

# QC MEGA TRAIL

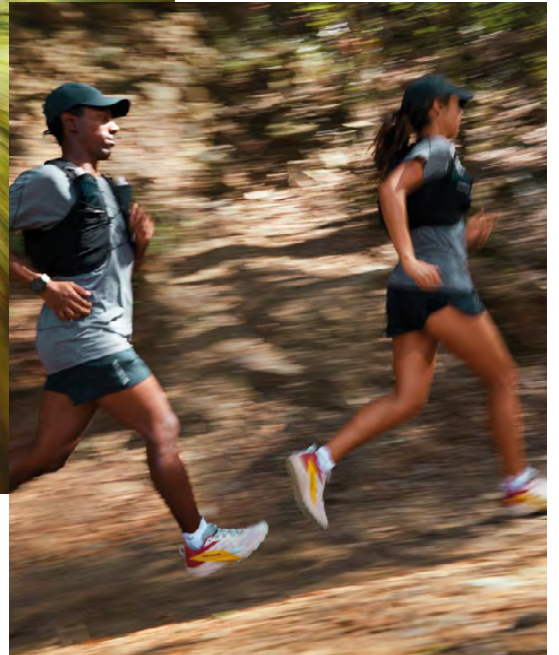
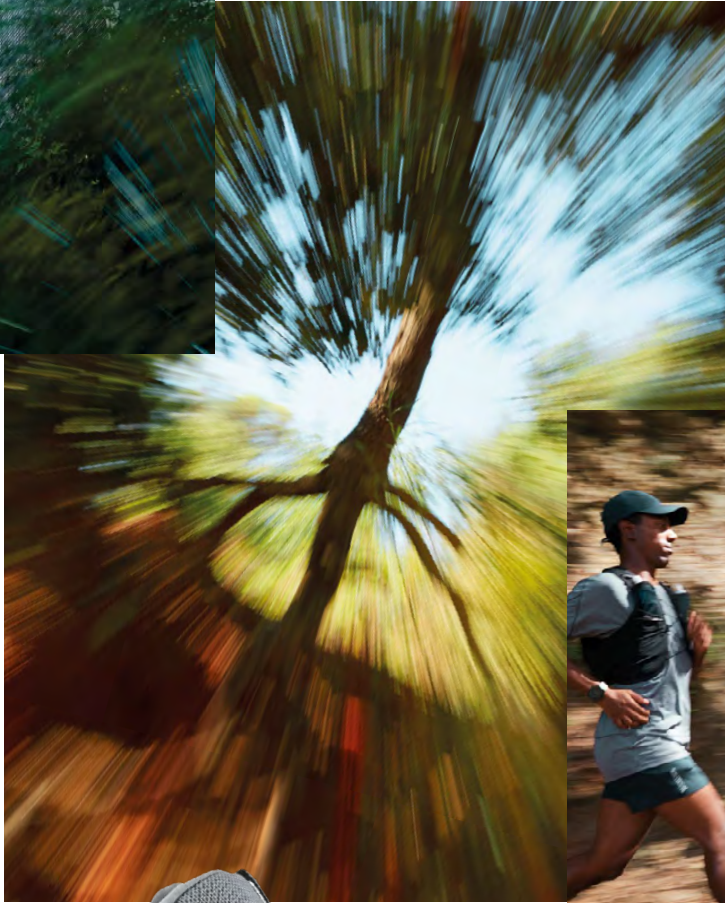


PRESENTED BY

**Multi-Prets**  
HYPOTHÈQUES CABINET EN COURTAGE  
HYPOTHÉCAIRE

**OFFICIAL PROGRAM 2023**





## **SENSE RIDE 5**

The trail is calling.

# ***SALOMON***



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**PLEASE VISIT  
OUR NEW WEBSITE  
FOR MORE INFORMATION**



**ULTRATRILCANADA.COM**



# Engagés, à vos côtés



---

**Desjardins, fier présentateur  
du parcours de 15 kilomètres.**

Félicitations à tous les participants du Québec  
Méga Trail ainsi qu'à tous les bénévoles qui auront  
fait de l'édition 2023 un véritable succès.





# MOT DU COMITÉ ORGANISATEUR



## YOU. WE. ALL TOGETHER.

As our host community of Baie-Saint-Paul is recovering from an unprecedented floods, which was unfortunately fatal for two first responders. As the forests and trails in the National Capital were hit by unprecedented winds in December, decimating wooded areas and depriving thousands of homes of electricity for several days. While as a runner, nothing protects our trails from more frequent forest fires or the loss of fragile biodiversity, let's mobilize. Sustainable development is no longer enough, we must fight by our actions!

This year, we made greater commitments in terms of resilience and eco-responsibility. Quebec Mega Trail is known for its wild forest trails along the banks of the majestic St. Lawrence River on the Canadian ultra trail scene. Meanwhile, this ecosystem is fragile, forests are burning and banks are eroding around the country. It is therefore without hesitation that we rally all participants to help the fight against climate change, through small changes in their training behaviors.

Our team is intent on fighting with you and thoughtfully reflects on how each decision made may impact our environment. We are counting on you to continue these efforts. During your daily run, there are plenty of things you can do, such as buying locally, cooking your snacks, carpooling to get around, repairing or recycling your technical clothes. In conclusion, at the dawn of the event, we invite you to join us, because inaction is no longer an option!

Thank you to those who will choose to join Quebec Mega Trail on this mission, thank you to our partners for supporting us so generously to do so and thank you to the volunteers who display positive actions year after year. You are a source of great pride and the secret to our success!

You. We. All together : let's do what is needed!





## SCHEDULE AND RULES



Schedule and rules are subject to change. We ask that you check the website by clicking here:

SCHEDULE

RULES

QC MEGA  
TRAIL

FOIRE AUX  
QUESTIONS  
Édition 2023

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HYPOTHÉCAIRE

Besoin de conseils pour  
votre hypothèque ?

