

Ghent Marathon Runners Guide

27 October 2019



**Pauwels
Consulting**
ENGINEERING - PHARMA - IT





Dear runner or supporter,

Ghent is a true city of runners. We have several signposted running tracks, inspiring front runners such as Eline Berings and Bashir Abdi and a lot of running events including the City Run, Mid Summer and Mid Winter Runs and this marathon. We too enjoy a run at lunch time or on a Sunday. The ideal way to clear the head and relax.

Ghent is home to over a 1.000 clubs in different sport branches and we want to motivate even more inhabitants of Ghent to start moving, independently from their age, ability and background. Because sport is so much more than improving your fitness. You can test your perseverance, you can meet new friends with whom you share your hobby and you can reduce your stress level. In a nutshell, it just makes you happier.

That's why the city of Ghent invests in brand new community sports infrastructure, a broad range of sports camps, G-sport and sports events. This way, even more inhabitants of Ghent can enjoy the satisfying feeling of a warm shower after a work out.

We wish you best of luck during your race at Ghent Marathon.
And most of all: have fun!

Sofie Bracke and Mathias De Clercq
Sportschepen and the Mayor of Ghent



Dear runner or supporter,

We are very happy and proud to present you the 3rd edition of the Pauwels Consulting Ghent Marathon on Sunday 27 October 2019.

What started as a wild idea among friends 3 years ago has grown into a big and successful running party. Thanks to the different running distances, the Ghent Marathon is one of the largest running events in Belgium. We expect about 6000 runners.

As previous years, we choose the beautiful nature around Ghent with a spectacular arrival in the Topsporthal. Thanks to the 500 volunteers!

As a sports ambassador for Ghent, I wish everyone a fantastic Sunday and a good final preparation. We see each other at the finish where a great medal is waiting for you.

Welcome!

Stefaan Engels (Marathonman)





THANK YOU

Our running courses are green and we'd like to keep it that way! Do not throw your litter on the ground please. There will be a bunch of bins along the road.

A GREEN MARATHON, THANKS TO YOU!

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Thanks to



09:45
10 km



14:00
half marathon



14:30
kids run



PROGRAM

27 OCTOBER 2019
= START WINTER HOUR!



marathon

09:00



walk

11:00



5 km

14:15



junior run

14:40



HOW TO GET THERE

Start & finish of all races

Topsportal, Zuiderlaan 14, 9000 Gent

By foot

Railway station Gent-Sint-Pieters is at 2,5 km walking distance from the Topsportal. The ideal warming up before your race!

By bike

1.200 bicycle stands will be installed close to the Topsportal. Find your best route on <http://fietsrouteplanner.gentfietst.be>

By public transport

The closest bus stop is Belvederweg, the closest tram stops at Martelaarslaan. Have you thought about taking your bike on the train? For more info: www.belgiantrain.be.

By car

Parking lots close to the Topsportal are limited. You'll find some in the Blaarmeersen and next to the Watersportbaan. Railway station Gent-Sint-Pieters has an underground paid parking with 1.580 parking lots. Carpooling is a good idea! Keep in mind: Zuiderlaan from Westerlaan/R4 will be closed for all traffic on 27 October!

UPON ARRIVAL

BRING YOUR CONFIRMATION EMAIL FOR A SMOOTH HANDLING

ARE YOU ENROLLED IN A GROUP?

Check with your group captain if the race numbers can be collected individually or not. The captain had the choice to collect all race numbers in 1 package.

Collecting your race number

Fr 25/10 15h-20h

Sa 26/10 10h-18h

in Huis van de Sport,
Zuiderlaan 13

Su 27/10 as from 07h
until 30 min before the
start of your race
in the Topsportal,
1st floor

TIP: IF POSSIBLE, COLLECT YOUR RACE NUMBER ON FRIDAY OR SATURDAY!

Collecting your bottle of beer

We promised a bottle of Gulden Draak 75ml to the 1st 1000 participants. On 25 and 26/10 you'll get this together with your race number. On 27/10 you'll get it after the refresh zone at the finish.

On top of this, all participant receive a Gulden Draak bottle at the finish: see p.17

Collecting your T-shirt

Marathon runners and participants who ordered a T-shirt online can collect it together with their race number. There are no T-shirts for sale on the day of the event.

Dropping off your sports bag

You can store your sports bag for free on 27/10 from 7h am onwards on the 1st floor of the Topsportal.

The bagage reclaim closes at 17h30.

