



Mont Tremblant, Quebec is a well-known winter destination, but the summer brings out the best of the majestic beauty of Mother Nature's playground, nestled in the heart of the Laurentian mountains.

Designed to take advantage of the natural beauty of this resort town, the course of the Demi Marathon Mont Tremblant begins atop the Tremblant resort at Plaza St-Bernard, winds its way past stream beds and rivers, under a canopy of shade from lush forest growth, beside a delicious fresh lake, through the back roads of the village, and ends with a final sprint down main street to the finish line in front of City Hall.

A race with the well-known tagline, "It's not flat, it's just awesome," this year the Demi Marathon Mont Tremblant celebrates its tenth anniversary with ten years of awesomeness. Ten years of awesome running. Ten years of awesome team spirit. Ten years of working with an awesome community to build one of the premier running events in the country.

History in the Making

Over 20,000 athletes have crossed the Demi Marathon Mont Tremblant finish line. This year, as the event celebrates its tenth anniversary, another 2,500 athletes will collect a finisher's medal.

Like each year past, there will be a mix of first-time runners, and seasoned professionals. There will be athletes taking on their first 5K, and runners looking for a 10K personal best. First time half marathoners, and runners taking on their tenth. And, a race day favorite, hundreds

Celebrating 10 years of just awesome

Demi Marathon
Mont Tremblant is quickly
becoming Canada's
bucket list race

of children churning out a blazing 1K sprint down the center of town after the other distances are concluded.

The event is a mix from every walk of life. Tremblant life. Tremblant community. Tremblant at its best. And what it does best is encourage and welcome an active and healthy lifestyle. Running is a part of the community DNA and it's proud to share that heritage each August.

Host of the Provincial Championship 21.1K Road Race

The allure of the event has brought athletes from all over the world to Tremblant, just an hour and a half outside Montreal and equidistant from Ottawa. This year will be no exception as the Demi Marathon Mont Tremblant hosts the coveted Quebec Provincial Championship for the 21.1K road race distance.

An amazing elite field of athletes will join over 1,000 runners for the 21.1K this year. The mountain air will be electric as runners compete to not only cross the finish line first—but to break the 2017 course record of 1:12:59.

A Race Weekend for the Whole Family

Although its signature event is the 21.1K distance, with a popular 10K, 5K and a fast and furious 1K for children 11 years and younger, there is a distance for everyone in the family, and every level of runner.

With a free two-day outdoor Expo with over forty exhibitors, inflatable games for kids, a Boreal Beer Lounge, a pace bunny meet-up, pre-race workshop, the Jam Experience percussion band, and a strolling violinist—Tremblant race weekend will give you plenty to do.

A Celebration Run

Awarded gold label event status from the Federation Quebecoise d'athlétisme (FQA), with certified gold courses by Athletics Canada and the International Association of Athletics Federations (IAAF) the team at Demi Marathon Mont Tremblant is planning an epic 10th anniversary celebration.

Register today and celebrate with your friends, family and colleagues at the finish line. Celebrate 10 years of just awesome with an awesome run in August.

Register now for the Demi Marathon Mont Tremblant at www.demimarathonmonttreblant.com and be part of an awesome summer in Mont Tremblant.