**Jean-Marc Tremblay**  
Courtier hypothécaire

**418 435-1531**

[jmtremblay@multi-prets.ca](mailto:jmtremblay@multi-prets.ca)

[www.multi-prets.ca/jean-marc-tremblay](http://www.multi-prets.ca/jean-marc-tremblay)

979, av. de Bourgogne, bureau 100  
Québec QC G1W 2L4



Qui d'autre







**125**  
CALORIES

MICROBRASSERIE

**LA SOUCHE** MC

**PROUD PARTNER**



**STONEHAM**

22, 1re Avenue  
Stoneham QC  
G3C 0K7

**LIMOILLOU**

801, Ch de la Canardière  
Limoilou QC  
G1J 2B8



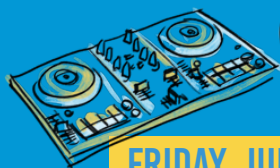
11<sup>TH</sup> EDITION



# QC MEGA TRAIL



AT MONT-SAINTE-ANNE



FRIDAY, JUNE 30<sup>TH</sup>

Start of the 100 MILES with  
DJ Mika [in Baie-Saint-Paul](#)



PCN presents: Nutrition Conference

QMT thrift shop



SATURDAY, JULY 1<sup>ST</sup>

DJ Buffalo, Kayliox, and Adrien Tosti

Performance by Picky Pickers  
and Cassandre Picard

PCN presents: Conference  
"Running in a Female Perspective"

Live podcast with Tout.trail

Yoga session with Élodie Déry

Obstacle course - Les P'tits Bûcherons

QMT thrift shop



SUNDAY, JULY 2<sup>ND</sup>

DJ Jimmy Adams, Bruno M, and Fred M

Family entertainment

Yoga session with Élodie Déry

Live podcast with Tout.trail

Obstacle course - Les P'tits Bûcherons

QMT thrift shop



YUM! :)

Great food, La Souche beers,  
and refreshments!



## EXHIBITORS' BOOTHS!

- Salomon
  - Xact Nutrition
  - PCN
  - Faux Mouvement
  - Planète Nutrition
  - Desjardins
  - Comptoir Espresso
  - La Cordée
  - Coros
  - Fromagerie Bergeron
  - Karibu
  - Icebreaker
- And more.



TRAD-BLUEGRASS  
AND POP EVENING WITH

PICKY PICKERS &  
CASSANDRE PICARD



FREE EVENTS

FOR ALL THE DETAILS : [ULTRATRAILCANADA.COM](http://ULTRATRAILCANADA.COM)



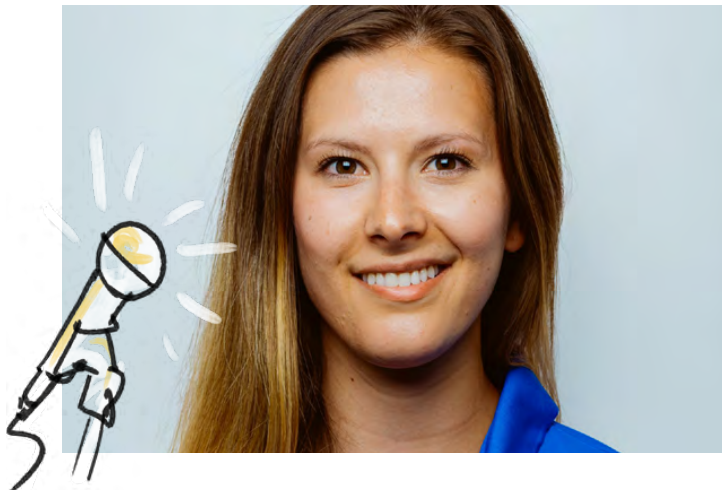
**FRIDAY, JUNE 30 (6 P.M.)**

**CONFERENCE**

## **LIMITING DIET-RELATED DNF IN ENDURANCE RUNNERS**

**Delta Mont-Sainte-Anne Convention Center**

Lasting about 1 hour and led by Catherine Bélanger, sports nutritionist at PCN, the conference will discuss the different nutritional causes that can be linked to DNF by runners as well as ways to avoid them and limit their impact.



**SATURDAY JULY 1 (9 A.M.)  
AND SUNDAY JULY 2 (10 A.M.)**



## **YOGA SESSIONS WITH ÉLODIE DÉRY**

**By the pool of the Delta Mont-Sainte-Anne Hotel**

On reservation : You are invited to participate in a Yoga Vinyasa session, accessible to all. A message from Élodie : "When I teach yoga, I like to connect with people. I want them to live a benevolent experience, to make them laugh, to allow them to find their child's heart. It is important that everyone feels good about their practice. This is why I offer a vinyasa yoga accessible to all, taking care to incorporate some challenges for the regulars. I invite participants forget the rest of their day and together we create a rewarding moment for both the physical and the mental. I look forward to guide you and learn from you!"



**FRIDAY, JUNE 30 (8 P.M.)**

## **QMT-100 MILES START WITH DJ MIKA**

**Hôtel & Spa Le Germain Charlevoix**

Be part of the ceremony surrounding the start of the QMT 100 MILES with the runners. You will have time to enjoy the facilities, have a drink at the Bercaïl restaurant-bar, in a relaxed atmosphere. The musical entertainment will be provided by none other than the DJ «Mika» (Quebec). An emotional moment that you absolutely do not want to miss. The departure of the athletes will take place around 8 p.m.!



**SATURDAY JULY 1 (3 P.M.)**

**CONFERENCE**

## **RUNNING FOR WOMEN**

**Delta Mont-Sainte-Anne Convention Center**

Because it's not normal to always want to run, even if you're over 45. Because running during and after pregnancy is possible. Sophy Desbiens, physiotherapist will address different beliefs, discuss hormones, change your perception on several subjects and above all give you concrete tools so that your pelvic floor is not a limit for your races!