REGISTRATIONS ON RACE DAY

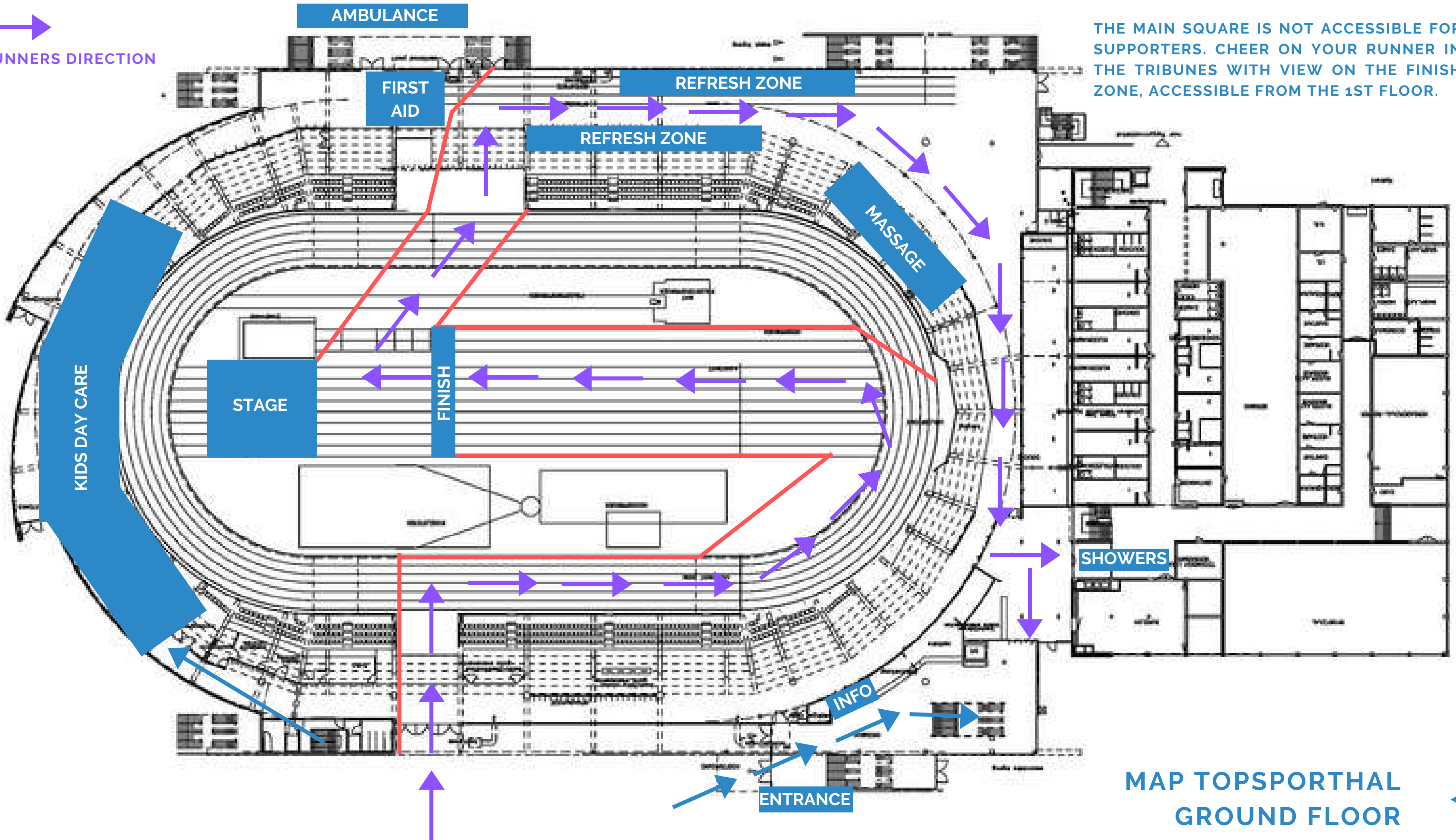
On 27 October you can still register to run up to 30 minutes before the start of your race. You'll find the desk on the 1st floor in the Topsporthal.

Payment by cash or bancontact.

