



2019 RUNNER'S GUIDE 6KM – 12KM – 25KM





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Table of contents

Bromont Ultra's Philosophy.....	3
Base Camp Map & Directions.....	4
Schedule.....	5
Course Maps and profiles.....	6
Aid Stations.....	9
Course Description.....	9
Markings.....	11
Pace Chart and Cut-off Times.....	11
Security.....	12
Crews & Directions to stations.....	12
Pacers.....	13
Drop Bags.....	13
Material.....	13
Weather Information.....	13
Runner's Code.....	14
Regulations.....	14
On-site Services.....	14
Partners.....	15



2019 RUNNER'S GUIDE

6KM – 12KM – 25KM

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.



2019 RUNNER'S GUIDE

6KM – 12KM – 25KM

Schedule

Friday, October 11, 2019

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

6KM Course Map

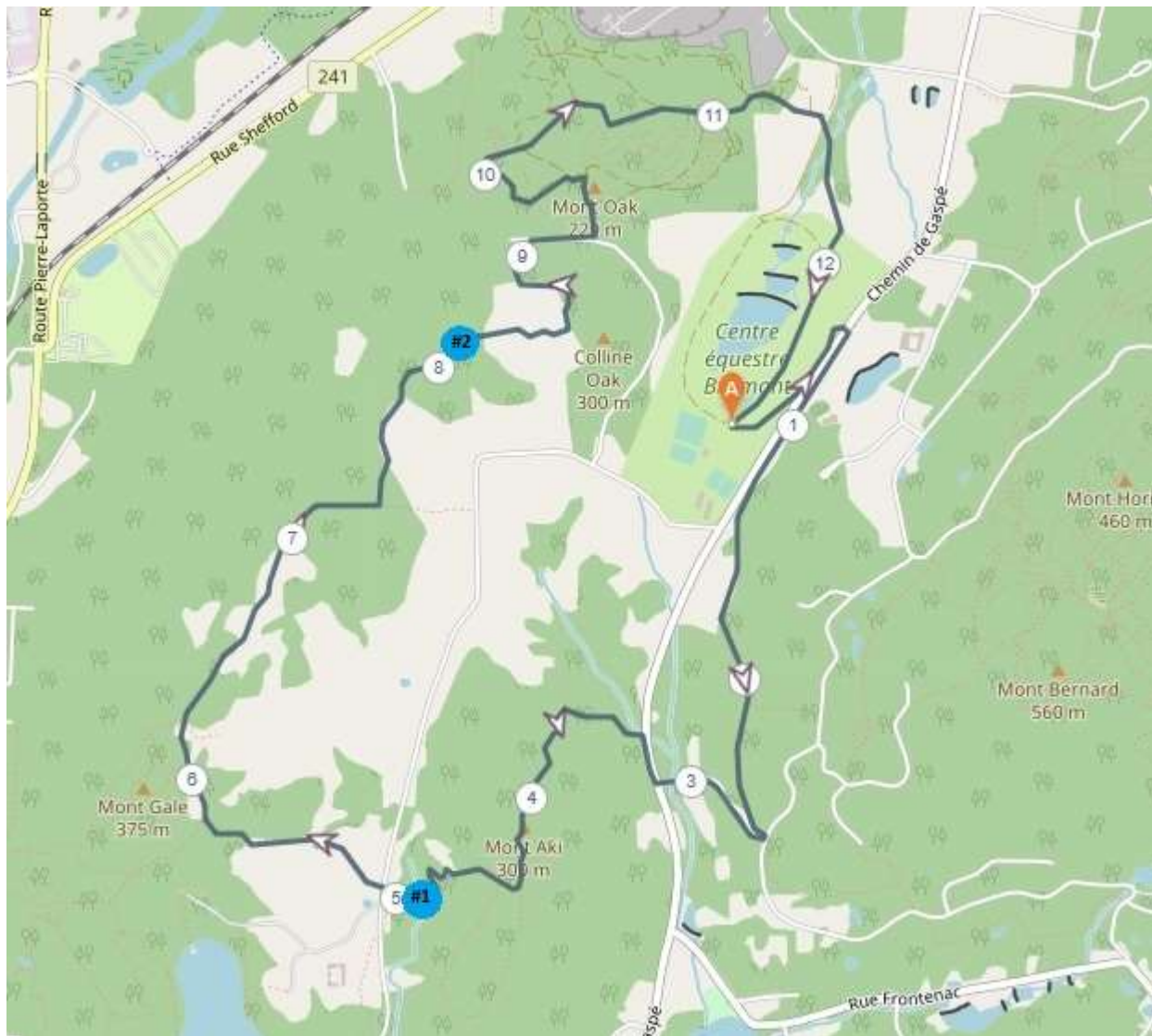


6KM Course Profile



153m of positive altitude change.