**SATURDAY JULY 1 (6 P.M.)**

## **CASSANDRE PICARD DUO SHOW**

### **Under the QMT tent**

In a pop, folk and soul mood, Cassandre has fun with old hits as well as the most recent ones, while focusing on songs that are a little more "B-side". An energetic and authentic artist, her covers are as much.



**SATURDAY JULY 1 (8 P.M.)**

## **PICKY PICKERS SHOW**

### **Under the QMT tent**

Picky Pickers is a Blue Grass/Old Time/Trad band composed of five well established musicians on the acoustic scene. The band covers traditional North American classics and will amaze you with their original compositions.



## **DO NOT MISS at the arrival site**

**July 1 and 2**

### **LE P'TITS BÔCHERONS OBSTACLE COURSE**

The team behind Le Nordais and the Défi des ancêtres offers your little ones a fun and safe obstacle course experience. Designed for ages 4-13, younger kids will gain confidence as they complete physical challenges like running, jumping, climbing and crawling. The older ones will also find what they are looking for in this set of varied and impressive obstacles. The timing option will also be available on site for children who wish to compare their time with other children their age.

### **DJ SET**

## **DJ BUFFALO, KAYLIOX, ADIEN TOSTI, JIMMY ADAMS, BRUNO M ET FRED M.**

Our "dream team" of disc jockeys is made up of six turntable champions from Quebec City DJ Buffalo, Kayliox, Adien Tosti, Jimmy Adams, Bruno M and Fred M. Accustomed to livening up the dance floors at the craziest parties town, these guys have the official mandate to entertain you all weekend at Mont-Sainte-Anne and will create the perfect summer atmosphere for all visitors!!

### **LIVE PODCAST WITH TOUT.TRAIL**

Attend the recording of a live podcast with our friends Marc-André Paillé & Marie-Eve Pelland from TOUT.TRAIL! Well settled in the Icebreaker tent, they have an amazing program for you: Meeting with athletes and community personalities, race update, juicy details and more!

## **BOOTHS AND VENDORS**

At our Mont-Saint-Anne arrival site, you will find many food options, excellent beers from La Souche microbrewery and other refreshments at the QMT tent, as well as a dozen booths : Salomon, XACT Nutrition, Clinique PCN, Ice breaker, Faux mouvement, Numia juice, La Cordée, Coros, Planète nutrition, Fromagerie Bergeron, Multi-Clinique Parc Santé, Karibu, Diagonale inclusive, Brix et plus encore.

## **ENTERTAINMENT FOR THE FAMILY**

Many activities are in place on the arrival site to entertain our future athletes : Inflatable games, face painting and more.

**June 30, July 1 and 2**

## **QMT THRIFT STORE**

Sort out your sports clothes and accessories before the event in order to give them a second life. Bring your bags to the QMT thrift store which will be set up on site in collaboration with our local partner La Fripée. All profits from this initiative will be distributed in community projects related to social and sustainable development.



