



Marathon
Beneva
de Montréal

MY RUNNER'S GUIDE

September
20–22,
2024

1 | 5 | 10
21.1 | 42.2
The Mile

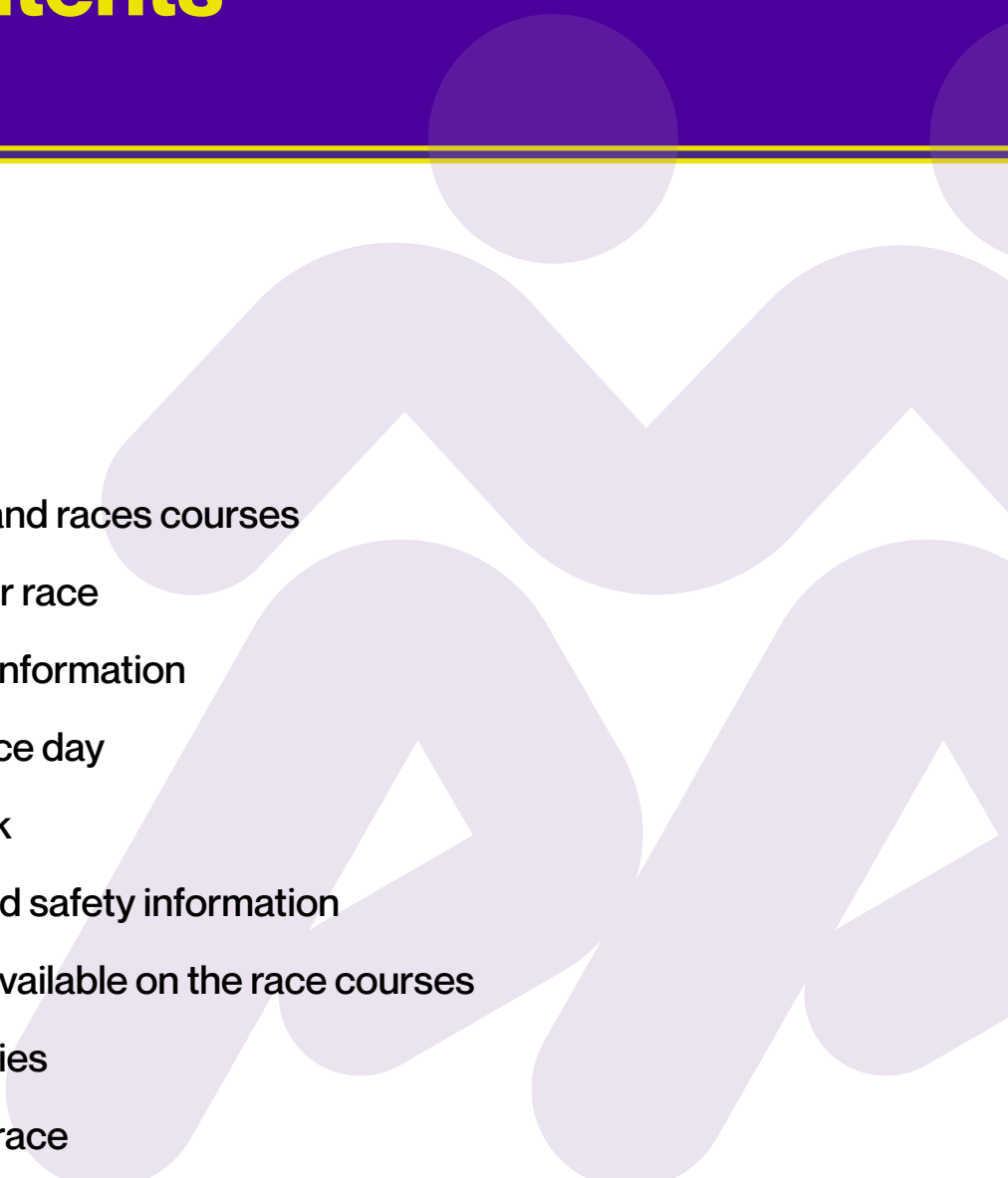
KM

PRESENTED BY **beneva**



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A word from the president Mr. Sébastien Arsenault

Your Marathon!

