



GIRLSrun Montreal

Participant guide

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EVENT SITE

The official event site is at the Parc Nature de la Pointe aux Prairie.

The entrance is at the Parc de l'école secondaire Pointes-aux-Trembles au 15200 rue Sherbrooke Est, Montreal.

You will find the following services and activities:

- Registration office for race kit pick up
- Finish area
- Food and beverage
- Event exhibits, entertainment, inflatable games for kids
- Medal ceremony

EVENT SCHEDULE

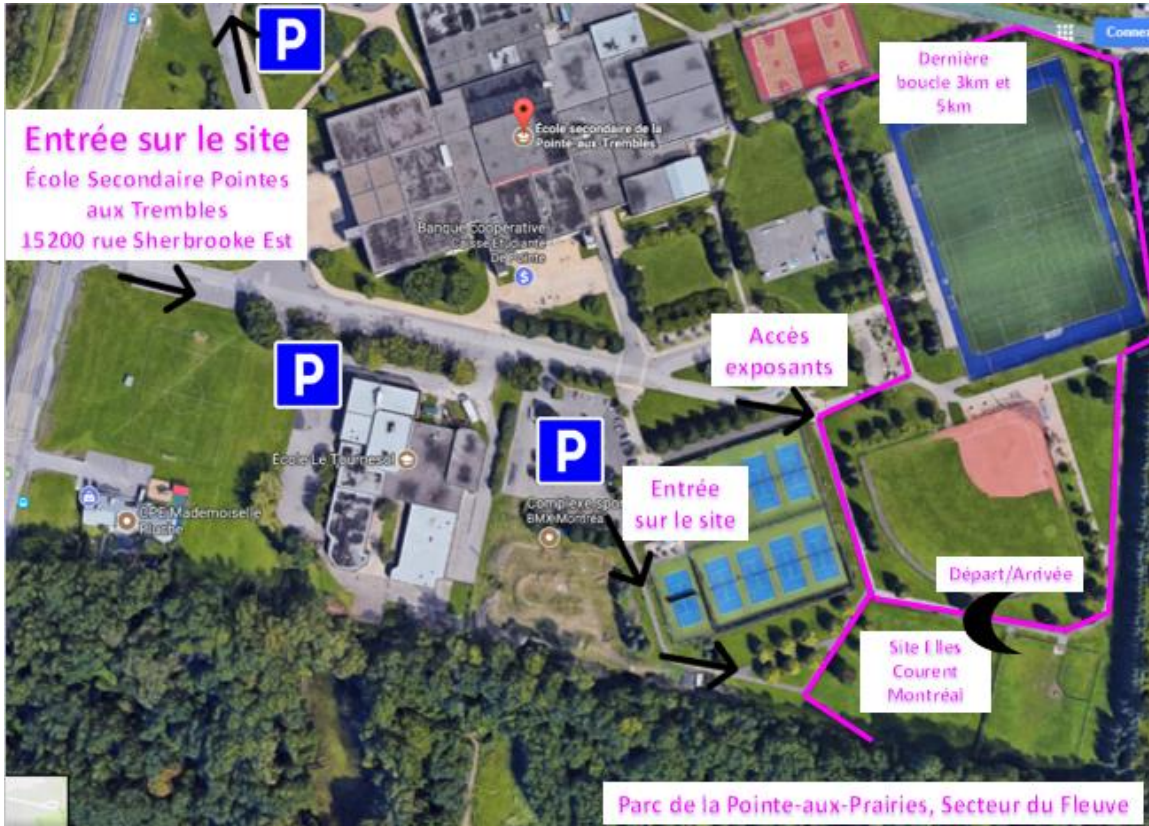
SUNDAY OCTOBER 1 2017	
8h00-9h30	Registration office open : <i>Parc de l'école secondaire Pointes-aux-trembles</i> . Race kit pick up and registration on site
8h30	Event exhibition open and animation begin, <i>Event Site</i>
9h00	Silent Auction open, <i>Event Site</i>
9h45	Group Welcome, <i>Main Stage</i>
9h50	Morning Warm Up, <i>Main Stage</i>
10h00	Race start of 3km, 5km, 10km , <i>Next to the main stage</i>
10h45 :	Participant's Lunch open, <i>Event Site</i>
11h00 :	Award Ceremony when the result are available, <i>Main Stage</i>
12h00	Closing ceremony; including the results of the fundraiser, <i>Main Stage</i>
12h15-12h45	Yoga, <i>Main stage</i>
13h00	End of the event