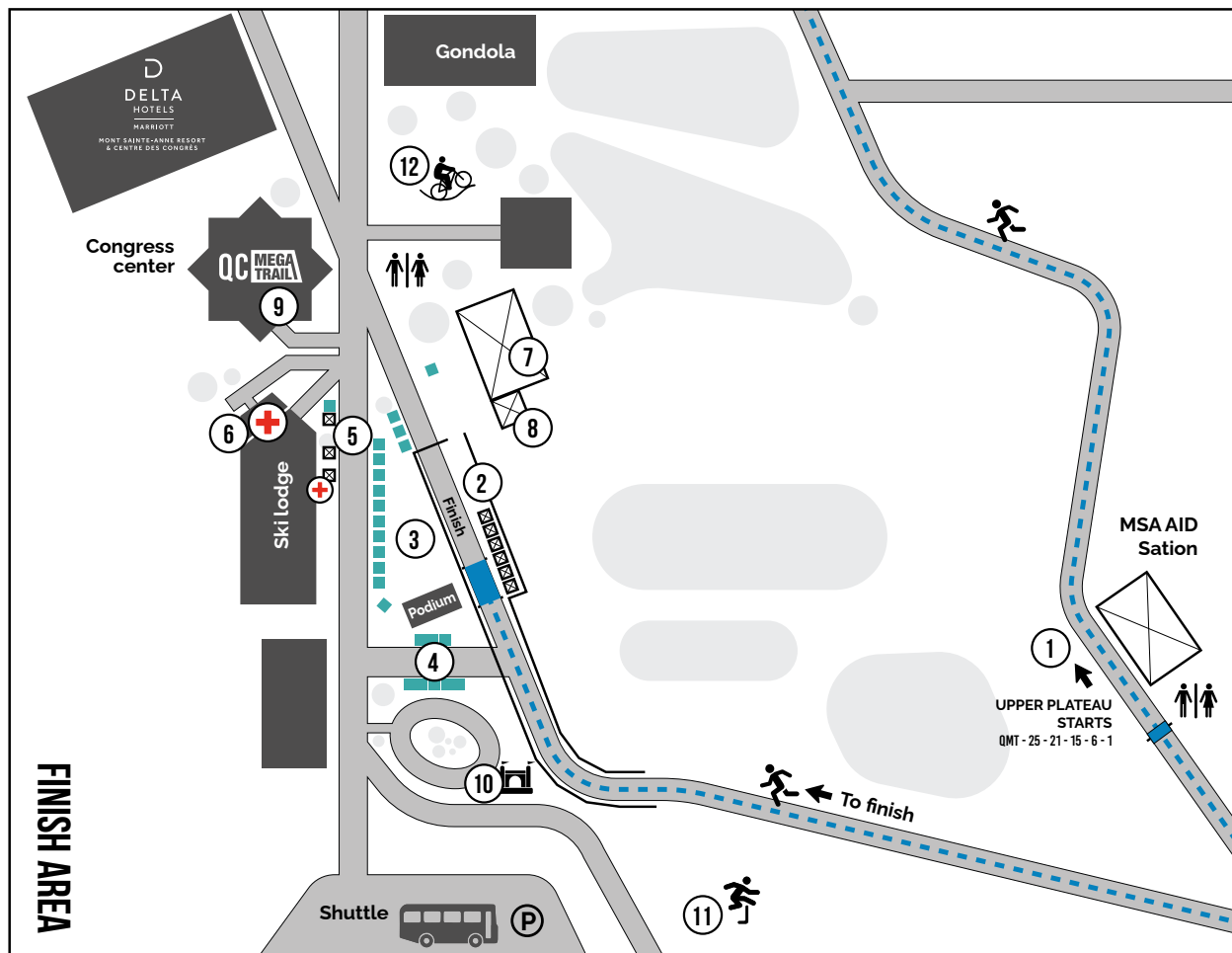




Until 1 July, enjoy 15% off with  
code **QMT2023** on  
[xactnutrition.com](https://xactnutrition.com)



# SITE MAP

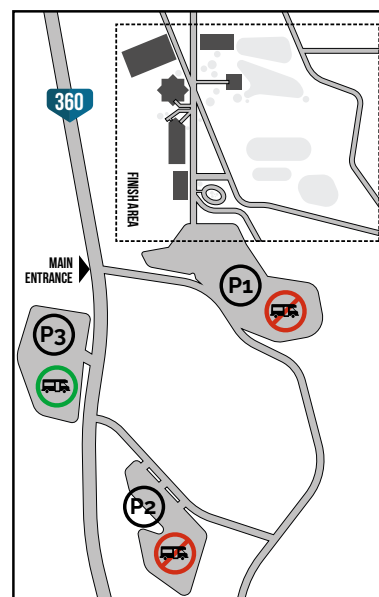


## Legend

- 1: UPPER PLATEAU STARTS
- 2: FINISH AREA
- 3: EXHIBITOR BOOTHS
- 4: FOOD OPTIONS
- 5: PHYSIOTHERAPY AND MASSAGE THERAPY
- 6: FIRST AID STATION
- 7: TENT / BAR AND PERFORMANCES
- 8: SOUVENIR SHOP, THRIFT STORE AND TOURIST INFORMATION
- 9: RACE BIBS, POST-RACE MEALS AND VOLUNTEER HEADQUARTERS
- 10: INFLATABLE GAMES
- 11: "P'TITS BÔCHERONS"  
OBSTACLE COURSE
- 12: PUMPTRACK

## Parking

- (P1) MAIN PARKING AREA  
NO VANS OR RVs ALLOWED
- (P2) SECONDARY PARKING  
NO VANS OR RVs ALLOWED
- (P3) PARKING FOR  
RVs AND VANS