Once again this year, we are thrilled to bring together participants from all walks of life, ready to get active at their own pace in a safe, structured, and even more festive environment. For this 32nd edition, Montreal will pulse with the vibrant rhythm of running, also celebrating the closing of the city's major summer events.

Following last year's enthusiasm, participants will have the pleasure of treading familiar ground for many, rediscovering Montreal through its vast spaces, picturesque parks, and majestic shores along various circuits ranging from the Mile to 42.2 km. Indeed, the Marathon Beneva de Montréal is proud to host the very first Quebec Mile Championships (1.6 km) as well as the Canadian 5K Championships. A virtual component has also been added to the program. There's something for everyone!

It is with great joy that we see an even greater number of runners ready to join us at the starting line this year. To enhance the experience, we have developed new animation hubs in collaboration with the dynamic Montreal running community, along with a musical program that will allow everyone to relax after their effort.

We are also pleased to highlight that the charitable aspect of the Marathon Beneva de Montréal, the «Run with Heart» program, now includes 65 organizations registered this year. By putting our various races at their service, we actively contribute to their fundraising efforts. Support that comes from the heart!

Our event once again demonstrates that sport creates opportunities, builds bridges, and inspires everyone at their own pace. One step at a time, everyone faces their own challenge.

Because the success of an event such as the Marathon Beneva de Montréal relies on the strength of the collective, we want to express our deep gratitude to all our volunteers for their unwavering commitment.

Let's not forget the support of our valued partners: Beneva, Action Sport Physio, Sports Experts, the Quebec Breast Cancer Foundation, the City of Montreal, the Government of Quebec, Tourisme Montréal, the STM, and all our other partners.



Sébastien Arsenault
President of Courons MTL



A word from our title partner

beneva

That's it: you are two steps from the starting line!

**Beneva, the title sponsor of the Beneva Montreal Marathon,
is proud to announce its renewed support until 2027.**

Beneva, the title sponsor of the Beneva Montreal Marathon, is proud to announce its renewed support until 2027. As one of the city's and the country's most prestigious sporting events, the Beneva Montreal Marathon brings people together, from first-timers to seasoned runners. Additionally, the course was designed to take runners through some of the city's most beautiful scenery, while they are being cheered on by their families, spectators and volunteers. Many of our employees will lend a helping hand as volunteers at the event.

At Beneva, we are committed to promoting active lifestyles! We proudly sponsor the Beneva Montreal Marathon because we have a common goal of encouraging people to adopt healthy lifestyle habits.

We are also proud to support the Run with Heart initiative in conjunction with the Beneva grant program for organizations registered as charity partners. Supporting this event aligns with our mutualist values and serves as a meaningful way to raise funds for the community's well-being and overall health.

From September 20 to 22, 2024, join the movement and have an unforgettable experience while challenging yourself and having fun.

I look forward to seeing you there!



Jean-François Chalifoux
President and CEO
Beneva



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



Schedule and races courses

Friday, September 20

- **9:00 AM to 10:00 PM: Expo-marathon**
Pierre-Charbonneau Centre - Viau Metro Station. Free for everyone.
- **6:00 PM: The Mile race – Action Sport Physio**
Start: 6:00 PM at Parc Maisonneuve and will be done in age waves.
Finish: Parc Maisonneuve.
- **5:30 PM to 7:30 PM**
DJ set
- **6:45 PM**
Prizes Ceremony, Beneva Scene.



Saturday, September 21

We recommend arriving at least 1 hour before the start of your race.

- **8:45 AM: 5 km Sports Experts race**
Start: 8:45 AM on Sherbrooke Street, near the Olympic Park, and will be done in waves according to your corral number indicated on your bib.
Finish: Parc Maisonneuve. Pie-IX Metro Station.
- **9:30 AM: 10 km Quebec Breast Cancer Foundation race**
Start: 9:30 AM on Sherbrooke Street, near the Olympic Park, and will be done in waves according to your corral number indicated on your bib.
Finish: Parc Maisonneuve. Pie-IX Metro Station.
- **11:15 AM: 1 km race**
Start: 11:15 AM on the Montreal Botanical Garden parking lot and will be done in waves according to the children's ages.
Finish: Parc Maisonneuve. Pie-IX Metro Station.
- **10:00 AM to 6:00 PM: Expo-marathon**
Pierre-Charbonneau Centre - Viau Metro Station. Free for everyone.
- **Activities at the finish site starting at 8:00 AM**
Prize ceremony at 10:30 AM, KNLO show at 11:00 AM (Beneva Scene), partner booths, recovery area, and more!
Parc Maisonneuve. Pie-IX Metro Station.



