drapeau. Time: 7:45 a.m.

**Finish:** Esplanade of the Olympic Park. Metro Pie-IX.

Participants will be informed of their starting wave according to their corral number when they pick up their number. To see the race courses, go to page 22.

- Animation from 8:00 a.m, prize giving at 11:00 a.m, partners kiosks, recovery area on the Esplanade of the Olympic Park. Pie-IX metro station.

21.1 km

42.2 km

# EXTREMELY MONTRÉAL

Montréal is a proud supporter  
of the largest running event.



# GREAT TIMES TOGETHER!

Votre  
gouvernement

Québec   
FIER PARTENAIRE



## ROAD CLOSURE NOTICE

During the Saturday and Sunday races, traffic obstructions may cause inconvenience to residents. We suggest that you consult the maps and street closure schedules available on [mtlmarathon.com](https://mtlmarathon.com) or by clicking [HERE](#).



City of Montréal: #311  
Info-Towing: 514 872-3777



# MEDICAL AND SAFETY

The health and safety of runners, volunteers and spectators is our team's number one priority. No effort is spared to ensure that you experience your race in a safe manner and to provide you with the necessary support on all courses.

Our experienced and highly qualified team works in close collaboration with the appropriate departments of the public authorities concerned. Equipped with the latest technology, our teams are able to intervene quickly and efficiently.

Our medical team is composed of emergency physicians, clinical nurse specialists, physical therapists, paramedics, first responders, pharmacists, respiratory therapists, perfusionists, laboratory technicians, biochemists, as well as support, supervisory and coordination personnel.

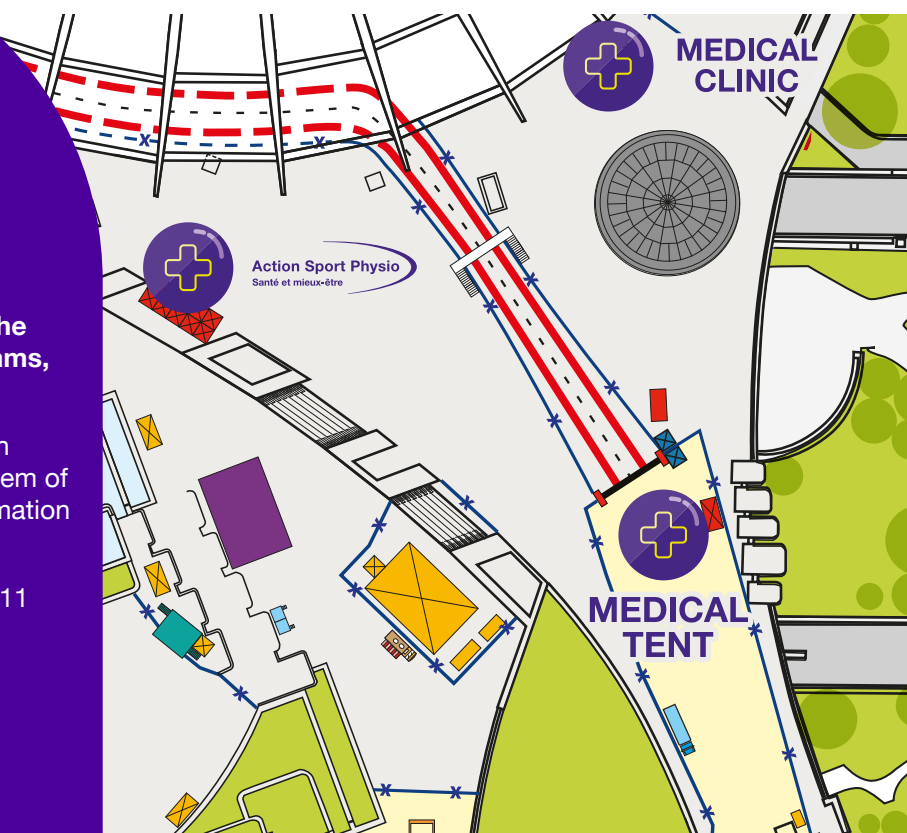
In total, more than 250 people are involved in the medical and security aspects of the event, not to mention the support of nearly 2,000 volunteers. In addition, several ambulances are dispatched in collaboration with the Corporation d'Urgences-santé on the Saturday and Sunday routes. Our Medical Clinic, located at the finish line, will be able to assist and treat any participant who needs help. What's more, in collaboration with our partner [Action Sports Physio](#), 20 therapists will be on hand at the finish site to offer massage therapy services free of charge.