# USEFUL INFORMATION FOR YOUR TRAVELING COMPANIONS

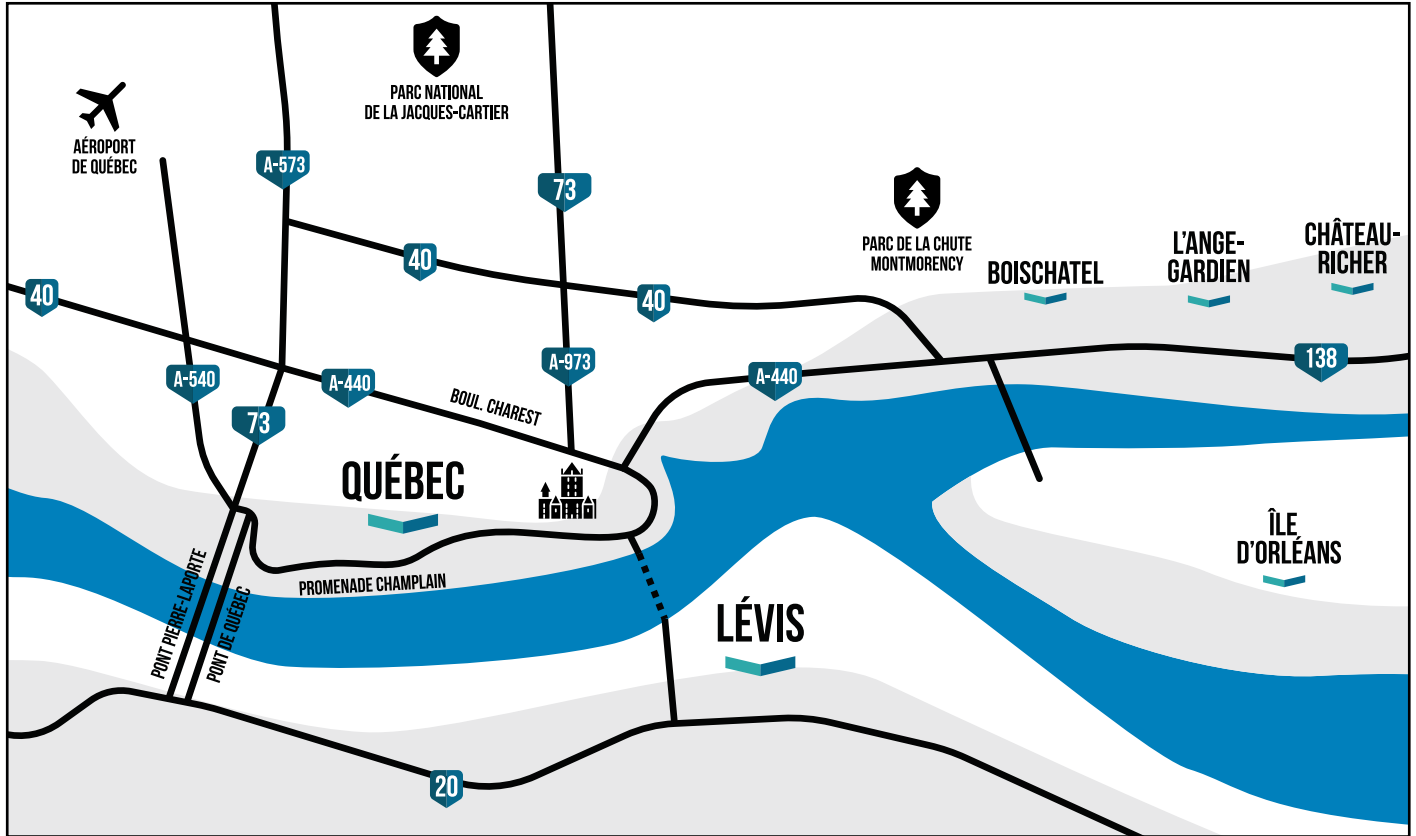


The Quebec Mega Trail team hopes your stay with us will be as pleasant and practical as possible.

Here are a few addresses not to be missed, as well as useful information about Quebec City, Beaupré and Charlevoix.



# QUÉBEC



Located just 45 minutes from the race site, Quebec City and its surrounding area offers a ton of fun activities for families, couples and individuals. We strongly recommend going for a scenic drive around Île d'Orléans followed by a short walk through Quartier Petit Champlain area to discover the heart of Quebec City's history.

Downtown Quebec City is just 22 minutes from Jean Lesage International Airport.

Here are a few must-sees, divided into 3 categories.

## AGROTOURISM

- Visit l'île d'Orléans and its incredible local products ([Cassis & Monna](#)),
- [The grand marché](#)
- [Maison smith](#)
- [Microbrasserie La Souche](#)

## OUTDOORS

- [Jacques-Cartier National Park](#)
- [Old Québec.](#)
- [Beauport's urban beach](#)
- [Expédition nouvelle vague](#)
- [Réserve Faunique des Laurentides](#)

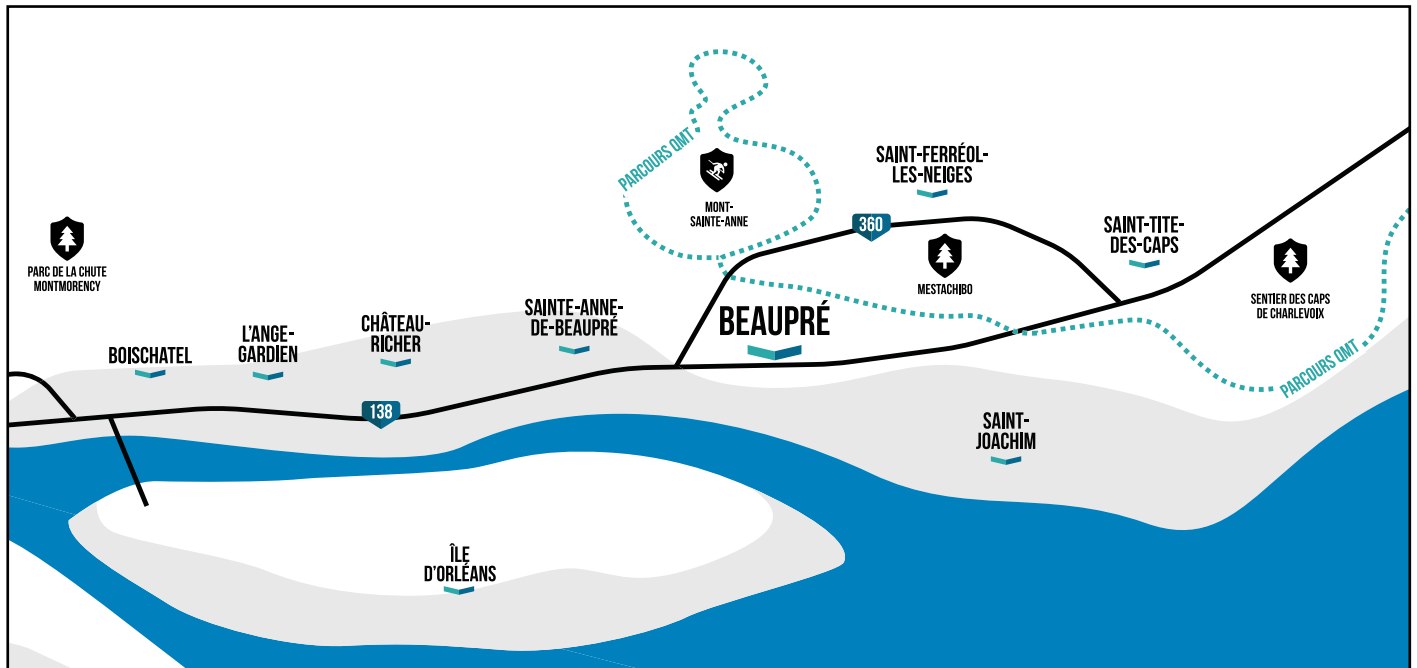
## FUN FOR ALL THE FAMILY

- [Village Vacances Valcartier Waterpark](#)
- [The Labyrinth Inukshuk](#)
- [Observatoire de la Capitale](#)
- [Musée de la civilisation](#)
- [Québec City Aquarium](#)

For all you need to know about [Quebec City](#)



# BEAUPRÉ/ MONT-SAINTE-ANNE



There are many activities and cultural attractions to discover along Route 138 East, on your way to the race site from Jean Lesage International Airport. Café Apollo near the Basilique Ste-Anne is a great place to enjoy a delicious coffee. From there, you'll be within walking distance of local shops and the Quai Sainte-Anne, which offers beautiful views of the St. Lawrence River.

The Côte-de-Beaupré is rich in heritage and yields a number of natural attractions to discover. Between the river and the mountains, there are a multitude of outdoor activities in this magnificent region to enjoy.