12KM Course Map

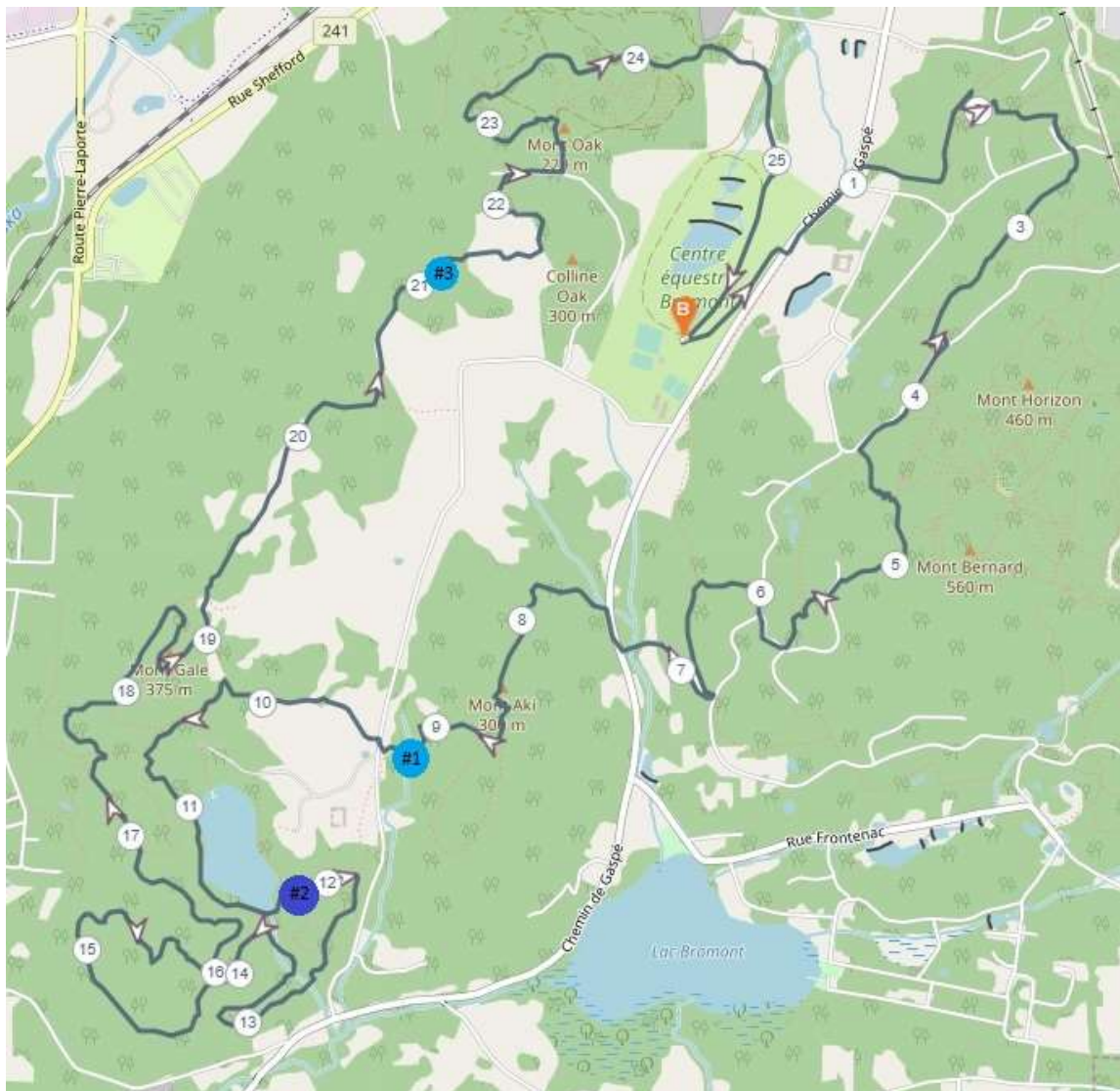


12KM Course Profile



447m of positive altitude change.

25KM Course Map



25KM Course Profile



939m 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, water melon, 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.**

6KM:

There is no aid station on the 6km course.

12KM:

Station #1 - G11: **minor**

Station #2 - Colline du Chêne: **minor**

25KM:

*****Surprise station « Chez Chantal »*****

Station #1 - G11: **minor**

Station #2 - Lac Gale: complete station

Station #3 - Colline du Chêne: **minor**

Course Description

6KM:

Start (Base camp) to the Finish - Base camp (6km):

Total distance: 6km

Difficulty: Easy

A wide trail turns grassy before entering the forest of Mont 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.

12KM:

Start (Base camp) to Station #1 - G11 (5km):

Total distance: 5km

Difficulty: Easy

A smooth start on wide trails followed by a bit of dirt road and asphalt road lead you to the trails in the Mont Gale section of Bromont.



2019 RUNNER'S GUIDE

6KM – 12KM – 25KM

Station #1 - G11 to Station #2 - Colline du Chêne (3km):

Total distance: 8km

Difficulty: Difficult

Wide trails with very good uphill for the 1st km with slight uphills that give you hope that the climb is over. 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).

Station #2 - Colline du Chêne to the Finish - Base camp (4km):

Total distance: 12km

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.

25KM:

Start (Base camp) to Station #1 - G11 (9km):

Total distance: 9km

