



GIRLSrun A Toi Lola Mont-Tremblant

Participant guide

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EVENT SITE

The official event site is the Domaine St-Bernard located at 539 St-Bernard rd, Mont-Tremblant. You will find the following services and activities:

Le site de rassemblement officiel de l'événement est le Vous y trouverez les services et activités suivantes :

- Registration office for race kit pick up and registration on site (Pavillon Wheeler)
- Start and finish area for all distances
- Food and beverage kiosk
- Event exhibits with more than 20 exhibitors
- Entertainment, inflatable games for kids. Kids park, zipline and bike park (pump track)
- Silent Auction for the Lola Foundation
- Beach
- Medals ceremony

SCHEDULE OF THE EVENT

SATURDAY, SEPTEMBER 10TH, 2016	
10:00 AM - 3:00 PM :	Registration office open at the Domaine Saint-Bernard, pavillon Wheeler, race kit pick up and registration on site
SUNDAY, SEPTEMBER 11TH, 2016	
7 :30AM to 7 :50 AM	5km men's The North Face registration : <i>The North Face Tent, Event Site</i>
8:00 AM	Race Start: 5km men's The North Face : <i>Next to main stage</i>
8:30 AM - 9:30 AM	Registration office : Domaine Saint-Bernard(pavillon Wheeler), registration packages for pre-registered participants will be available for pick up and on-site registrations will be accepted
8:00 AM	Event exhibition opens and animation begins, <i>Event Site</i>
9:00 AM	Silent auction opening, <i>Event Site</i>
9:30 AM	Group welcome, <i>Main Stage</i>
9 :45 AM	Morning Warm Up by Lolë with Stéphanie Daoust, <i>Main Stage</i>
10:00 AM to 10:10 AM	Race start by participation category (Start #1 : 5km and 15km, Start #2 3km and 10km), <i>Next to Main stage</i> <i>(Maximum time to complete the 15km is 2h15mins)</i>



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11:00 AM	Participant's lunch opening, <i>Pavillon Wheeler</i>
11:00 AM	Award Ceremony when the result are available, <i>Main Stage</i>
12:00 PM	Closing ceremony; including the results of the fundraiser, <i>Main Stage</i>
12 :45 PM	Yoga presented by Lolë with Marie-Claude Santerre, <i>Main Stage</i>
1 :00 PM	End of the event



WATER STATIONS

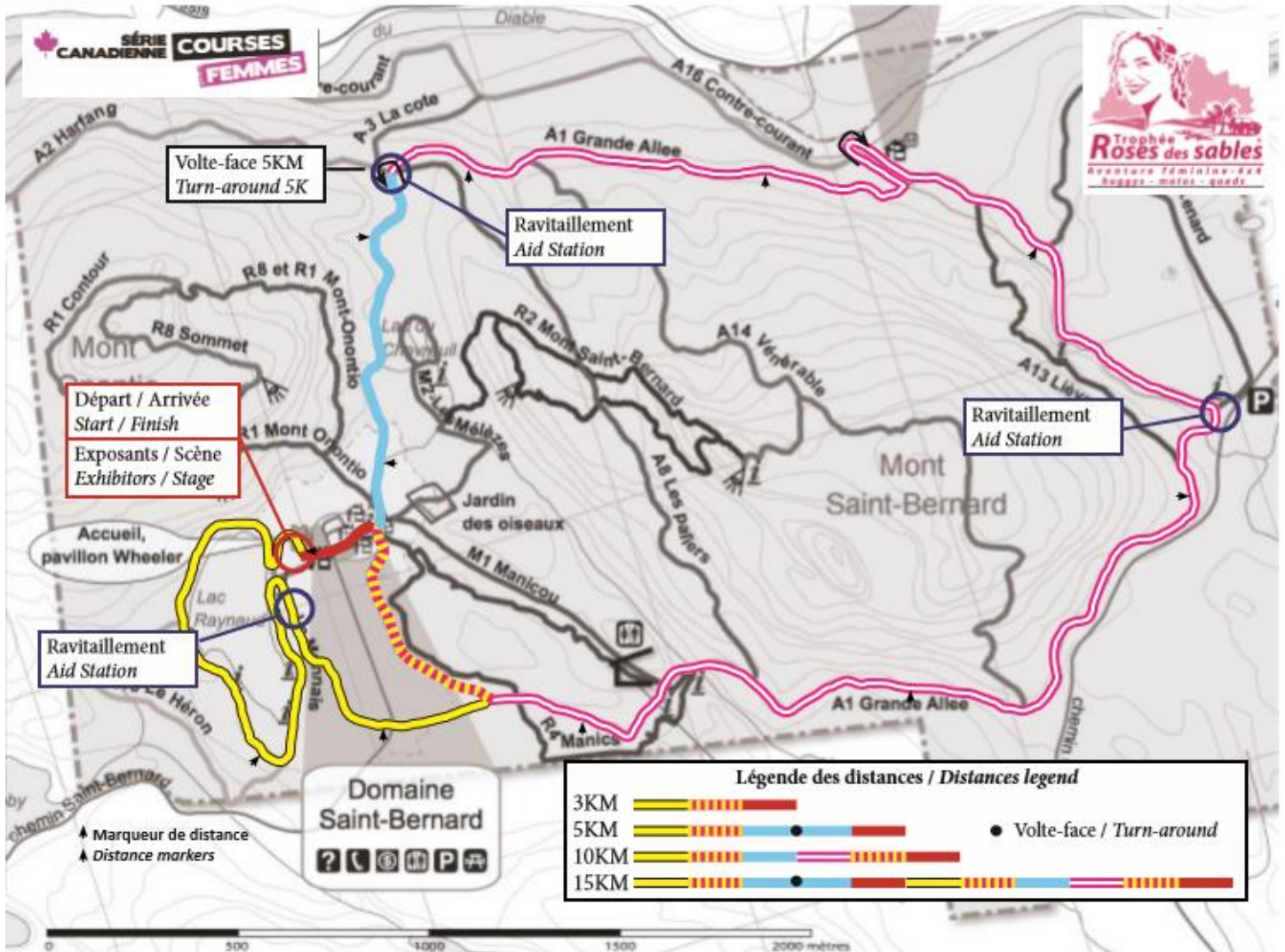
Water stations serves water as well as the X1 energy drink.