Schedule and races courses

Sunday, September 22

→ **7:45 AM: Marathon (42.2 km) and Half Marathon (21.1 km)**

Start: 7:45 AM at Espace 67 located on St. Helen's Island. Jean-Drapeau Metro Station.

The start will be done in waves according to your corral number indicated on your bib.

Finish: Parc Maisonneuve. Pie-IX Metro Station.

→ **Activities starting at 8:00 AM**

Prize ceremony at 10:30 AM, Dubmatique show at 11:15 AM (Beneva Scene), partner booths, recovery area, and more!

Parc Maisonneuve. Pie-IX Metro Station.

We invite you to arrive early to have time to drop off your bags and find your corral.

Here is a table of recommended arrival times as a guideline:

CORRALS – HALF MARATHON AND MARATHON			
	1-2-3	4-5-6	7-8-9
Suggested arrival time	6:30 AM	6:40 AM	6:50 AM
Buses gear check opening	6:30 AM	6:30 AM	6:30 AM
Buses gear check closing	7:30 AM	7:35 AM	7:40 AM
Corral closing	7:40 AM	7:50 AM	8:00 AM
Race start	7:45 AM	7:55 AM	8:05 AM

The courses

Click on the icons to view the course maps:



GREAT TIMES TOGETHER!

Votre
gouvernement

Québec 
FIER PARTENAIRE

EXTREMELY MONTRÉAL

Montréal is a proud supporter
of the largest running event.



Before your race



BIB AND RUNNER'S BAG PICKUP

Bibs and runner's bags will **only be distributed at the Expo-marathon.**

No bibs will be distributed on the morning of the races.

Participants registered for one of the combo events: Pick up your bib, runner's bag, and gift at the **COMBO booth.**



THE EXPO-MARATHON

ADDRESS

Pierre-Charbonneau Centre

3000 Viau Street, Montreal, Quebec, H1V 3J3

Parking available at Pierre-Charbonneau Centre (\$)

OPENING HOURS

Friday, September 20, from 9:00 AM to 10:00 PM

Saturday, September 21, from 10:00 AM to 6:00 PM

HOW TO GET TO THE EXPO-MARATHON

Viau Metro Station



CONTENTS OF THE RUNNER'S BAG

Contents of the runner's bag:

- **Bib with an integrated timing chip** and a detachable tag at the bottom to identify your bag.
- **Plastic tie:** Used to attach the tag to your bag for identification.
- **Four safety pins:** To attach your bib to the front of your shirt if you don't have a race belt.

USING THE RUNNER'S BAG

Only use the runner's bag to store your personal belongings. You will then need to drop it off at the gear check before the start. No other bags will be accepted.

IMPORTANT: Do not leave valuables in the runner's bag. The Marathon Beneva de Montréal is not responsible for any loss or theft.

Gear Check information on page 16.



DOCUMENTS REQUIRED TO PICK UP YOUR BIB AND RUNNER'S BAG

To facilitate the registration process at the Expo-marathon, you will need:

- Photo ID with address
- Bib number

How to get your bib number? It's simple! Just follow this link: [HERE](#) or scan this QR code.



IMPORTANT

Picking up a bib for someone else? You must present:

- A [signed authorization](#)
- A copy of the person's ID
- Their bib number
- Your own ID

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Important information

Starting corral

A corral number has been assigned to you based on your estimated finish time, as indicated during your online registration. This number is printed on your bib. If you wish to change your corral, please visit the CORRAL booth.

Bib transfer to another person

If you wish to transfer your bib to another person, they must go to the CHANGES/TRANSFERS booth at the Expo-marathon with a signed letter from you authorizing the transfer, a copy of your ID, and their own ID.

Fees and conditions:

- A \$30.00 administrative transfer fee will be charged to the new participant.
- A race change and a participant transfer cannot be completed in a single transaction.