Difficulty: Easy

You start with an easy 2 km before attacking the mountain. Two good climbs on technical single tracks followed by a bit of dirt road and asphalt road lead you to the trails in the Mont Gale section of Bromont.

Station #1 - G11 to Station #2 - Lac Gale (3km):

Total distance: 12km

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 #2 - Lac Gale to Station #3 - Colline du Chêne (9km):

Total distance: 21km

Difficulty: Easy to difficult

Wide and undulating trails for a few kilometers before a climb of 2-3 km to the west summit of Mount 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).

Station #3 - Colline du Chêne to the Finish - Base camp (4km):

Total distance: 25km

Difficulty: Easy

Descent to a dirt road to reach the trails of Mount Oak. The our around the lakes on the wide path leads to the finish line. 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.

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.

6KM:

Station	Name	Km	Next station	First runners 5min/km		Middle runners 7min/km		Last runners 20min/km	
Start	Base camp	0	6	00:00:00	15h00	00:00:00	15h00	00:00:00	15h00
Finish	Base camp	6	---	00:30:00	15h30	00:42:00	15h42	02:00:00	17h00

12KM:

Station	Name	Km	Next station	First runners 5min/km		Middle runners 7min/km		Last runners 15min/km	
Start	Base camp	0	5	00:00:00	14h00	00:00:00	14h00	00:00:00	14h00
Station #1	G11	5	3	00:30:00	14h30	00:42:00	14h42	01:30:00	15h30
Station #2	Colline du Chêne	8	4	00:52:30	14h52	01:13:31	15h13	02:37:30	16h37
Finish	Base camp	12	---	01:00:00	15h00	01:24:01	15h24	03:00:00	17h00

