2019 RUNNER’S GUIDE
55KM – 80KM – 160KM
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Bromont Ultra’s Philosophy

Run More, Give More
Ride more, Give more

Surpassing oneself belongs to everyone. There is no judgment. Surpassing yourself is to discover yourself. 2 or 6km or the famous 160km, we can all derive similar satisfaction. It's the same road. The 160 is just a little longer! ;)

To surpass our self is to open and face our weaknesses but mainly to discover unsuspected strengths and endurance.

To discover our self, is also to discover others. It gives us a better understanding of the human being. Normally, this step gives us a little more tolerance, kindness, patience and generosity.

This generosity is also the Bromont Ultra. Pay it forward. We are lucky. NO. We are extremely fortunate to be able to do these challenges and we need to share it with others.

By doing your fundraiser, you don’t only help the causes that are supported by Ultragiving this year, but you inspire people to go beyond themselves, and that is PRICELESS.
Base Camp Map & Directions

All starts and finishes are at this location.

From Montréal:
- From highway 10, take exit 74 and turn left on Route Pierre-Laporte;
- Turn left on Chemin de Granby;
- At the intersection, go straight ahead on Chemin des Carrières;
- At the end, turn right on Chemin de Gaspé;
- The Base camp is located on your right, at about 1.5 km.

From Sherbrooke:
- From highway 10, take exit 78 and the 3rd exit of the roundabout;
- Go straight ahead on Boul. Bromont and turn right on Rue de Montréal;
- At the end, turn left on Chemin de Gaspé;
- The Base camp is located at your right, at about 3km.

From Québec:
- From highway 20, take exit 143 and turn left on Route 211;
- Turn left on Route 137;
- Turn left on Route 112 then right on Route 139;
- Follow signs for highway 10, Sherbrooke direction;
- From highway 10, take exit 74 and turn left on Route Pierre-Laporte;
- Turn left on Chemin de Granby;
- At the intersection, go straight ahead on Chemin des Carrières;
- At the end, turn right on Chemin de Gaspé;
- The Base camp is located on your right, at about 1.5 km.
5:00PM to 8:00PM: Bib pickup for all distances
6:00PM to 9:00PM: Meet-and-greet with 160km warriors.

Saturday, October 12, 2019

6:00AM to 5:00PM: Bib pickup
7:00AM: 160km solo start
8:00AM: Bike 40km, 80km and 120km start
9:00AM: Bike Raid PRO 35km start
12:00PM: 160km team start
13:00PM: Awards ceremony (Bike Raid PRO 35km and 40km)
2:00PM: 12km race start
3:00PM: 6km race start
3:30PM: Awards ceremony (Bike 80km)
4:00PM: 2km race start
5:00PM: Awards ceremony (2, 6, 12km)
7:00PM: Awards ceremony (Bike 120km)

Sunday, October 13, 2019

2:00AM to 3:00AM: Bib pickup for the 80km
3:30AM: 80km solo race start (80km team start 15 minutes later)
6:00AM to 11h30AM: Bib pickup for the 55km and the 25km
7:00AM: 55km race start
12:00PM: 25km race start
5:00PM: Awards ceremony
6:00PM: Finish line closes
2220m of positive altitude change.
80KM Course Map

3500m of positive altitude change.
160KM Course Map

160KM Course Profile

7000m of positive altitude change.
Aid Stations

Minor aid stations only have water while major aid stations are complete. They offer everything that is normally found at an aid station (chips, PB&J sandwiches, boiled potatoes, bananas, watermelon, etc.). The Bromont Ultra is going « green »!! There will be no small bottles of water on the site... You must bring your own bottle hydration pack and/or reusable cup.

55KM:
Station #1 - Ski Bromont: minor
Station #2 - P5: complete
Station #3 - Rue Baird: minor
Station #4 - Chez Bob: complete
Station #5 - Lac Bromont: minor
Station #6 - P7: complete

80KM:
Station #1 - Ski Bromont: minor
Station #2 - P5: complete
Station #3 - Rue Baird: minor
Station #4 - Chez Bob: complete
Station #5 - Lac Bromont: minor
Station #6 - P7: complete
***Surprise station « Chez Chantal »***
Station #7 - G11: minor
Station #8 - Lac Gale: complete
Station #9 - Colline du Chêne: minor