If the new participant also wishes to change the race, it must be done in a second transaction, with an additional \$30.00 administrative fee, subject to race availability.

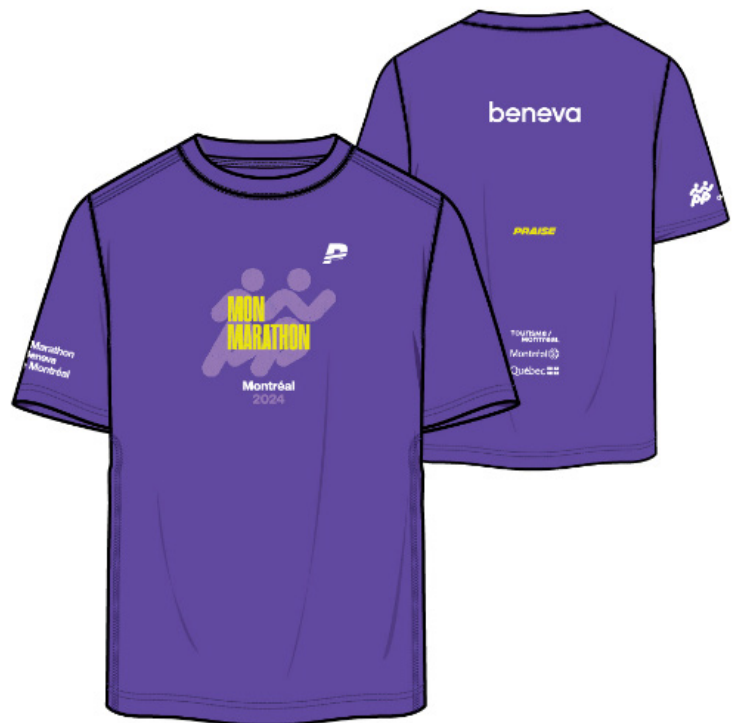
Please note that running with a bib that does not belong to you is strictly prohibited and may result in disqualification.

Runner's shirt

Did you purchase the shirt during your registration? It will be given to you with your runner's kit at the Expo-marathon. **Please note that it will not be possible to exchange one shirt size for another.**

Marathon Beneva de Montréal shop

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





Quebec
Breast Cancer
Foundation

Main Partner



Marathon
Beneva
de Montréal

ENTER THE QUEBEC BREAST CANCER FOUNDATION



★ RAFFLE ★

CONTRIBUTE
TO THE CAUSE



On your race day

How to get to the starting line?

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

The STM will take you to the starting line.

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

Plan your trip directly on the [STM homepage](#) or consult the [STM page dedicated to the event](#).

Purchase your round-trip or unlimited weekend pass (unlimited travel between Friday 4 PM and Monday 5 AM) in advance to avoid waiting in line.



NOTICE OF STREET CLOSURES

During the races on Saturday and Sunday, we ask that you plan your travel according to the announced road closures. We suggest consulting the maps and street closure schedules available by clicking [HERE](#).



Traffic disruptions : www.waze.com
Ville de Montréal: #311
Towing Information: 514 872-3777





Birds of a feather ride together



**Marathon
Beneva
de Montréal**



Pie-IX



Jean-Drapeau



Unlimited Weekend

SOCIETY IN MOTION





Gear check

Bag drop on the morning of your race

Place your personal belongings in the transparent runner's bag you received at the Expo-marathon. Label it correctly using the detachable tag at the bottom of your bib, and attach it to your bag with the provided plastic tie.

IMPORTANT

- Only the transparent runner's bag provided at the Expo-marathon will be accepted at the bag drop. No other bags will be accepted.
- Do not leave valuables in the runner's bag. The Marathon Beneva de Montréal is not responsible for any loss or theft.



Bag drop locations and hours

- **Saturday (1 km, 5 km, 10 km):** The Parc Maisonneuve parking lot, starting at 7:00 AM.
- **Sunday (21.1 km, 42.2 km):** Parc Jean-Drapeau, starting at 6:30 AM until 7:40 AM.