25KM:

Station	Name	Km	Next station	First runners 4:15min/km		Middle runners 7min/km		Last runners 13:12min/km	
Start	Base camp	0	9	00:00:00	12h00	00:00:00	12h00	00:00:00	12h00
Station #1	G11	9	3	00:43:13	12h43	01:13:31	13h13	02:17:51	14h17
Station #2	Lac Gale	12	9	00:55:33	12h55	01:34:31	13h34	02:57:15	14h57
Station #3	Colline du Chêne	21	4	01:24:22	13h24	02:23:31	14h23	04:29:09	16h29
Finish	Base camp	25	---	01:47:00	13h47	03:02:02	15h02	05:41:21	17h41

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

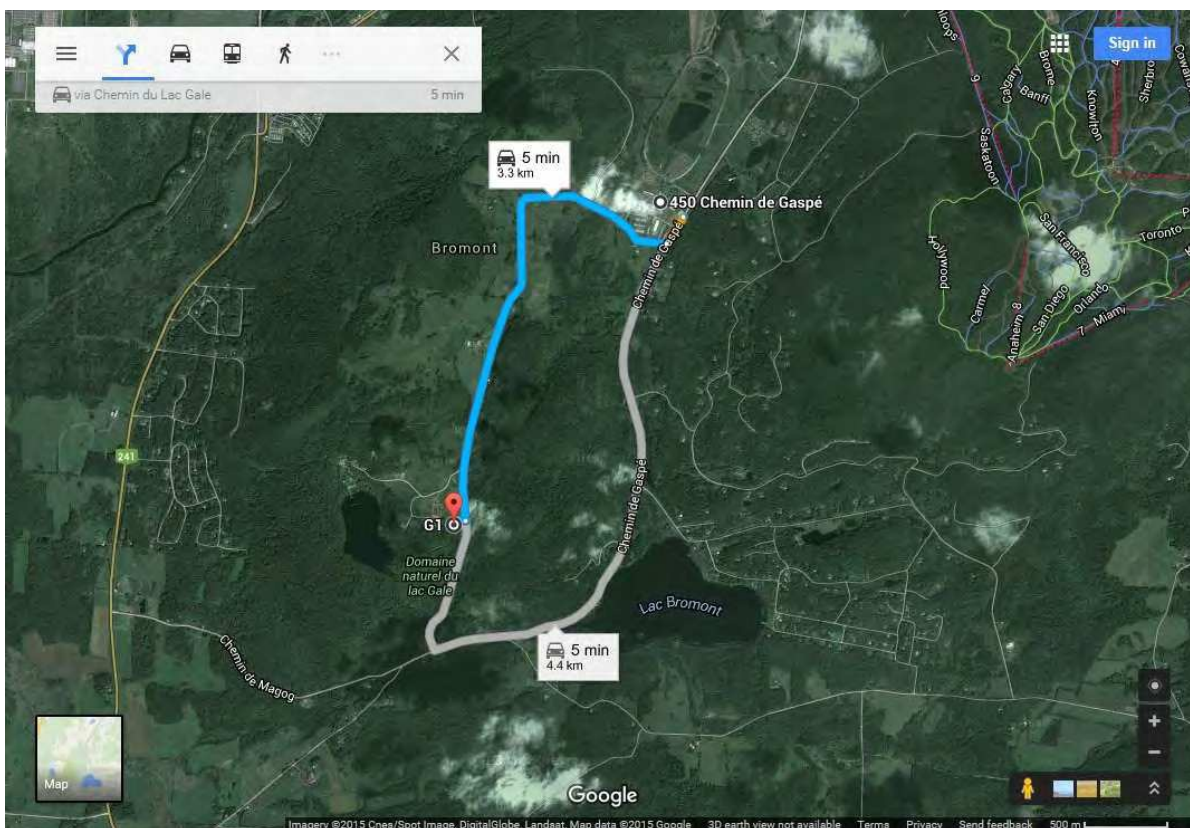
A support team provides assistance and equipment to its runner during the race. Support teams are welcomed to the major station #2 - Lac Gale (25km).

