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Bromont Ultra

ESTABLISHED: 2014

LOCATION: Bromont Olympic Equestrian Park, Que.

NEXT DATE: Oct. 12-13, 2019

DISTANCES: 2, 6, 12, 25, 55, 80, 160K

DEFENDING CHAMPIONS (160 K): Jean-Francois Cauchon; Joelle Hebert

MORE INFO: bromontultra.com

Considering competition from races deep in the Rocky Mountains, it's hard to believe an ultramarathon in Quebec offers up some of the most vertical of any race in the country. But at nearly 22,000 feet of elevation gain over 160 km, the Bromont Ultra is no joke.

"We were the first 100-mile race in Quebec and it took many people by surprise because we don't have big mountains here," says race founder and co-organizer Gilles Poulin. "The second factor that makes Bromont so tough is the technical nature of the trails. We've got about 74 per cent singletrack and every section is different."

Poulin launched the Bromont Ultra in 2014 because he wanted to increase the fundraising work he had been doing by running ultramarathons himself.

"I raised \$110,000 running two 100-milers in 2013 and I thought 'how powerful would it be if there were 1,000 people raising money because they were going beyond themselves?'"

By the time this year's edition is complete, the Bromont Ultra will have raised more than \$1 million for various charitable causes.

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Julien Hébert