Our staff - whether on foot, motorcycle or car - is able to communicate at all times with our coordination center, from anywhere on the course, in order to obtain the proper support for runners and spectators.

## WHAT TO DO IN AN EMERGENCY

If you witness a situation that requires the intervention of our medical or security teams, here are the steps to follow:

- If you are able to quickly locate a Marathon responder, go to that person and inform them of the situation. They will then relay the information to the right people;
- If no Marathon responder is present, call 911 immediately.





**sports  
experts®**

**Proud partner of  
sports from here**



**Marathon  
Beneva  
de Montréal**







# EXPO-MARATHON: THE PLACE TO COLLECT YOUR BIB AND THE STARTING POINT OF YOUR RACE !

Apart from your presence on the starting line, this is the most important event you have to participate in! **Because it is only at the Expo-marathon that you can get your runner's bag and everything that comes with it, including your race number. Each participant must therefore present himself/herself there.**

Nearly 20 exhibitors will be present at the Expo-marathon to allow you to take advantage of many promotional offers on many products.

## WHERE TO GO?

**Centre Pierre-Charbonneau**  
3000, rue Viau  
Montréal, Québec, H1V 3J3

## OPENING HOURS

Friday September 22<sup>nd</sup>  
from 9:00 a.m to 9:00 p.m  
Saturday September 23<sup>rd</sup>  
from 10:00 a.m to 5:00 p.m





## How to get to the Expo-marathon?

### Public transportation signage

#### **The STM connects you to the starting line.**

With Viau station near the Expo-marathon, the metro will be the best way to get to and from the Marathon Beneva de Montréal activities. Calculate your trip directly on the [STM homepage](#).

Get your round-trip or unlimited weekend pass (unlimited travel between Friday 4 p.m. and Monday 5 a.m.) in advance to avoid line-ups. For more information, visit [the official page](#).

### Parking information

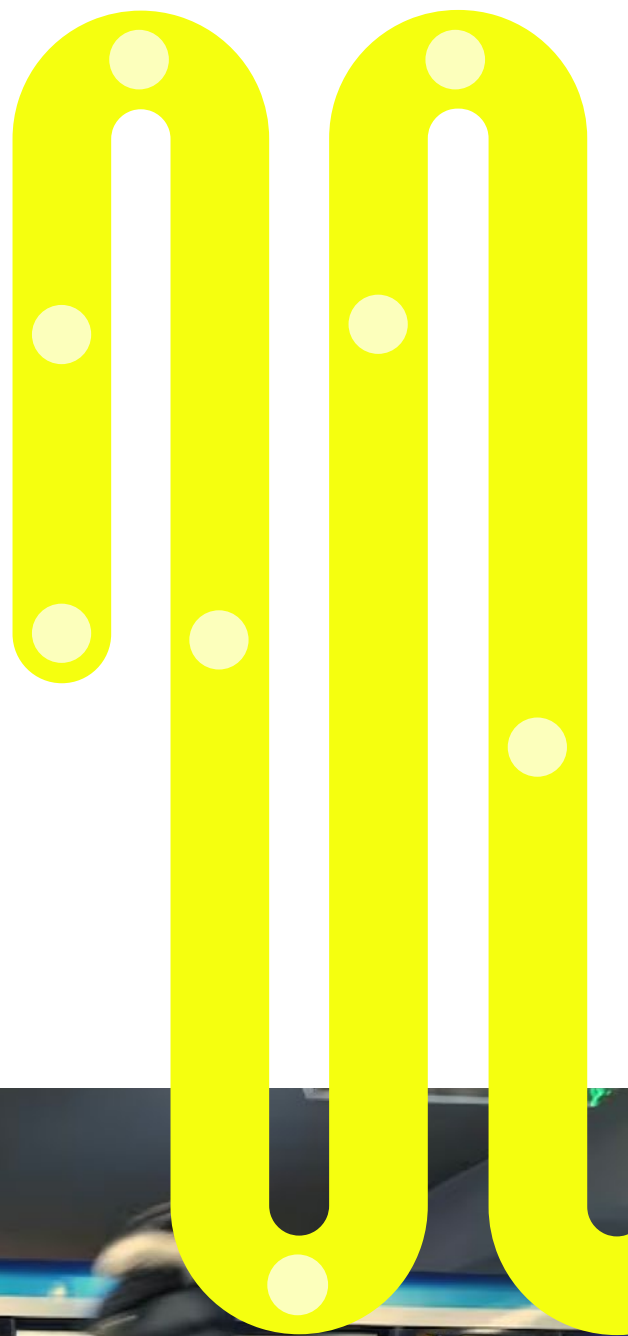
#### **At Centre Pierre-Charbonneau**

Parking is available in front of the Centre Pierre-Charbonneau at 3000 rue Viau. The cost is \$13.25 for the day. All the informations [HERE](#).