Directions :

Aid station #2 - Lac Gale:

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 not authorized on the 6km, 12km and 25km.

Drop Bags

There are no drop bags on the 6km, 12km and 25km.

Materiel

There is no equipment specifically required but look at the distance between aid stations and make sure you can cover the distance without external help. A hydration pack, gels and salt supplements may be required!

*****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

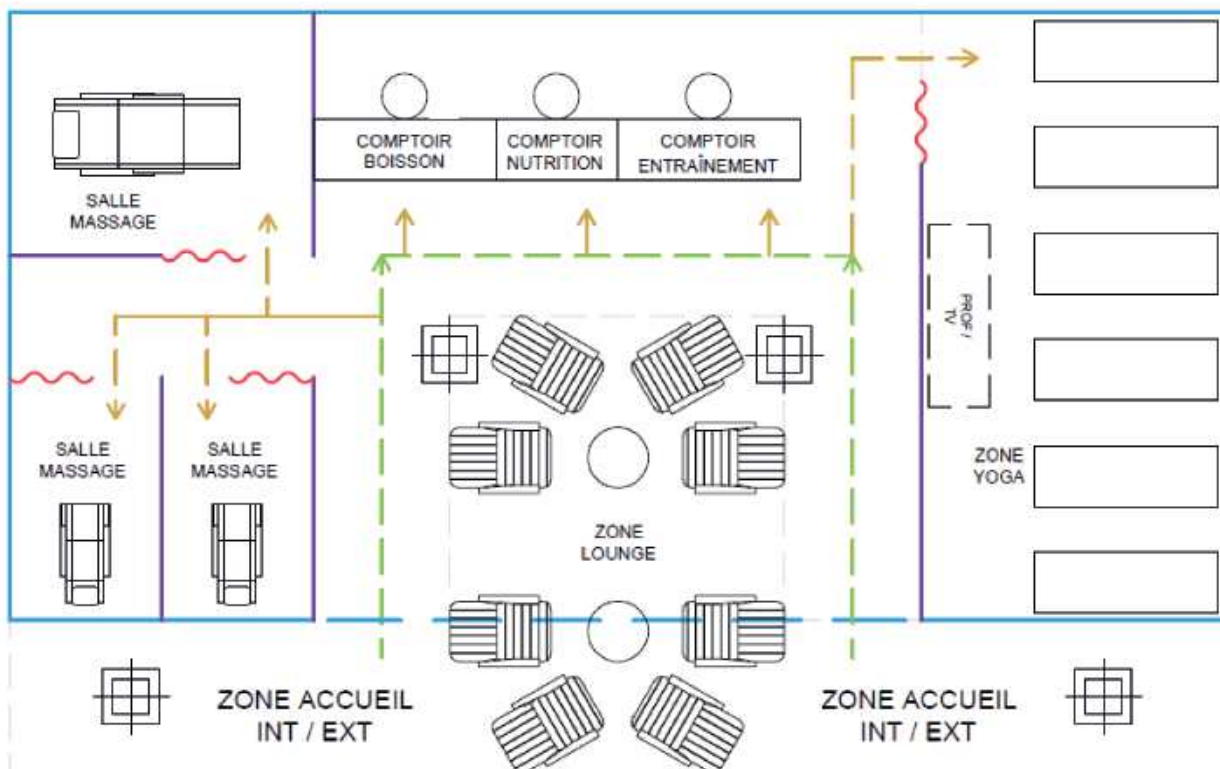
Yoga zone :

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.



PRESENTER PARTNER



FOUNDING PARTNERS



OFFICIAL SUPPLIERS



OUR CAUSES

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

SPORT PARTNERS