There are a multitude of hiking trails in the vicinity of the race site. Fancy a good microbrewery beer? Stop in at Brasseurs des Monts or discover the traditional poutines at Shack à patates.

## HERE ARE A FEW USEFUL ADDRESSES NEAR THE SITE :

### Marché du Village market :

3175 Av. Royale, Saint-Ferréol-les-Neiges

### IGA Chouinard grocery store :

10505 Bd Sainte-Anne, Sainte-Anne-de-Beaupré

### Gas station :

250 Bd du Beau Pré, Beaupré

### Pharmacy :

10974 Bd Sainte-Anne, Sainte-Anne-de-Beaupré

### Hospital :

11000 Rue des Montagnards, Beaupré

### ATM :

10974 Bd Sainte-Anne, Sainte-Anne-de-Beaupré

### Taxi :

581-909-8294



# BEAUPRÉ/ MONT-SAINTE-ANNE

Must-see attractions :

## AGROTOURISM

- [Café Apollo](#) and Sainte-Anne-de-Beaupré Basilica
- [Gramme bulk grocery](#)
- [Québec'Oies farm](#)
- [Brasseur des Monts Microbrewery](#)
- [Beaux-prés Microbrewery](#)
- [Bioferme des caps](#)
- [Buvette chez Rita restaurant](#)

## OUTDOORS

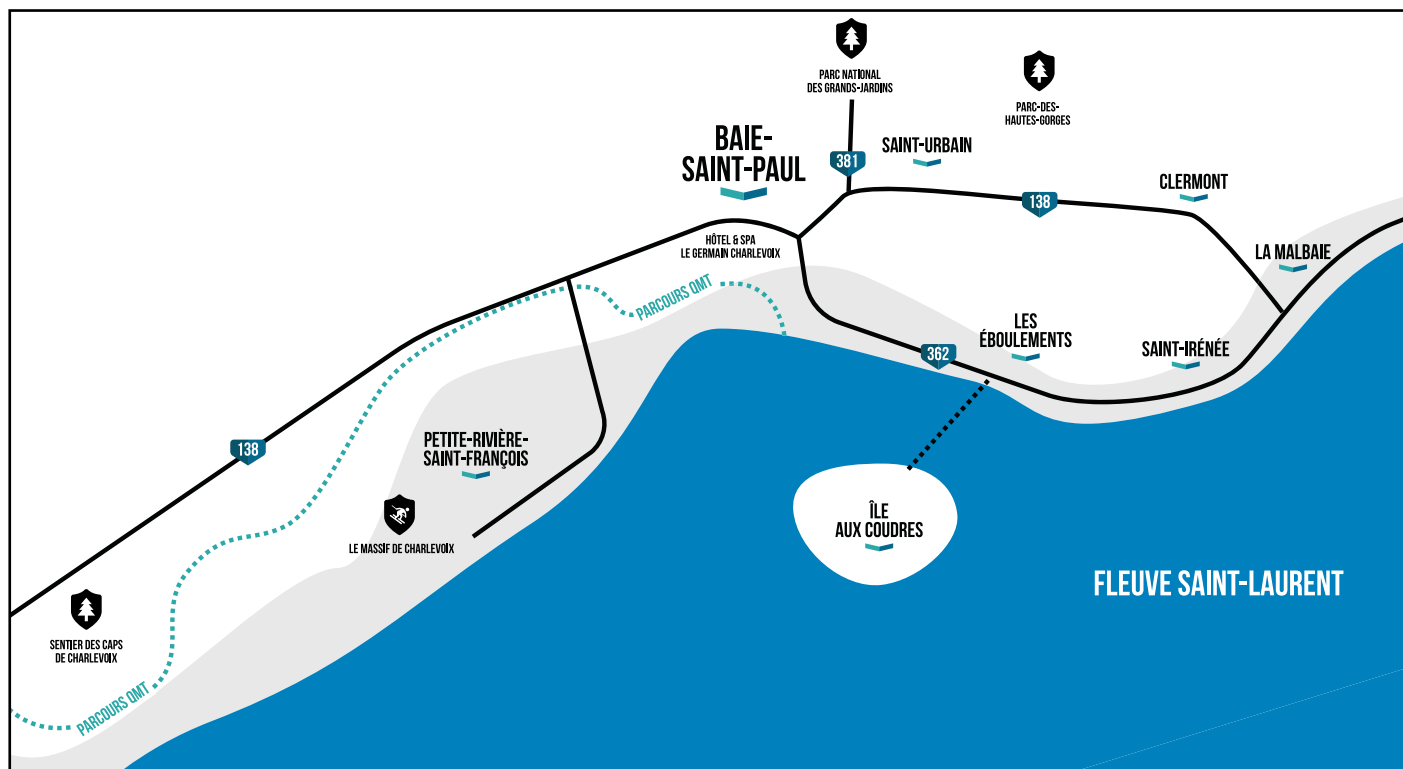
- [Chute-Montmorency National Park](#)
- [Cap Tourmente National Wildlife Area](#)
- [Canyoning, Canyoning](#)
- [Sainte-Anne-de-Beaupré Pier](#)
- [Boucle des chutes, a 5 km hike from Mont-Ste-Anne to the magnificent Jean-Larose waterfall, Boucle des chutes](#)
- [Mont-Ste-Anne hiking trails](#)
- [Mountain biking at Mont-Ste-Anne](#)
- [Sentier des Caps hiking trails](#)

## FUN FOR ALL THE FAMILY

- [Cheval et campagne](#)
- [Musée de la nature museum](#)
- [River shuttle between Sainte-Anne and Quebec City](#)
- [Nouvelle-France historic route](#)
- [U-pick Strawberry Farm](#)
- [Mont-Ste-Anne Aqua-Parc](#)
- [Paintball](#)
- [Canyon Ste-Anne](#)



## CHARLEVOIX / BAIE-ST-PAUL



Charlevoix is known for its nature and authentic charm. It is divided into six sectors, four of which are part of the Association of Most Beautiful Villages Quebec :Tourisme Charlevoix. Baie-Saint-Paul is located 40 minutes from Mont-Sté-Anne and 1h08 minutes from Quebec City via Highway 138 east.