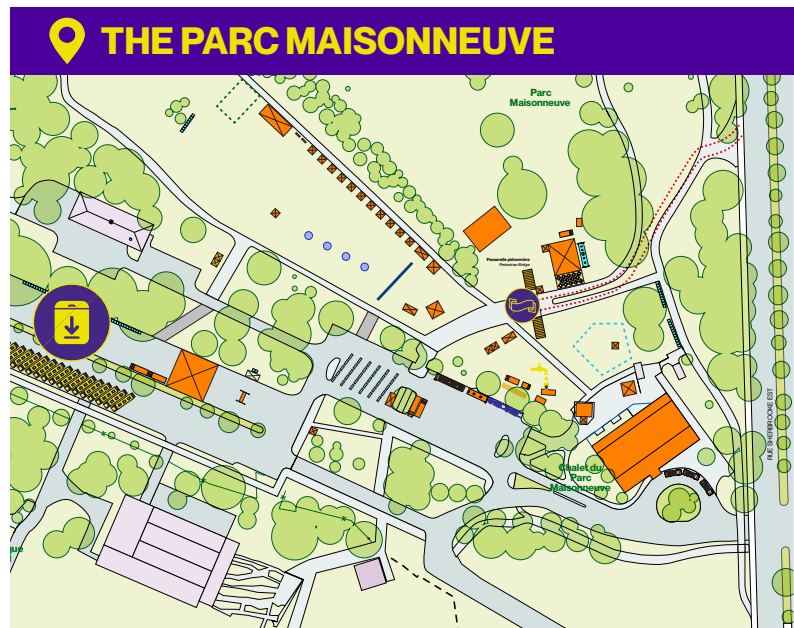
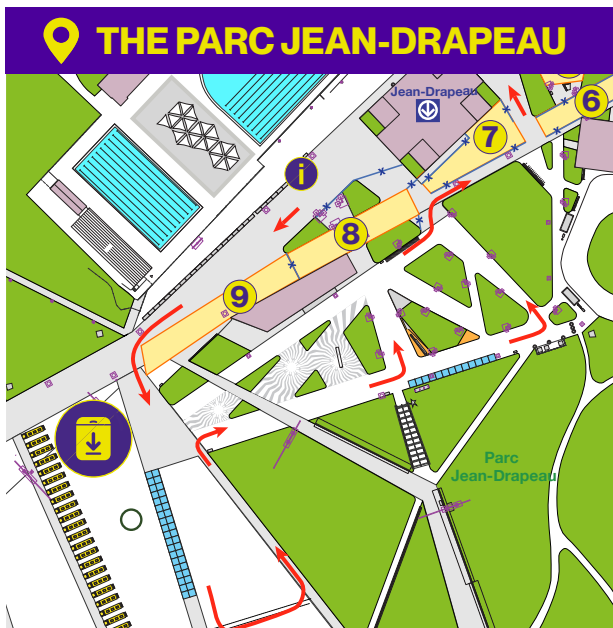
The bag drop at Parc Jean-Drapeau closes 30 minutes before the last start.

There is no bag drop for The Mile.

Bag pickup after your race

Present your bib at the bag recovery zone located in the Parc Maisonneuve parking lot immediately after your race.

- **Saturday, September 21:** Zone closes at 12:30 PM.
- **Sunday, September 22:** Zone closes at 2:30 PM.



Action Sport Physio

Health and Wellness

We look after your well-being before, during and after your race.

Let's get
back to life



Proud partner of the



**Marathon
Beneva
de Montréal**

Official partner of
the new distance
THE MILE



NON-ALCOHOLIC BEER

Tasty, refreshing and a tribute to our iconic brews.



PALE ALE

MOINS DE 0,5% alc./vol.
LESS THAN 0.5% alc./vol.



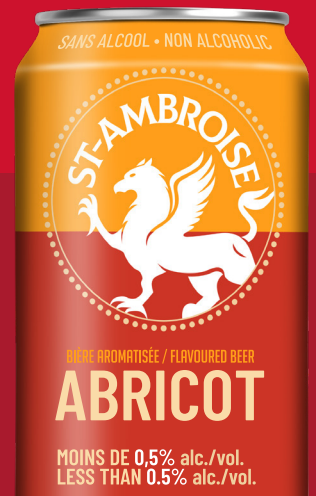
IPA

MOINS DE 0,5% alc./vol.
LESS THAN 0.5% alc./vol.