160KM:
Station #1 - Ski Bromont: minor
Station #2 - P5: major station
Station #3 - Rue Baird: minor
Station #4 - Chez Bob: complete
Station #5 - Lac Bromont: minor
Station #6 - P7: major station
***Surprise station « Chez Chantal »***
Station #7 - G11: minor
Station #8 - Lac Gale: complete
Station #9 - Colline du Chêne: minor
Station #10 - Base camp: major station
Station #11 - Ski Bromont: minor
Station #12 - P5: major station
Station #13 - Rue Baird: minor
Station #14 - Chez Bob: complete
Station #15 - Lac Bromont: minor
Station #16 - P7: major station
***Surprise station « Chez Chantal »***
Station #17 - G11: minor
Station #18 - Lac Gale: complete
Station #19 - Colline du Chêne: minor
Course Description

Start (Base camp) to Station #1 - Ski Bromont (9km):
   Total distance: 9km
   Difficulty: Difficult to very difficult
   You start with an easy 2 km before attacking the mountain. A beautiful climb followed by a beautiful first
descent awaits you, all in single track... In short, have fun on the “Versant des Cantons”!!! A second climb of 3.5 km
awaits you next, with a mix of wide trails and ski slopes that will bring you to the top of Mount Brome. You then
descend the famous “Brome” ski slope.

Station #1 - Ski Bromont to Station #2 - P5 (6km):
   Total distance: 15km
   Difficulty: Very difficult
   A good climb on the “Versant du Village”, with a mix of wide trails, ski slopes and single tracks, brings you to
the top of Mount Brome a second time! You then have a good 6km descent on the “Versant du Lac” side. That
descent is again a mix of ski slopes, wide trails and single tracks. Watch out for your quads!!

Station #2 - P5 to Station #3 - Rue Baird (8km):
   Total distance: 23km
   Difficulty: Very easy
   This section gives you a little break. Wide rolling trails give you a chance to rest before the next
climbs.

Station #3 - Rue Baird to Station #4 - Chez Bob (9km):
   Total distance: 32km
   Difficulty: Easy to difficult
   Wide trails, some very steep, will lead you to the top of Mont des Pins. Wide paths, some very steep, will
lead you to the summit of Mont des Pins. The descent that follows will take you quietly to a dirt road before taking a
wide trail. A last section of dirt road leads you to Bob's house!

Station #4 - Chez Bob to Station #5 - Lac Bromont (9km):
   Total distance: 41km
   Difficulty: Very easy
   Rolling dirt roads and a bit of asphalt brings you to Lac Bromont. Take the time to appreciate!!

Station #5 - Lac Bromont to Station #6 - P7 (5km):
   Total distance: 46km
   Difficulty: Easy to difficult
   The first part of this section is on wide trails and dirt roads in gradual rise and then the climb gets steeper
and more technical on a single track.

55KM:

Station #6 - P7 to the Finish - Base camp (11km):
   Total distance: 57km
   Difficulty: Easy and difficult
   Climbs and downhills on ski slopes and technical single tracks bring you to the other side of the mountain in
the technical single tracks of the start. You retrace your steps to the wide path that leads to the finish line.
80KM and 160KM:

Station #6 - P7 to Station #7 - G11 (16km):
Total distance: 62km
Difficulty: Difficult to very difficult
Climbs and downhills on ski slopes and technical single tracks bring you to the other side of the mountain for a small section of dirt road. A good climb on single tracks followed by a technical downhill to finish the last section on a wide trail then a bit of dirt road and asphalt road until the Mont Gale section of Bromont.

Station #7 - G11 to Station #8 - Lac Gale (3km):
Total distance: 65km
Difficulty: Difficult
Wide trails with very good uphill for the 1st km with slight uphills that give you hope that the climb is over... A descent then leads into the wide, rolling trails that get around the Lac Gale.

Station #8 - Lac Gale to Station #9 - Colline du Chêne (10km):
Total distance: 75km
Difficulty: Easy to difficult
Wide and undulating trails for a few kilometers before a climb of 2-3 km to the west summit of Mont Gale with a superb view of Lac Gale. The following section is a wide trail through a beautiful valley followed by a climb to the summit of Mount Oak (At the top, you will have a splendid 360 degree viewpoint).

80KM:

Station #9 - Colline du Chêne to the Finish - Base camp (6km):
Total distance: 80km
Difficulty: Easy
Descent to a dirt road to reach the trails of Mount Oak. The next kilometers of trails are a mix of large trails and single tracks. In the last km, the trail transforms in grass for a last climb before going back on the wide trail to the finish line.

