

Stronger Together in Mt. Tremblant

By **Cathy Bergman** - July 28, 2021  342  0

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One of the biggest benefits of running is its mood-boosting effects. And if ever there was a time for some mood boosting—it's now.

After more than a year without racing, one of the first live events to return to the Quebec calendar since the pandemic lock down in 2020 is the **Demi Marathon Mont Tremblant** on August 8.

Choose your distance: a 5K, 10K or 21.1K, and a Fast & Furious 1K for kids. The majestic Laurentian Mountains in Mont Tremblant serve as the backdrop to the event that promises to deliver plenty of mood boosting benefits.



Hard works pays off

We have all worked hard to flatten the COVID curve. It is that hard work that is allowing Mont Tremblant to host a celebration of running this summer.

Receiving approval in late May to host the event in early August has not given the event team much lead time. But efforts throughout the pandemic planning a return to live racing is paying off.

Tremendous support from the City of Mont-Tremblant, sponsors and partners who stepped up to assist without being asked, and a community that does not know the meaning of the word quit.

COMMUNITY SPIRIT UNDERSCORES WHY THE DEMI MARATHON MONT-TREMBLANT WILL LEAD THE RETURN TO RACING IN THE LAURENTIANS THIS SUMMER.

Race Director Dominique Langelier tells us, "The Demi Marathon Mont-Tremblant is a reminder of everything we can accomplish with persistence, hard work and community support."

"We know each participant to cross our 2021 finish line will work hard to get there," said Ms. Langelier. "Behind the scenes, we promise we will work just as hard to ensure an unforgettable experience."



Reconnecting Safely

New health and safety protocols have changed the landscape of racing. In addition to controlled access and wave starts of 250 runners, the event will have a limited 3,000 participant capacity.

COVID restrictions also mean there will be less activities and access for the general public. But, Ms. Langelier sees a silver lining with those limitations. **"It is allowing us to focus on our participants to make sure the day is enjoyable from start to finish."**

Spectators will be allowed along the run course, but will be barred from the start and finish lines, as well as the post-race athlete lounge. Key areas will be for participants only. So, the best way to be part of this day is to register!

Stronger Together

From elite runners, to first timers, the Demi Marathon Mont-Tremblant offers a challenge for everyone.

Whether you're looking for a runner's high this summer as you push to take the podium, or just want to walk 5K with friends, lace up your sneakers, and head over to Mont Tremblant.

It's time to reconnect with one another. To savor the joy of being together. It's time for the Demi Marathon Mont-Tremblant—live and in person.

Stronger together, we will cross this finish line.