

PARTICIPANT
GUIDE

5K

FUN RUN

PRESENTED BY **Aquaphor**



CHECK-IN FOR RUNNERS

IN ADVANCE

Just head to the Bell Centre Tricolore Sports flagship store at 1275 Saint-Antoine Ouest, Montreal, Quebec, H3C 5L2 and mention that you're participating in the 5K Fun Run. A piece of ID and your confirmation email will be required to pick up your runner's kit.

Bell Centre Tricolore Sports boutique

- June 16, 2026, from 10:00 a.m. to 5:00 p.m.
- June 17, 2026, from 10:00 a.m. to 5:00 p.m.

EVENT DAY

To reduce wait times, it is advised to arrive at 5:30 p.m. before the start of the run to pick up your runner's kit and to check in.

Place des Canadiens

- June 18, 2026, from 12:00 p.m. to 6:30 p.m.

WHAT'S INCLUDED WITH REGISTRATION?

Every participant will receive a 5K Fun Run t-shirt, a participation medal, as well as a gift bag from our partners.

A bib with an electronic chip to record your time will also be provided to you on site.



EVENT DAY SCHEDULE THURSDAY JUNE 18

5:00 p.m.:
Festivities begin
at Canadiens Plaza

6:30 p.m.:
End of kit collection

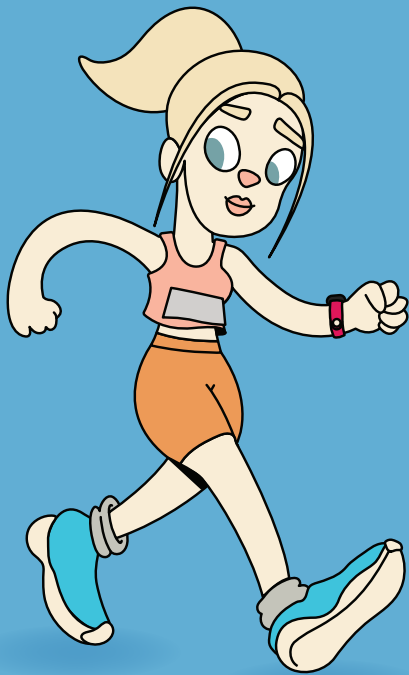
6:45 p.m.:
Call to the corrals

7:00 p.m.:
Run begins

8:00 p.m.:
End of run and
closure of run route

8:30 p.m.:
Award ceremony

9:00 p.m.:
End of festivities
at Canadiens Plaza



Your starting corral corresponds to the zone assigned to you based on your time or performance level selected during registration.

Pace runners will be on course throughout the race to help you achieve your target time.

The pacing groups are as follows: 22:30, 25:00, 27:30, and 30:00.