160KM:

Station #9 - Colline du Chêne to Sation #10 - Base camp (6km):
Total distance: 80km
Difficulty: Easy
Descent to a dirt road to reach the trails of Mount Oak. The next kilometers of trails are a mix of large trails and single tracks. In the last km, the trail transforms in grass for a last climb before going back on the wide trail that leads to aid station #10 before starting your 2nd loop!
2019 RUNNER’S GUIDE
55KM – 80KM – 160KM

Markings

The course is marked with pink flags and ribbons. Black arrows on yellow background are used to indicate changes of direction. In some places, distances colored panels are also used. BE CAREFUL!! Each distance has its own bib color:

160km : Dark blue
80km : Yellow
55km : Green
25km : Pale blue
12km : Red
6km : Orange
2km : Grey

**ATTENTION**: bike races are held Saturday... there can be bikes on the course. There can also be hikers!

Pace Chart and Cut-off Times

Cut-off times are based on last year results.

### 55KM:

<table>
<thead>
<tr>
<th>Station</th>
<th>Name</th>
<th>Km</th>
<th>Next station</th>
<th>First runners 6min/km</th>
<th>Middle runners 9min/km</th>
<th>Last runners 10:54min/km</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start</td>
<td>Base camp</td>
<td>0</td>
<td>9</td>
<td>00:00:00 7h00</td>
<td>00:00:00 7h00</td>
<td>00:00:00 7h00</td>
</tr>
<tr>
<td>Station #1</td>
<td>Ski Bromont</td>
<td>9</td>
<td>6</td>
<td>00:54:00 7h54</td>
<td>01:20:58 8h20</td>
<td>01:34:44 8h34</td>
</tr>
<tr>
<td>Station #2</td>
<td>P5</td>
<td>15</td>
<td>8</td>
<td>01:30:00 8h30</td>
<td>02:14:56 9h14</td>
<td>02:37:54 9h37</td>
</tr>
<tr>
<td>Station #3</td>
<td>Rue Baird</td>
<td>23</td>
<td>9</td>
<td>02:18:00 9h18</td>
<td>03:26:54 10h26</td>
<td>04:02:06 11h02</td>
</tr>
<tr>
<td>Station #4</td>
<td>Chez Bob</td>
<td>32</td>
<td>9</td>
<td>03:12:00 10h12</td>
<td>04:47:51 11h47</td>
<td>05:36:51 12h36</td>
</tr>
</tbody>
</table>

*1st Cutoff – Chez Bob: All runners need to be through this Aid Station by 1:00 PM*

| Station #5      | Lac Bromont  | 41   | 5            | 04:06:00 11h06         | 06:08:49 13h08          | 07:11:35 14h11            |
| Station #6      | P7           | 46   | 9            | 04:36:00 11h36         | 06:53:48 13h53          | 08:04:13 15h04            |

*2nd Cutoff – P7: All runners need to be through this Aid Station by 3:30 PM*

| Arrivée         | Camp de base | 55   | —            | 05:30:00 12h30         | 08:14:45 15h14          | 09:38:57 16h38            |

All runners passing the finish line after 6h00PM will not have an official time in the results.

### 80KM:

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<th>Station</th>
<th>Name</th>
<th>Km</th>
<th>Next station</th>
<th>First runners 7min/km</th>
<th>Middle runners 9min/km</th>
<th>Last runners 10:30min/km</th>
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</thead>
<tbody>
<tr>
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<td>00:00:00 3h30</td>
<td>00:00:00 3h30</td>
</tr>
<tr>
<td>Station #1</td>
<td>Ski Bromont</td>
<td>9</td>
<td>6</td>
<td>01:03:01 4h33</td>
<td>01:20:58 4h50</td>
<td>01:33:06 5h03</td>
</tr>
<tr>
<td>Station #2</td>
<td>P5</td>
<td>15</td>
<td>8</td>
<td>01:45:01 5h15</td>
<td>02:14:56 5h44</td>
<td>02:35:10 6h05</td>
</tr>
<tr>
<td>Station #3</td>
<td>Rue Baird</td>
<td>23</td>
<td>9</td>
<td>02:41:02 6h11</td>
<td>03:26:54 6h56</td>
<td>03:57:56 7h27</td>
</tr>
<tr>
<td>Station #4</td>
<td>Chez Bob</td>
<td>32</td>
<td>9</td>
<td>03:44:02 7h14</td>
<td>04:57:51 8h17</td>
<td>05:31:02 9h01</td>
</tr>
</tbody>
</table>