BLONDE

MOINS DE 0,5% alc./vol.
LESS THAN 0.5% alc./vol.



ABRICOT

BIÈRE AROMATISÉE / FLAVOURED BEER
MOINS DE 0,5% alc./vol.
LESS THAN 0.5% alc./vol.



Medical and safety information

The health and safety of runners, volunteers, and spectators is our team's top priority. No effort is spared to ensure you have a safe race experience and the necessary support on all courses.

Our highly qualified and experienced team works closely with the appropriate services of the relevant public authorities. Equipped with state-of-the-art technology, our teams can intervene quickly and effectively.

Our medical team includes emergency physicians, specialized clinical nurses, physiotherapists, paramedics, first responders, pharmacists, respiratory therapists, perfusionists, lab technicians, biochemists, as well as support, management, and coordination staff. In total, over 250 people are involved in the medical and safety aspects, along with the support of nearly 2,000 volunteers. Several ambulances are also deployed in collaboration with Urgences-santé Corporation along the courses on Saturday and Sunday.

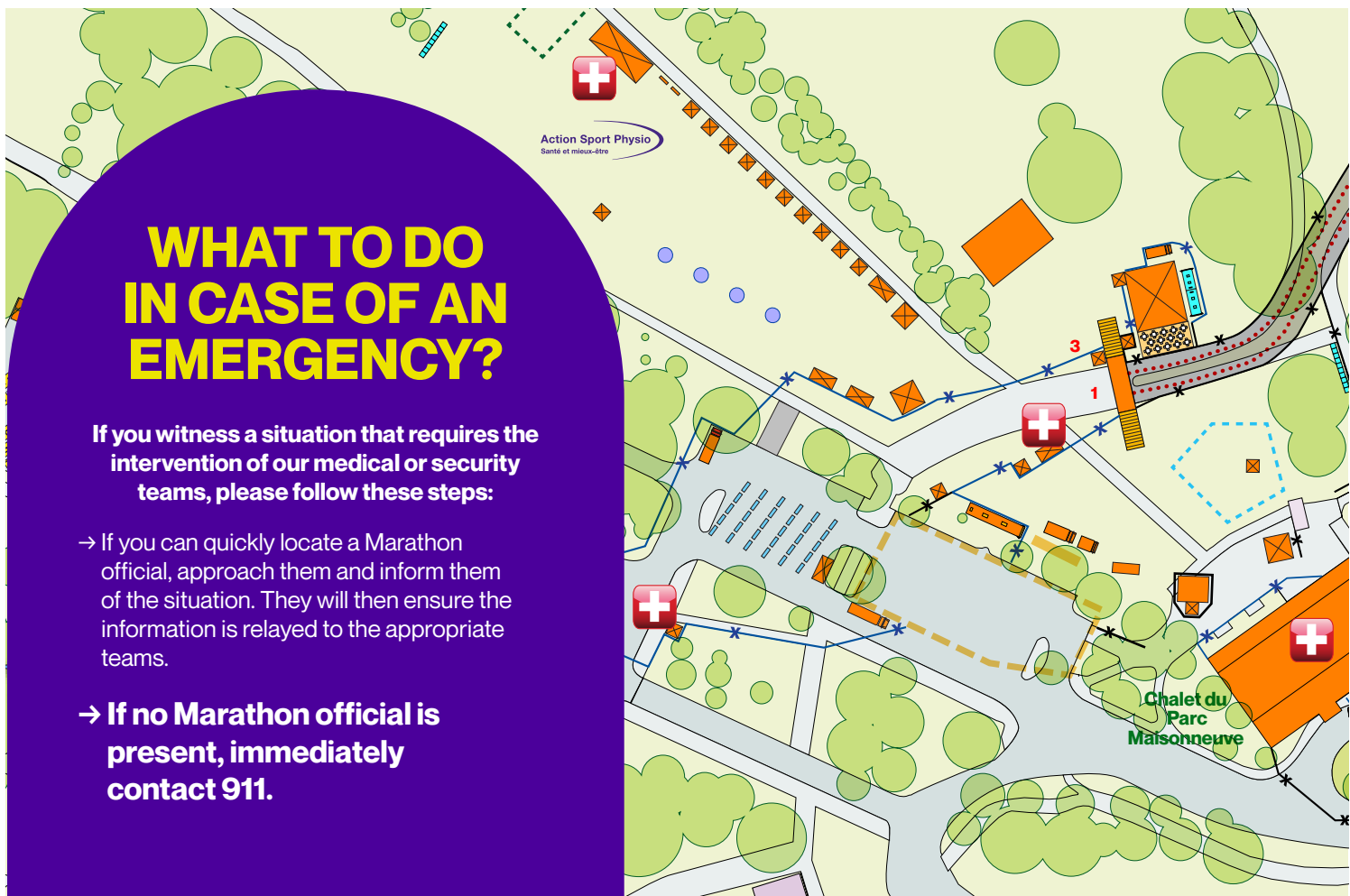
Our Medical Clinic, located at the finish line, will be able to assist and treat any participants in need of help. Additionally, in collaboration with our partner [Action Sports Physio](#), around twenty therapists will be present at the finish line to offer free massage therapy services.