You can grab a bite to eat at the charming Mousse café just a few steps from the QMT100 start site. Then, head to rue Saint-Jean-Baptiste for a spot of shopping. A number of local artists display their work there. Finish a perfect day in Baie-Saint-Paul at nearby Le Germain Hotel bistro for happy hour.

### GAS STATIONS

Please note that gas stations are limited between Mont-Sté-Anne to Le Germain Hotel (QMT100 start), so it's best to fill up before you leave! Your first gas station will be in the village of Baie-Saint-Paul on route 362.



# CHARLEVOIX / BAIE-ST-PAUL

Here are our musts in this magnificent region. We strongly suggest you spend a few days here.

## AGROTOURISM

- [\*Faux Bergers restaurant\*](#)
- [\*Bistro de l'Estran in Baie-St-Paul\*](#)
- [\*Laiterie Charlevoix\*](#)
- [\*Fraîcheur et saveur\*](#)
- [\*Auberge le four à pain\*](#)

## OUTDOORS


- [\*Grands-Jardins National Park\*](#)
- [\*ZEC des Martres \(Mont du Lac à l'Empêche\)\*](#)
- [\*Hautes-Gorges-de-la-Rivière-Malbaie National Park\*](#)
- [\*Massif de Petite-Rivière-St-François\*](#)
- [\*Canyoning\*](#)

## FUN FOR ALL THE FAMILY

- Petite-Rivière-St-François pier, [\*Tourisme Charlevoix\*](#)
- [\*Domaine Belle Plage à Baie-St-Paul\*](#)
- [\*Katabatik\*](#)
- [\*Via Ferratta\*](#)
- [\*L'île aux Coudres island\*](#)







CÔTE DE  
BEAUPRÉ

# NATURAL BALANCE


The Côte-de-Beaupré  
region, a four season  
outdoor activities  
destination !



TO PLAN YOUR  
NEXT STAY:  
[COTEDEBEAUPRE.COM](http://COTEDEBEAUPRE.COM)



MVT  
MONT S<sup>TE</sup> ANNE

 Mont-Sainte-Anne

 Sentier des Caps



# PCN x QMT

Pro tips so that  
your challenge  
be a success!



**#1 Make sure you have the right equipment and, above all, have tested it!**  
A race is never the right time to try on new shoes, poles, a new running jacket or even a new pair of socks! For the big day, use the gear you had during your training. Your body is already adapted to it!

**#2 With the miles piling up, fatigue joins the race.**  
Make sure you adapt your technique to the type of terrain and stay alert! Sometimes a slightly prolonged break is a guarantee of crossing the finish line!

**#3 Have fun!** Yes, there is distance, elevation, technique and your goals. But, if it's all done in fun, it's easier to enjoy it!

Our physical therapist team will be on the course with you to ensure that you complete your race in good shape! Do not hesitate to contact us and ask questions if necessary! Good race to all!

# THE PERFECT ECO-RESPONSIBLE VISITOR



Quebec Mega Trail believes in taking action and making changes towards sustainability. In addition to hosting an exceptional trail running weekend, one of the team's main focus for many years has been minimizing the event's impact on its environment and its territory while having a positive impact on the local and business community of the Côte-de-Beaupré and Charlevoix regions.

**Are you planning to travel to Mont-Sainte-Anne during the Quebec Mega Trail?**

Here are **FIVE** tips to help you plan your day or your stay!

## 1 PLAN YOUR TRIP

Carpool with your friends and family to get to the event!

New in the 2023 edition! A shuttle service will be available on Sunday, July 2nd only. The shuttle departs from the Galeries de la Canardière in Quebec City to Mont-Sainte-Anne. Reservations required. Limited seating available.

[\*Book a seat in the shuttle\*](#)



## 2 PLAN TO PACK YOUR OWN

Quebec Mega Trail has been committed to drastically reducing single-use items for several years now. With this in mind, plan to bring the following items from home :

- **a water bottle;** drinking water stations are available on the sites.
- **a backpack or reusable bag;** no plastic bags will be provided to carry your purchases from onsite vendors, the QMT boutique or the QMT thrift store. Plan ahead!





## 3 QMT THRIFT STORE

New in the 2023 edition!

Québec Mega Trail is setting up the QMT thrift shop, a place to give a second life to sportswear in collaboration with [La Fripée](#), a young company based in Côte-de-Beaupré,

Before coming to the race, sort through the sports and outdoor clothing you'd like to get rid of. Bring them directly to the QMT thrift store, which will be located on the main site at Mont-Sainte-Anne.

All profits from this initiative will be distributed to community projects linked to social and sustainable development.



## 4 SORTING AREA

We all know that the easiest and quickest way to dispose of waste is to toss it in the nearest bin.

Please take the time to sort your waste in specific bins provided for either trash, compost or recycling. There will be sorting areas and carefully identified bins onsite.

Remember to compost and recycle before you throw away! Your contribution is most important!



## 5 LEAVE NO TRACE

Planning to cheer for a runner and to enjoy the vast playground that our region has to offer along the way? What a great idea!

Walking and running directly on the trails is essential to protecting the vegetation and keeping our territory intact!