*1st Cutoff – Chez Bob: All runners need to be through this Aid Station by 10:00 AM*

| Station #5      | Lac Bromont  | 41   | 5            | 04:47:03 8h17          | 06:08:49 9h38           | 07:04:08 10h34            |
| Station #6      | P7           | 46   | 16           | 05:22:03 8h52          | 06:53:48 10h23          | 07:55:52 11h25            |
| Station #7      | G11          | 62   | 3            | 07:14:04 10h44         | 09:17:43 12h47          | 10:41:23 14h11            |
| Station #8      | Lac Gale     | 65   | 10           | 07:35:05 11h05         | 09:44:42 13h14          | 11:12:25 14h42            |

*2nd Cutoff – Lac Gale: All runners need to be through this Aid Station by 3:00 PM*

| Station #9      | Base camp    | 75   | 5            | 08:45:05 12h15         | 11:14:40 14h44          | 12:55:52 16h25            |
160KM:

<table>
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<tr>
<th>Station</th>
<th>Name</th>
<th>Km</th>
<th>Next station</th>
<th>First runners</th>
<th>Middle runners</th>
<th>Last runners</th>
</tr>
</thead>
<tbody>
<tr>
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<td>Base camp (weighing)</td>
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<td>9</td>
<td>00:00:00</td>
<td>7:00</td>
<td>7:00</td>
</tr>
<tr>
<td>Station #1</td>
<td>Ski Bromont</td>
<td>9</td>
<td>6</td>
<td>01:13:28</td>
<td>8:13</td>
<td>8:52</td>
</tr>
<tr>
<td>Station #2</td>
<td>P5</td>
<td>15</td>
<td>8</td>
<td>02:02:27</td>
<td>9:02</td>
<td>10:07</td>
</tr>
<tr>
<td>Station #3</td>
<td>Rue Baird</td>
<td>23</td>
<td>9</td>
<td>03:07:45</td>
<td>10:07</td>
<td>10:47</td>
</tr>
<tr>
<td>Station #4</td>
<td>Chez Bob</td>
<td>32</td>
<td>9</td>
<td>04:21:13</td>
<td>11:21</td>
<td>12:47</td>
</tr>
<tr>
<td>Station #5</td>
<td>Lac Bromont</td>
<td>41</td>
<td>5</td>
<td>05:34:42</td>
<td>12:34</td>
<td>15:32</td>
</tr>
<tr>
<td>Station #6</td>
<td>P7</td>
<td>46</td>
<td>16</td>
<td>06:15:31</td>
<td>13:15</td>
<td>16:35</td>
</tr>
<tr>
<td>Station #7</td>
<td>G11</td>
<td>62</td>
<td>3</td>
<td>08:26:07</td>
<td>15:26</td>
<td>19:55</td>
</tr>
<tr>
<td>Station #8</td>
<td>Lac Gale</td>
<td>65</td>
<td>10</td>
<td>08:50:37</td>
<td>15:50</td>
<td>20:32</td>
</tr>
<tr>
<td>Station #9</td>
<td>Colline du Chêne</td>
<td>75</td>
<td>5</td>
<td>10:12:15</td>
<td>17:17</td>
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<td>Station #10</td>
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<td>80</td>
<td>9</td>
<td>10:53:04</td>
<td>17:53</td>
<td>23:40</td>
</tr>
</tbody>
</table>

1st Cutoff – Base camp: All runners need to be through this Aid Station by 11:30PM

| Station #11 | Ski Bromont | 89  | 6            | 12:06:32      | 19:06          | 21h50        |
| Station #12 | P5           | 95  | 8            | 12:55:31      | 19:55          | 22h50        |
| Station #13 | Rue Baird    | 103 | 3            | 14:00:49      | 21h00          | 21h00        |
| Station #14 | Chez Bob     | 112 | 9            | 15:14:17      | 22h14          | 23h20        |

2nd Cutoff – P7: All runners need to be through this Aid Station by 6:30AM

| Station #15 | Lac Bromont | 121 | 5            | 16:27:45      | 23h27          | 20:10:00     |
| Station #16 | P7           | 126 | 16           | 17:08:34      | 00h08          | 21h00        |
| Station #17 | G11          | 142 | 3            | 19:19:11      | 02h19          | 23:40:00     |
| Station #18 | Lac Gale     | 145 | 10           | 19:43:40      | 02h43          | 24h10:00     |

3rd Cutoff – Lac Gale: All runners need to be through this Aid Station by 3:00PM

| Station #19 | Colline du Chêne | 155 | 5            | 21:05:18      | 4h05           | 25h00:00     |
| Finish     | Base camp        | 160 | ---          | 21:46:07      | 4h46           | 26h40:00     |

All runners passing the finish line after 6h00PM will not have an official time in the results.