#### **Olympic Park**

You can access the P1 parking lot at the Olympic Park located at 4545 Pierre-de-Coubertin Avenue. The on-site rate is \$25 per day.

Reserve your parking in advance by following this [link](#) and benefit from a \$5 discount.





## How to get your race number?

It's so easy! To find your bib number, just follow this link: [HERE!](#)

To find out your results at the end of your race, use this link [HERE](#). Share it with your friends and family so that they can follow you on the course during the race.

## Pick up your bib and runner's bag

In order to expedite the check-in process at the Expo-marathon, you must have the following two items on hand to pick up your runner's bag: a photo ID with address **AND** your bib number. **No other bags or objects will be accepted.**

**The bag includes the following items:**

- Bib number with detachable section at the bottom. This tag will be used to identify your runner's bag;
- Four (4) safety pins. If you do not have a race belt, you must use these pins to secure your bib number to the front of your race shirt;
- This runner's bag allows you to leave your belongings before the start of your race on one of the buses provided.
- Tie Wrap. This will be used to attach the detachable tag to your runner's bag for identification purposes.



## IMPORTANT

Are you picking up the bib for another person? You must have in your possession a signed [power of attorney](#) with a copy of the person's ID as well as their bib number. **The bibs will only be issued at the Expo-marathon - no bibs will be issued on the morning of the event.**





## Participants who have chosen one of the combos as an event

If you are registered for a race on Saturday and Sunday, don't forget to stop by our Combos Registration Gift Booth at the Marathon Expo to pick up your gift.

## On-site registration available

If you have not registered for our Saturday and Sunday races, it will still be possible to register directly on site at the Expo-marathon subject to availability. This is your last chance!

## Change of distance and/or corral

If you wish to make a change to your distance and/or corral, you must go to the runner service table at the Expo-marathon to make the changes with our team.

## Marathon Beneva de Montréal Boutique

If you wish to purchase clothing with the Marathon Beneva de Montréal logo (jersey, running jacket, hoodie, cap), you can order and/or have your order picked up at the [PRAISE Endurance](#).

## Runners' T-Shirt

Did you purchase the jersey when you registered? It will be given to you with your runner's kit.

**Please note that it will not be possible to exchange one size of jersey for another.**







Quebec  
Breast Cancer  
Foundation



Marathon  
Beneva  
de Montréal

Main Partner



## CHECK OUT OUR NEW LIMITED-EDITION COLLECTION DESIGNED FOR SPORTS.



Profits will  
finance our  
support services.

SHOP NOW





# PLAN YOUR PRESENCE ON RACE DAYS

It is not recommended to drive to the Marathon Beneva de Montréal start and finish sites. Public transportation is the best option. If you must travel by car, paid parking at the Olympic Park and Parc Jean-Drapeau will be available (limited spaces).

**The STM connects you to the starting line.**

With Jean-Drapeau and Pie-IX stations close to the start and finish line, the metro will be the best way to get to and from the activities surrounding the Marathon Beneva de Montréal.

Calculate your trip directly on the [STM homepage](#).

Get your round-trip or unlimited weekend pass (unlimited travel between between Friday 4 p.m. and Monday 5 a.m.) in advance to avoid queuing.

Find out all the details [here](#).





## Bag drop off on the morning of your race

On the morning of your race, you must put your personal belongings in the transparent runner's bag you received at the Expo-marathon. Be sure to identify it with the bracelets given to you at bag drop-off: one is to be attached to your bag and the other on your wrist.

