

The Mont-Tremblant Half-Marathon

Known as a top Quebec ski resort, the Mont-Tremblant Half's beautiful course offers distance runners a reason to flock here in summer, too



DESTINATION
MONT-TREMBLANT,
QUEBEC



The Mont-Tremblant Half-Marathon

DATE Aug. 11, 2019

DISTANCES 21.1K, 10K, 5K, 1K

FEES \$15-65

WEBSITE demimarathontremblant.com

By Joanna Kotsopoulos

Most people hear Mont-Tremblant and picture the ski hills of the snow-covered Laurentians. But there's another side to Tremblant, a warmer, greener side of flowing rivers, crystal lakes, endless trails and, of course, majestic mountains that provide the perfect backdrop for the Mont-Tremblant Half-Marathon (or Demi-Marathon de Mont-Tremblant). The mid-August race, perfectly timed for a summer getaway, is

a great training race for those preparing for the fall race season. The point-to-point race begins at the Tremblant resort, winds its way down the paths, trails and backroads of the community and ends with a final stretch through the downtown's main street to the City Hall finish line. Unlike other events at Tremblant, this race takes you through all parts of the area, allowing access to places you wouldn't normally see and is the only event where the downtown plays host to the finishers.

Dominique Langelier, the event's race director, believes that it's the community spirit during the race weekend that contributes most to the success of the race. "We're a small town, happy to welcome people for the weekend," says Langelier, "almost like hosting friends at your house for dinner." They want everyone to leave having experienced both a first-class race event and French-Canadian culture at its best.

This intimate race, with as many as 2,000 participants, has been awarded the gold seal of excellence by the Fédération Québécoise d'Athlétisme. The award speaks to the whole race experience and makes the town of just under 10,000 residents very proud. On race day, over 15,000 spectators line the race course. "Everyone feels the remarkable vibe on race day, as the entire community embraces the event," Cathy Bergman, a past participant of the race, explains. "On race week-end everyone from town is on the course either as a runner, a spectator or a volunteer. The spirit and enthusiasm of the community makes every runner feel like a superstar."

The Mont-Tremblant Half-Marathon celebrates its 10th anniversary this August by playing host to the 2019 Quebec Provincial Championships. The race caters to runners of all abilities. While the elite athletes battle for this year's Championship,



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recreational athletes can take in the stunning sights and sounds as they make their way to the finish. Langelier, admits they are not a fast and flat race: "we are in the Laurentians, we have hills, but the course is a downward grade, you will go down more than you go up." The whole community comes out for the après-race festivities, which have something for everyone. This year's party will be no exception, with anniversary T-shirts, live bands, and a catered lunch that includes a beer for all racers over 18, goodie bags for all participants and even a 10th-anniversary cupcake station.

The appeal of this event is also found in the thoughtful details. Participants are treated to personalized services, such as babysitting services that allow both parents the option of racing. In addition, the scheduling of the 1-km kids' race as the final event allows parents who raced the chance to watch their kids cross the finish line as well.

The race may be what initially draws people there, but the weekend is meant to be more than that, it is a celebration of the Tremblant spirit, the local community and its glorious natural playground. ▀

Joanna Kotsopoulos is a writer and editor from Toronto.