Courses	# of water stations
3 km	1
5km	2
10km	3
15 km	5

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COURSE MAP



PACE BUNNIES

To cheer-up our runners more, the pace bunnies will be on the course of 3km, 5 km, 10 km and 15 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.



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EVENT T-SHIRT

Event T-Shirt to sale at 5\$. All profit are going to Lola Foundation.

LOLA FOUNDATION

Annual silent auction for the Lola Foundation: more than \$47,800 and 84 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.

EXHIBITORS

More than 20 exhibitors will be present on site from sport and healthy community.

This is the list of our exhibitors:

Trophées Rose des sables

Lolè

Pro Circuit Endurance

Tournée des grand ducs

Magasin de la place

Ski de Fond Mont-Tremblant

The North Face

Groupe Investors

Isabelle Parent

Aura Vibe

Scandinave Mont-Tremblant

Forces Armée Canadienne

Vagabond Café Mobile

Jolyn Swimwear

Danse Tremblant

Fondation Lola

Produits dérivées de l'événement



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5KM MEN'S THE NORTH FACE

Before the women's event, starting at **8:00 a.m**, there is the 5km men's The North Face. Invite them to join this friendly 5km timed race for \$ 10 to \$ 15 depending on age. We have medals for 3 first position.

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.

PARKING

Free parking at the event site

FOOD AND BEVERAGE

Participants

- All participants registered in the 3km, 5km, 10km and 15km are invited to the participant free lunch between 11:00 and 12:30hrs at the event site.

Spectateurs (\$)

- Lunch tickets will be available for purchase (6\$) by spectators at Canadian women's running series kiosk

Food and beverage kiosks will also be available at the event site (\$).



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RESULTS AND OFFICIAL PICTURES

The results and official photos will be available on the event website after the event Girls run A Toi Lola Mont-Tremblant at www.girlsrun.ca . The results will also be available directly on the website of MS1 Timing.

SHOE DONATION PROGRAM

Drop off your old shoe (no matter the type). They will be donated to Shoe Bank Canada who redistribute to people in need. Simply leave them at Rona Forget Mont-Tremblant until September 12th.

SPECTATORS ON SITE

Many places are accessible on the course for public. Please check the pedestrian map of the Domaine St-Bernard.

LOST AND FOUND

Lost and found items will be brought to the organization office. Items will be kept until Sunday September 25th 2016. Telephone: 819-429-5359 or info@ellescourent.ca