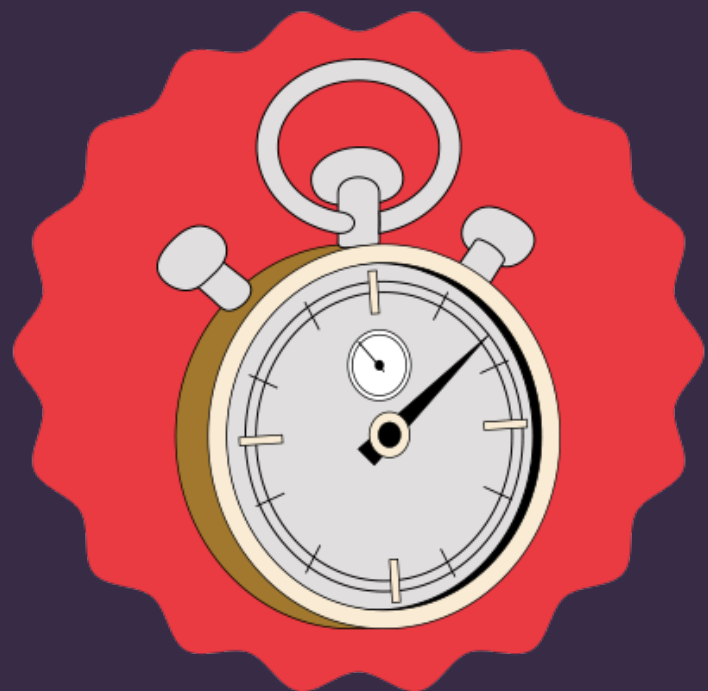
SECTION: FULL RACE ROUTE

The run will start in front of the Bell Centre, on Avenue des Canadiens-de-Montréal. Participants will then head down Rue de la Montagne and will cross the Lachine Canal to complete the first 2.5 km of the run. The return 2.5 km will be quite the challenge for participants, who will face a final sprint up Rue de la Montagne!



LIVE RESULTS

You will be able to see your results in real time on the Web site of our partner, **Sportstats** (sportstats.one/events), who are in charge of official timing for the event. More information will be provided to participants before the event.



RULES

- This is an urban run in the city of Montreal, on an out-and-back route. Please make sure to stay to the right at all times during the run. A turnaround point will be located halfway through the route.
- Wearing your bib is mandatory. It must be put on ahead of time, and it must be visible at all times during the run.
- Participants must start in the corral corresponding to their expected run pace.
- Walkers will start after the final corral to ensure fluid and safe circulation on the route.
- Participants must remain on the official route and follow instructions from volunteers, security staff, and organizers.
- Runners must not cut the course or take shortcuts.
- Headphones are permitted, but volume must remain low enough to hear security directives.
- Bicycles, scooters, rollerblades, and other means of transport are not permitted on the route, unless otherwise specified by organizers.
- Participants must be respectful of other runners, walkers, volunteers, security staff, and spectators.
- Organizers reserve the right to remove a participant from the route if their behavior presents a risk to themselves or to others.
- In the event of illness, injury, or an emergency, please stop and alert a volunteer, security staff member, or a member of the medical team immediately.



GENERAL INFORMATION

WEATHER CONDITIONS

The event will proceed rain or shine. In case of a severe storm or other conditions which may compromise the safety of participants, organizers reserve the right to change, delay, or cancel the event. Important updates will be communicated to participants by email.

PARKING

Public transit is highly recommended (the Bell Centre is accessible via Bonaventure and Lucien-L'Allier stations on the Orange Line).

Bell Centre parking is available for \$20.

BAG CHECK

Free bag check will be available at Canadiens Plaza for storing your personal belongings. It will be open from 5:00 p.m. to 8:30 p.m. We recommend that you do not leave any valuables. We are not responsible for lost or damaged items.

WASHROOMS

Washrooms inside the Bell Centre will be available from 5:00 p.m. to 9:00 p.m.

HYDRATION AND FOOD

Water and electrolytes will be available at Canadiens Plaza as well as at certain spots along the route.

We strongly advise you to eat well ahead of the event, because the run takes place over dinner time.

Snacks will be available, courtesy of IGA.

EMERGENCY / FIRST AID

The safety of participants is our priority. Organizers, security staff, and a first aid team will be on site and along the route to assist participants in need.

In the event of illness, injury, or an emergency, please stop and alert a volunteer, security staff member, or a member of the medical team closest to you immediately.

Members of Saint John Ambulance will be on site to assist if necessary.

PODIUM AND PRIZES

Prizes will be awarded to the first three people to finish in each age group as well as to the best times for men and women.

THE CATEGORIES:

M19 and under	F19 and under
M20-29	F20-29
M30-39	F30-39
M40-49	F40-49
M50+	F50+

ON-SITE ACTIVITIES

Come early and stay late! You'll find a festive atmosphere, 5 à 7 style, when you arrive at Canadiens Plaza. Families and friends are welcome to come cheer runners on and enjoy the presence of our partners.

As well, members of the Canine Hockey Club and their dogs are invited to come walk the route after the run begins and to enjoy the site!



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