Security

A medical team is on site during the entire event to ensure the security of runners and the majority of aid stations are easily accessible.

Crews & Directions to stations

A support team provides assistance and equipment to its runner during the race. Support teams are welcomed to all major stations (#2 - P5, #4 - Chez Bob, #6 - P7, #8 - Lac Gale (80km and 160km only)). In addition, teams can go see their runners to the minor station #5 - Lac Bromont. The parking areas are well identified, but we ask the teams to move very cautiously because there will be runners on the roads.

Here are the directions for each aid station accessible to crews:
Aid station #2 - P5:

From Base camp:

1. Turn left on Chemin de Gaspé, toward the Bromont village;
2. After about 3.3 km, turn right on Rue de Montréal;
3. After about 1 km, turn right on Boul. de Bromont;
4. After 2.1 km, at the stop, turn right on Chemin Huntington;
5. After 2 km, turn right for the Ski Bromont parking (*WARNING: the course crosses the entrance of the parking);
6. The Aid station is located **at the top right** of the first parking.
Aid station #4 - Chez Bob:

From aid station #2:

From the Ski Bromont parking, turn right on Chemin Huntington (becomes Chemin d’Iron Hill) for about 5 km, the aid station is located on the private land of the first house after Chemin Chapman, to the right.

From Base camp:

1. Turn right on Chemin de Gaspé;
2. After 1.8 km, turn left on Rue Frontenac;
3. After 3.3 km, turn left on Chemin Howard (WARNING : there are runners on Chemin Howard and Chemin d’Iron Hill);
4. After 1.6 km, turn right on Chemin d’Iron Hill;
5. After 1.6 km, the aid station is located on the private land of the first house after Chemin Chapman, to the right.
Aid station #5 - Lac Bromont:

From aid station #4:

Follow the course (PAY ATTENTION to runners).

From Base camp:

1. Turn right on Chemin de Gaspé;
2. After 1.8 km, turn left on Rue Frontenac;
3. After 500 m, the aid station is on your right, in the parking for the beach of Lac Bromont.
Aid station #6 - P7:

From aid station #5:

Follow from step 4 below.

From Base camp:
1. Turn right on Chemin de Gaspé;
2. After 1.8 km, turn left on Rue Frontenac;
3. After 500m, aid station #5 is on your right (next to Lac Bromont);
4. After 1.8 km, turn left on Rue des Irlandais;
5. After 250m, turn right on Rue O’Connor;
6. After 1.8 km, a parking is on your left;
7. On foot, from the parking, pass the fence and turn left to the chairlift.
Aid station #8 - Lac Gale:

From aid station #6:

Retrace your steps down the Rue O’Connor. Turn left onto Rue Des Irlandais then right on Rue Frontenac. After 1.8 km (you pass in front of the #5 station), turn right on Chemin de Gaspé. After about 1km, turn left on Chemin du Lac Gale and follow from point 3 below.

From Base camp:

1. Turn right on Chemin de Gaspé;
2. After 290m, turn right on Chemin du Lac Gale;
3. After about 3.5km, turn right (after the Spa Balnea entrance) and park;
4. On foot, follow the road (blocked with a fence) for 100m for the aid station Lac Gale.

Pacers

Pacers are only authorized on the 80km and the 160km courses. A pacer offers moral, psychological and monitoring support. In case of an emergency, the pacer can leave his runner to go get help. In case of a withdrawal of the runner, the pacer cannot continue on the course. The pacer must be officially registered and get a "pacer" bib. He must wait for his runner at the planned aid station.

On the 80km, pacers are allowed from the 65\textsuperscript{th} km, at aid station #8 - Lac Gale.

On the 160km, pacers are allowed from the 121\textsuperscript{th} km, at the aid station #5 - Lac Bromont.
Drop Bags

A drop bag can be left at aid station #4 - Chez Bob (32nd and 112th km) and a second one can be left at base camp (80th km and finish line). The bags need to be clearly identified and dropped off at registration.