**IMPORTANT:** only the clear runner's bag issued at the Expo-marathon will be accepted at the bag drop. **No other bags or objects will be accepted.**

### Locations and times of the bag drop-off zones:

**Saturday (1km, 5km, 10km):** Esplanade of the Olympic Park from 7:00 a.m.

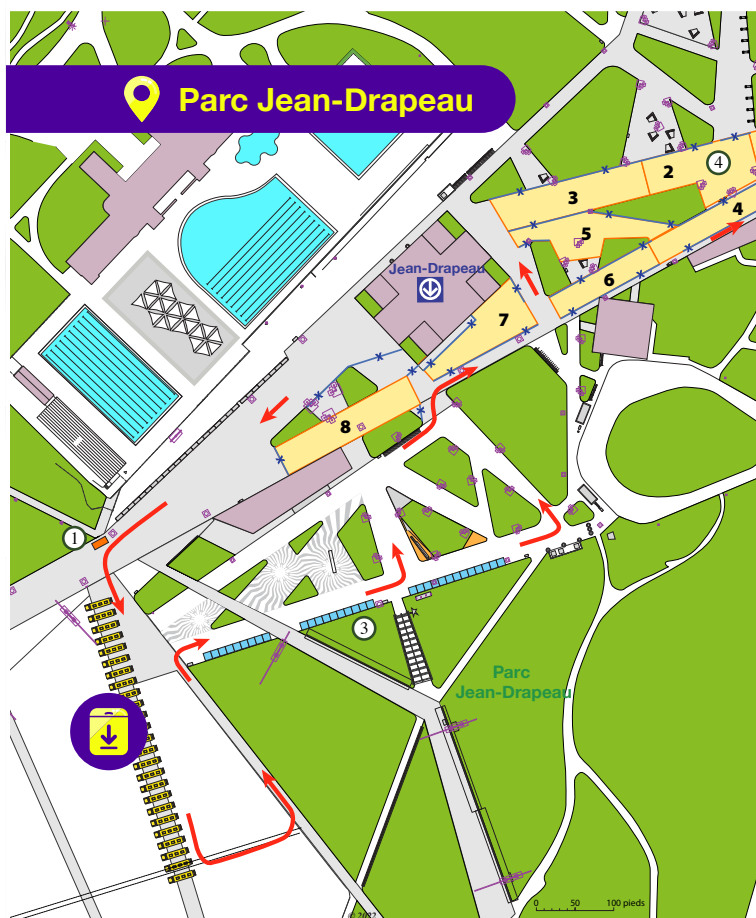
**Sunday (21.1km, 42.2km):** Parc Jean Drapeau starting at 6:30 a.m. until 7:30 a.m.

## Picking up your bag after the race

Bring your bib number to the bag pick-up area located at the Olympic Park Esplanade at the end of your race.

**Saturday, September 23:** Closing of the area at 12:30 p.m.

**Sunday September 24:** Closing of the zone at 2:30 p.m.





Olympic Park  
Jean-Drapeau Park

September  
22, 23 and 24

# We reconnect Kloé

# to the starting line



Unlimited  
Weekend pass



Marathon  
Beneva  
de Montréal



Pie-IX  
Jean-Drapeau





# RACE COURSES AND SERVICE STATIONS



# Marathon Beneva de Montréal

Demi-marathon  
et Marathon  
24 septembre 2023





## Products available on the course

On the course, in addition to the water stations, you will find hydration stations with electrolytes and/or energy gels from our partner **SPARK Sports Nutrition**. Please refer to the maps of your event for the exact location of the stations and products.

### Details of SPARK Sports Nutrition products:

**⚡ Electrolytes:** These will help you avoid muscle cramps and optimize your endurance. They include three categories of high quality ingredients: carbohydrates (slow, medium and fast release), amino acids and electrolytes. The LIME, LIME-RASPBERRY and PINEAPPLE-MANGO flavors will be your allies for distances over 5 km.

**⚡ Isotonic gels:** designed to provide fast, medium and slow absorption energy to working muscles and avoid the blows during intense training or competitions. They contain a patented carbohydrate to protein ratio of 3:1. Format of 40g that you can ingest easily, without water. If the amount exceeds your needs, the elongated shape of the gel allows you to fold it in half and take the rest later in the race.







## Cadence Rabbits

Cadence bunnies will be present on the 5 and 10 km on Saturday and on the half marathon and marathon courses on Sunday. You can recognize them in the crowd with their race time placard.