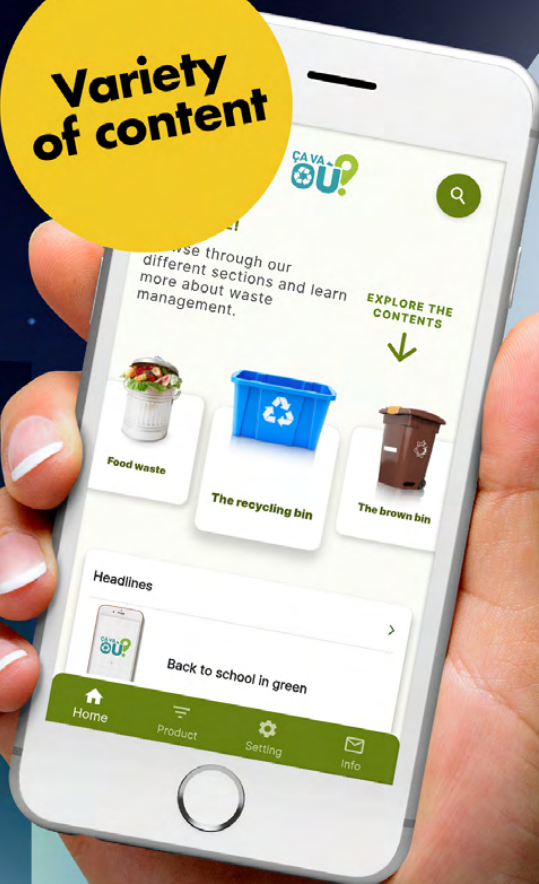
Also, make sure you don't leave anything behind during your hike : trash, bottles, tissues, etc.

Why not take it up a notch? If you see litter in the forest or on the trails, pick it up (even if it's not your own). Thanks in advance!



# Always there for **you.**

**Variety  
of content**



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Google Play

Votre  
gouvernement

RECYC-QUÉBEC  
Québec







# LES CRINQUÉS



PROUD PARTNER OF VOLUNTEERS



Last year, on the occasion of our 10th anniversary, we photographed our volunteers to immortalize the beautiful energy of those who have the QMT tattooed on their hearts.

A project made possible by the help of Desjardins (Côte-de-Beaupré), official partner of our volunteers and the portrait photographer Francis Fontaine.



QC MEGA  
TRAIL



COROS



APEX2 Pro



APEX2 Pro



APEX2



APEX2



APEX2



With the code **QMTCOROS23**  
until June 30, 2023  
receive a free band  
with every watch purchase on  
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COROS.ca

  
**LA CORDÉE**  
Le spécialiste des sentiers d'ici

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\*Certaines conditions s'appliquent. Détails en magasin. (Code Promo QMT23)

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OUR LOW-FAT RANGE\*

\*At least 50% less fat than our Classique.



# The motivation for overtaking is familiar ground.

Good race to all the participants.

**BEAUPORT**  
**NISSAN**

Proud partner



**Frédéric Harvey**  
General Manager





**NATURAL PERFORMANCE.**  
**BE MORE MERINO.**

**MERINO WOOL IS THE IDEAL FIBER FOR RUNNING.**  
**NATURAL. LIGHTWEIGHT. BREATHABLE. ODOR RESISTANT.**



**QC MEGA  
TRAIL**

**PRÉ-COMMANDE  
NOUVEAUX VÊTEMENTS**

**PREORDER – NEW CLOTHES**

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DU 19 AU 22 OCTOBRE 2023

[www.grandraid-reunion.com](http://www.grandraid-reunion.com)

 Grand Raid Réunion - Officiel



**DIAGONALE  
DES FOUS**

165 KM - 10 000 M. D+

**TRAIL DE  
BOURBON**

109 KM - 6 260 M. D+

**MASCAREIGNES**

71 KM - 4 010 M. D+

**ZEMBROCAL TRAIL**

147 KM - 7 910 M. D+

**SOMIN  
GRAND RAID**

Randonnée 20km





# SWISS CANYON TRAIL



2-4  
june 2023  
**111K**  
81K 51K 31K

## #CONQUER THE SWISS CANYONS

[swisscanyontrail.com](https://swisscanyontrail.com)

Courses partenaires



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MADEIRA ISLAND  
ULTRA-TRAIL®





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**SALOMON**

MAJOR PUBLIC PARTNERS

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MONT S<sup>T</sup>E ANNE

VILLE DE BEAUPRÉ

Québec  
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TOURISME  
CHARLEVOIX

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Desjardins

XACT

LA SOUCHE

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& COUNTRY DES COULEURS

LA CORDEE

BEAUPORT  
NISSAN

icebreaker  
Move to natural™

RESULTS PRESENTER

COROS

PARTNER RACES

GRAND  
RAID

SWISS  
CANYON  
TRAIL

MIUT. MADEIRA ISLAND  
ULTRA-TRAIL®

PUBLIC PARTNERS AND HOSTS

Mont-Sainte-Anne

Secteur des Caps  
Charlevoix

Secteur  
Mestachibo

SAINT-TITE-  
des-Caps

Municipalité de  
Saint-Ferré-des-Neiges

BSP Ville de  
Baie-Saint-Paul

PETITE-RIVIÈRE  
SAINT-FRANÇOIS

upreMRC de Côte-de-Beau

CAROLINE  
DESBIENS  
MAYORAL 2022 DE BAIE-SAINT-PAUL  
RESTAURANT CAROLINE

MEDIA PARTNERS

Running

DANS LA TÊTE  
D'UN COUREUR

leSoleil  
NUMÉRIQUE

SUPPLIER PARTNERS

LE  
GERMAIN  
HÔTEL

IGA  
Supermarché Charlevoix et plus

boco  
GEAR

MONO-LINO  
CENTRE D'IMPRESSION NUMÉRIQUE  
GRAND FORMAT

KARIBU

PROMAGERIE  
BERGERON

COLLABORATORS

TOUT-TRAIL

CLINIQUE  
COUREUR

TRAIL  
COUREUR  
DES BOIS

TRAIL  
Association

TRAIL DU  
GRAND-DUC  
Un défi pour découvrir les sentiers

PN  
PLANÈTE NUTRITION

Fédération québécoise  
d'athlétisme

ITRA  
TRAILRUNNING  
MEMBER