Materiel

Recommended materiel:
- Water reserve (1 liter minimum)
- Food reserve (gels, bars, snacks, supplements, etc.)
- Extra clothes: sweater, stockings, shoes, raincoat, hat, gloves, etc.
- First aid: dressings, Body Glide, towels, antibiotics, Advil, etc.
- Whistle (in an emergency, a whistle will allow you to send an effective signal of distress. It also allows you to make noise to alert bears of your presence, allowing them to avoid you).
- Obligatory headlamp (80 and 160km)
- Cell phone highly recommended

***In an effort to become more “green” and reduce our waste, there will be no small plastic bottles on site or at aid stations... Make sure to bring a container (reusable bottle, reusable cup, hydration bag, etc.) in order to be able to take water!!

Weather Information

Average maximal temp.: 11°C (record: 28.9°C)
Average minimal temp.: 3°C (record: -8.9°C)
Sunrise: 7:03 AM
Sunset: 6:10 PM

Beware of ticks

Climate change has enabled the tick carrying the bacteria that causes Lyme disease to settle in Quebec and more specifically in our region. We must now integrate personal precautionary measures to take full advantage of outdoor activities. It is therefore recommended among other things to wear clothing that covers the skin and apply insect repellent containing DEET during an activity in the woods or fields.

And following this activity, take a shower and inspect your body to remove the tick as soon as possible. If it is removed within 24 hours, the risks are low that it had time to transmit the bacteria. To learn more about Lyme disease and preventive measures, visit http://sante.gouv.qc.ca/en/problemes-de-sante/maladie-de-lyme/
Runner’s Code

The spirit of trail running...

- Have the proper equipment (trail conditions, temperature, etc.);
- Be semi autonomous;
- Attend, at all times, a runner in difficulty;
- Have camaraderie and be courteous;
- Thank the volunteers... no volunteers, no race!;
- Take time to enjoy nature and the great views!

Regulations

- Keep your bib visible at all times, in the front;
- Stay on the marked course;
- Leave no trace of your passage. Use trash bins at aid stations!;
- Poles are permitted;
- Headphones are not allowed;
- Pacers without bibs are not allowed;
- You must accept the medical staff’s decision to get you out of the race;
- In case of withdrawal, it is imperative to advise a course official or volunteer;
- Pets are not allowed at the Base camp but allowed, if on leash, at aid stations;
- It is forbidden to smoke at the Base camp, on the course or at aid stations;
- Glass containers are prohibited on Base camp. The site is mainly used by riders and horses, a piece of broken glass could cause disastrous accidents;
- Campfires on the Base camp are only allowed for teams and at designated areas;
- No excessive noise at Base camp and aid stations, especially at night;
- Food at aid stations is exclusively for runners. At Base camp, restaurants are on hand to offer food and drink to visitors and friends of runners. Provide cash.

On-site Services

We will have a restaurant tent for the duration of the event! You will have complete meal with vegetarian, vegan and gluten-free options available. There will be a breakfast menu during the morning period. The runners and cyclists will be entitled to one meal with presentation of the bib or the bicycle plate. Accompanists, spectators or gourmet runners will be able to get a meal for the sum of 5$. Provide cash.

We will also have a shop where you can obtain goods from Bromont Ultra! Hoodies, toques, caps… and reusable water bottles!!!!
Desjardins wellness area

Desjardins is proud to offer you its wellness area during the event.

Offered to participants and their families, this space will be available:

- October 12: from 14h to 20h
- October 13: from 7h30 to 17h30

Lounge zone:
Come relax in Adirondack chairs and warm up with blankets and patio heaters.

Advice zone:
Three counters will be at your disposal:
- Nutrition counter: get nutrition advice from a professional
- Coaching counter: get training tips from a professional
- Drink counter: get beverages from our team

Yoga zone:
Yoga mats and a TV displaying videos of monyogavirtuel.com will be at your disposal for stretching.

Massage zone for Desjardins members:
Three massage rooms will be available for Desjardins members only.
You can make an appointment for a chair or table massage directly in the tent.
2019 RUNNER’S GUIDE
55KM – 80KM – 160KM

PRESENTER PARTNER

FOUNDING PARTNERS

OFFICIAL SUPPLIERS

OUR CAUSES

Visit our website https://bromontultra.com/ to see all the causes.

SPORT PARTNERS