5 km	
RACE TIME	PACE (TIME/KM)
0h25	05:00
0h30	06:00
0h35	07:00

10 km	
RACE TIME	PACE (TIME/KM)
0h40	04:00
0h45	04:30
0h50	05:00
0h55	05:30
1h00	06:00


HALF MARATHON (21.1 KM)	
RACE TIME	PACE (TIME/KM)
1h30	04:15
1h35	04:30
1h40	04:44
1h45	04:58
1h50	05:12
1h55	05:27
2h00	05:41
2h10	06:09
2h20	06:38
2h30	07:06
2h40	07:34

MARATHON (42.2 KM)	
RACE TIME	PACE (TIME/KM)
2h59	04:14
3h10	04:30
3h20	04:45
3h30	04:58
3h40	05:12
3h50	05:27
4h00	05:40
4h10	05:55
4h20	06:10
4h30	06:23
4h40	06:38



# AFTER THE RACE!










After the finish line, here's what's waiting for you in the safety zone (runners only):

- SPARK Sports Nutrition water and electrolyte stations 
- Medal ceremony (for those who chose this option at registration)

## Food stations where you will find:

- Chocolate milk 
- Liberté yogourt 
- Krispy Kernels nuts 
- Apples from I love fruits and veggies movment 
- Tender bar 
- Hors-sentiers Boréale non-alcoholic beer (sunday only) 

## APRÈS LA ZONE DE SÉCURITÉ:

-  Beneva zone
-  Beer garden
-  Photobooths
-  Official Marathon store by PRAISE Endurance
-  Food trucks
-  Meeting point
-  Youth entertainment area by Athlétisme Québec
-  Run with Heart zone
-  Beneva scene (entertainment, awards ceremony and other surprises!)





## MEDALS

If you choose to receive a medal at the time of registration, it will be given to you as soon as you cross the finish line. If you have decided to make a green gesture by not receiving the medal, your number will have a green stripe at the top of your number.

Medal presentations for the first three men and first three women to cross the finish line in each distance will take place on the main stage according to the following schedule:

- Sports Experts 5km and Quebec Breast Cancer Foundation 10km: Saturday, September 23 at 10:30 a.m.
- Half-Marathon (21.1 km) and Marathon (42.2 km): Sunday, September 24 at 11:00 a.m.
- For winners in each age group, we will contact you by e-mail to inform you of your prize.





# 31<sup>st</sup> edition

## Your race result

Race times are provided by SportStats. You can find them directly on the SportStats application or via this [LINK](#).

## Souvenir photo of your race

Photos of the runners are taken by the MarathonFoto team. You will receive an e-mail a few days after the event with your photos. If you want to take advantage the best price, buy them now via our [RaceRoster shop](#). This rate is available until September 17, 23:59. They'll be shared with you as soon as they're sorted via a personalized link.

**LIVE!**  
~  
**IT!**

**2023**  
Edition



**ALWAYS ON  
THE RIGHT TRACK  
WITH YOUR  
HORS SENTIERS**

**NON-ALCOHOLIC BEERS**

**BOREALE** 

# A RESPONSIBLE MARATHON THANKS TO EVERYONE'S EFFORTS!

This year, thousands of runners will actively contribute to reduce the environmental impact of their participation in the marathon. Some have offset their carbon emissions related to their travel, others have exchanged their medal for a contribution to a green project with support of Planetair or by simply not buying the runner's shirt.

In addition to these gestures, the organization also took the following actions: banning plastic bottles and recyclable cups, purchase of reusable equipment for future editions and even for other events. Not to mention the complete management of residual materials and the fact that we will compensate, with the support of Planetair, the carbon emissions generated by the equipment used during the 3 days of events.





Run  
with Heart

CHARITY PROGRAM

GOAL 2023

639 000\$

## RUN WITH HEART

Did you know that with the Run with Heart program, the Marathon Beneva de Montréal has allowed 60 foundations to create teams and raise donations for their cause? Thanks to your generosity, that of the participants and supporters, thousands of dollars will be donated to the different causes of the program.

## beneva GRANTS PROGRAM

In addition to being the title partner of the Marathon Beneva de Montréal, Beneva is once again demonstrating its commitment to causes that contribute daily to the well-being of communities across Quebec by awarding \$25 000 in grants to the top-ranked foundations. Find out more [HERE](#).





# Thanks to our partners

## Partner in title

**beneva**

## Beneva partners with the Marathon Beneva de Montréal

As the title partner of the largest running event in Quebec, Beneva will be with us well before the starting line and beyond the finish line so that fans and families can get moving and have fun. Our two organizations share a common goal: to promote the well-being of each individual and overall health.

## Race partners



## Public partners



## Transport partner



## Tourism partners

### POWERED BY



### PARTNER HOTEL



### PARTNER HOTEL



### PARTNER HOTEL



### PARTNER HOTEL



## Suppliers