Our staff, whether on foot, motorcycle, or car, can communicate at any time with our coordination center from anywhere on the courses to obtain the appropriate support for runners and spectators.

WHAT TO DO IN CASE OF AN EMERGENCY?

If you witness a situation that requires the intervention of our medical or security teams, please follow these steps:

- If you can quickly locate a Marathon official, approach them and inform them of the situation. They will then ensure the information is relayed to the appropriate teams.
- **If no Marathon official is present, immediately contact 911.**





Products available on the race courses

Along the course, in addition to water stations, you will find hydration stations with electrolyte drinks and/or fruit energy bars from our partner **XACT NUTRITION**. Refer to your race maps for the exact location of the stations and products..



XACT ELECTROLYTES

The formulation ensures optimal hydration, replenishes electrolytes, and contains essential micronutrients for athletic performance. By consuming the exact amounts of sodium, potassium, magnesium, iron, and vitamin C, you ensure optimal hydration by maximizing water absorption while replenishing electrolytes lost during exercise.



XACT NUTRITION FRUIT ENERGY BARS

A more natural way to recharge your energy, helping you continue faster, longer, or even both. XACT ENERGY is made from natural ingredients, tastes delicious, and is easy to eat and digest. Each bar contains 25 grams of carbohydrates (100 calories). Eat 1 bar every 30 to 45 minutes.



OFFICIAL ON-COURSE
NUTRITION PARTNER

MBM15

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WWW.XACTNUTRITION.COM

XACT ENERGY
A TASTY ALTERNATIVE TO GELS

XACT ELECTROLYTES
OPTIMAL HYDRATION FOR
ATHLETIC PERFORMANCE



Pace Bunnies

Pace bunnies will be present on the 5 km and 10 km courses on Saturday and on the Half Marathon and Marathon courses on Sunday. You can recognize them in the crowd by their sign or bib indicating their race time.

5 km	
RACE TIME	PACE (TIME/KM)
20 min	4:00 / km
22 min 30	4:30 / km
25 min	5:00 / km
30 min	6:00 / km
35 min	7:00 / km
40 min	8:00 / km

10 km	
RACE TIME	PACE (TIME/KM)
40 min	4:00 / km
45 min	4:30 / km
50 min	5:00 / km
55 min	5:30 / km
60 min	6:00 / km
65 min	6:30 / km


HALF MARATHON 21.1 KM	
RACE TIME	PACE (TIME/KM)
1 h 25	4:01 / km
1 h 30	4:15 / km
1 h 35	4:30 / km
1 h 40	4:44 / km
1 h 45	4:58 / km
1 h 50	5:13 / km
1 h 55	5:27 / km
2 h 00	5:41 / km
2 h 05	5:56 / km
2 h 10	6:10 / km
2 h 15	6:24 / km
2 h 20	6:38 / km
2 h 30	7:07 / km

MARATHON 42.2 KM	
RACE TIME	PACE (TIME/KM)
3 h 00	4:15 / km
3 h 10	4:30 / km
3 h 15	4:37 / km
3 h 20	4:44 / km
3 h 30	4:58 / km
3 h 40	5:12 / km
3 h 45	5:20 / km
3 h 50	5:27 / km
4 h 00	5:41 / km
4 h 10	5:55 / km
4 h 20	6:09 / km
4 h 30	6:23 / km
4 h 40	6:38 / km