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EVENT SITE AND PARKING

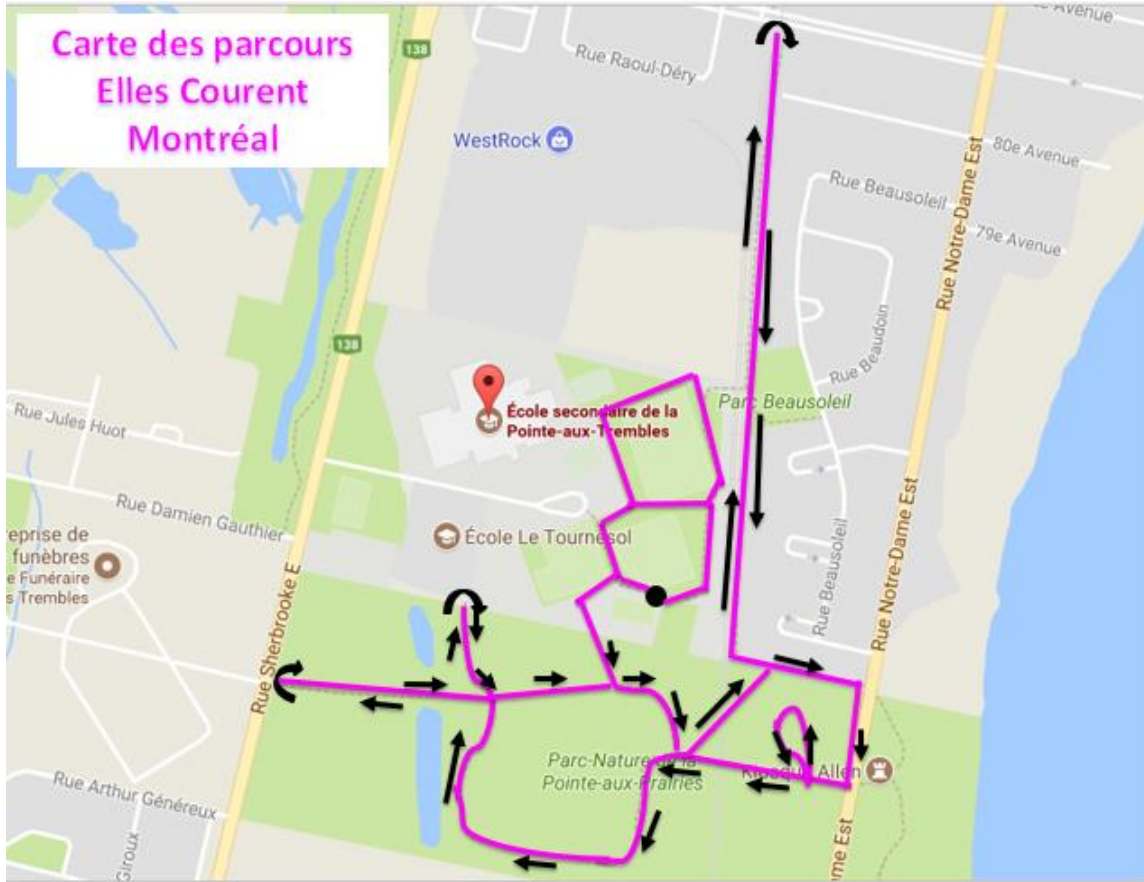
Parc de l'école secondaire Pointes-aux-Trembles, 15200 rue Sherbrooke Est.



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CARTES DES PARCOURS



WATER STATIONS

Water stations serve water as well as the X1 energy drink1.

Parcours	# de point de ravitaillement
3 km	1
5km	1
10km	3

PACE BUNNIES



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To cheer-up our runners more, the pace bunnies will be on the course of 3km, 5 km, 10 km. The experienced rider will help you keep your pace to achieve your goals and be a source of motivation and encouragement throughout your run. You can meet our pace bunnies at the event site the morning of the race.

LOLA FOUNDATION

You will have the opportunity to rise on a thousand of gift at the Annual silent auction of the Lola Foundation: more than \$52 450 and 98 bursaries distributed to young athletes between 12 and 18 yrs of age. Help us raise the amount of cash and number of bursaries distributed yearly. ** All type of payments are accepted.

EXPO-ÉVÉNEMENT

Come discover a variety of products and services.

[Click here to see the entire liste of our exhibitors](#)

AWARD CEREMONY

- Participation medals for all participants (distributed at the finish line).
- Medals for the winners by age category, available for pick up at the awards ceremonies tent, located beside the main stage.
- Medals for the overall winners in each distance presented during medals ceremony's on the event stage as results become available.
- Medals for the winners in the Mother-Daughter category in each distance presented on the event stage as results become available.

FOOD AND BEVERAGE

Participants



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- Participant lunch: all participants registered in the 3km, 5km and 10km are invited to the participant free lunch between 10:30 and 12:30pm at the event site.

Spectators(\$)

- Depending on availability, lunch tickets will be available for purchase by spectators at the Canadian women's running series tent. (6\$)

RESULTS

The results will be available on the event website after the event. www.girlsrun.ca

SPECTATORS ON SITE

Many places are accessible on the course for public. Please check the pedestrian map of the Parc de la pointe aux prairies.

LOST AND FOUND

Lost and found items will be brought to the organization office. Items will be kept until Sunday October 8 2017. info@ellescourent.



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