After your race











After the finish line, here's what you can expect in the refreshment zone (reserved for runners):

- Water and electrolyte stations 
- Medal distribution (for those who chose this option during registration)

Food stations where you will find:

- Chocolate milk 
- Liberté yogurt **LIBERTÉ**
- Krispy Kernels nuts 
- Smuckers Uncrustables sandwich 
- Candies **HARIBO**
- Saint-Ambroise non-alcoholic beer (Sunday only at Terrasses Saint-Ambroise) 

After the security zone:

-  Action Sport Physio tent with therapists
-  Beneva Zone
-  Terrasses Saint-Ambroise
-  Beneva Scene
-  Photobooth kiosks
-  Official Marathon shop by PRAISE Endurance
-  Food trucks
-  Reunion area to meet up with your loved ones after their race.
-  Youth entertainment area by Athlétisme Québec
-  Run with Heart zone (MBDM's charity section)



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EXCLUSIVE OFFER

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sur les produits Supporo avec le
code **MBDM20**

Get 20% off
on Supporo products with the
code **MBDM20**

*Rabais valide sur les produits Supporo seulement.
Le rabais prend fin le 31 décembre 2024, à 23h59.

*Discount applies to Supporo products only. This
offer ends on December 31st, 2024, at 11:59 pm.



THE
TASTE
LIBERTÉ

WITH LIBERTÉ'S
PLAIN COLLECTION,
THE TASTE IS INFINITE.

After your race

Results

Race times are provided by SportStats. Whether to know your time or allow your loved ones to follow you in real-time, here are the different ways to do so:

→ On the SportStats app

→ Via [this link](#)

→ By scanning this QR code



Medals

If you chose to receive a medal during your registration, it will be given to you as soon as you cross the finish line. If you decided to make an eco-friendly gesture by not receiving the medal, your bib will have a rectangle in the middle.

Prize Ceremony

The awards ceremony for the top three men and top three women to cross the finish line for each distance will take place on the main stage according to the following schedule:

→ **The Mile Action Sport Physio:**

September 20 at 6:45 PM

→ **5 km Sports Experts and 10 km Quebec Breast Cancer**

Foundation: Saturday, September 21 at 10:30 AM

→ **Half marathon and Marathon:**

Sunday, September 22 at 10:30 AM

For the winners of each age group, we will contact you by email to inform you of your reward.



Souvenir Photos

Runners' photos are taken by the MarathonFoto team. You will receive an email a few days after the event with your photos. If you want to take advantage of the best price, purchase them now via our [RaceRoster shop](#).

This price is available until **September 15 at 11:59 PM**.

They will be shared with you as soon as they are sorted via a personalized link..



Join Now!

Athletics Canada Community **ROAD & TRAIL MEMBERSHIP**

\$15 /yr

With the majority of proceeds going back to support the sport in your province/territory

Value of over \$100



Benefits include:

- \$30 digital gift certificate to shop the latest Official Nike Team Canada gear at hop.athletics.ca (it pays for itself!)
- Your race results included in the national AC rankings
- 10% discount on subscription to AthleticsCanada.tv





GOAL 2024

\$833,000

RUN WITH HEART PROGRAM

Did you know that with the Run with Heart program, the Marathon Beneva de Montréal has enabled 65 foundations to create teams and raise funds for their causes? Thanks to your generosity, as well as that of participants and supporters, thousands of dollars will be donated to the various causes supported by the program.

GRANTS PROGRAM beneva

In addition to being the title partner of the Marathon Beneva de Montréal, Beneva once again demonstrates its commitment to causes that contribute daily to the well-being of communities across Quebec by awarding \$25,000 in scholarships to the foundations that reach the top of the podium. More details [HERE](#).



Thank you to our partners!

Title partner

beneva

Beneva, a close partner of the Montreal Marathon

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 enthusiasts and families can move with joy.

Our two organizations share a common goal: to promote the well-being of every person and overall health.

Race partners



Public partners



Transport partners



Tourism partners



Media partners



Partners



CAMPUS



LIBERTÉ



HARIBO



supporo
compression