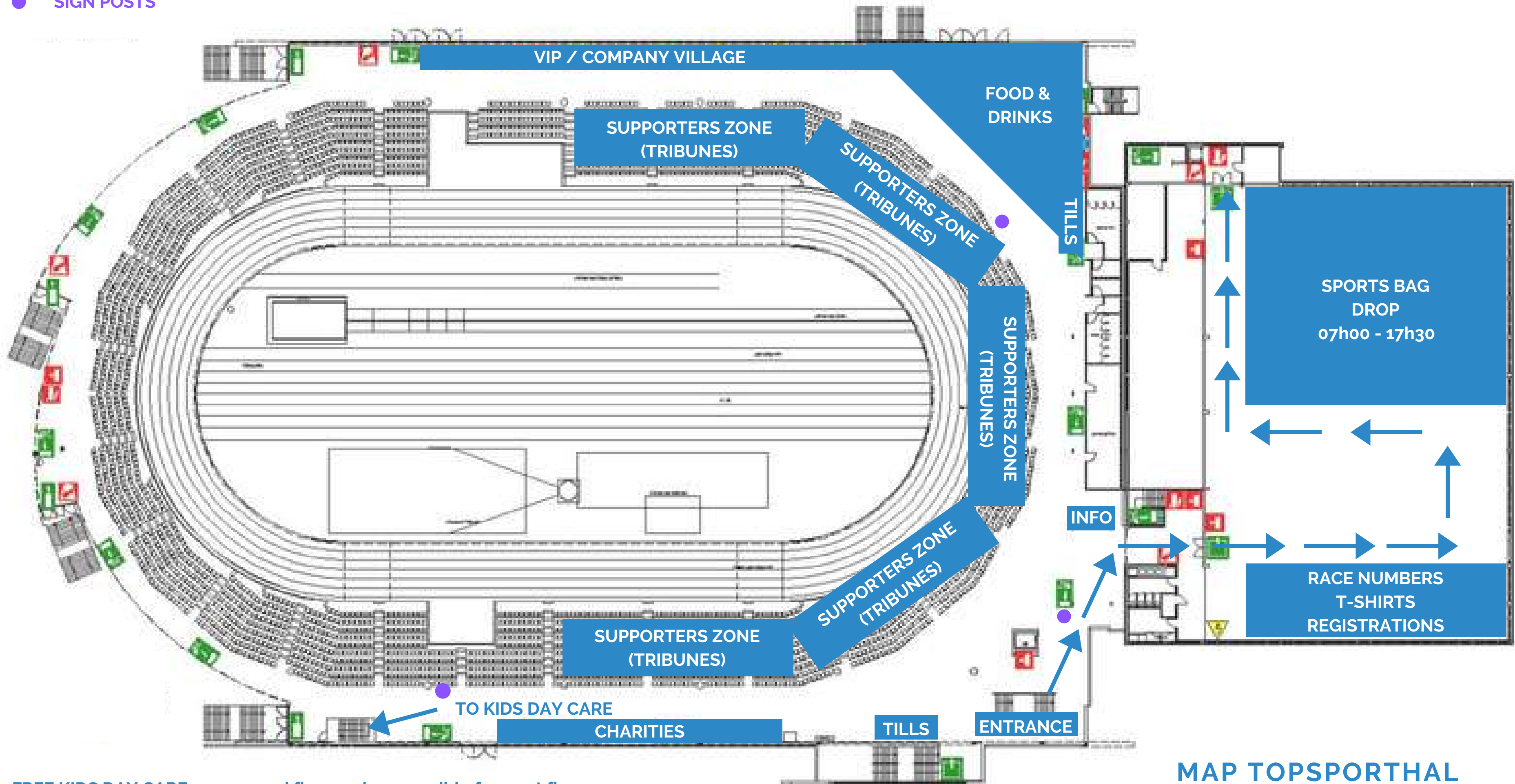
Online registration in advance is more efficient ;-)



→
RUNNERS DIRECTION



MAP TOPSPORTHAL
GROUND FLOOR



FREE KIDS DAY CARE - on ground floor, only accessible from 1st floor
on Sunday 27/10 from 08h30 until 18h30

MAP TOPSPORTHAL
1ST FLOOR

The start

The marathon race starts in 4 waves, the half marathon counts 6 waves. You can choose in which wave you start. Our pacers carry a flag with estimated finish time and thus give you an indication of the wave in which you best start. The participants of the other races start in 1 wave. All starting shots are given in the Zuiderlaan, in front of the Topsportal. Rise & Run warms you up!

The pacers

Marathon: 02h59, 03h15, 03h30, 03h45, 03h59, 04h15
Half Marathon: 01h30, 01h40, 01h50, 02h00, 02h10

Drinks & food on the course

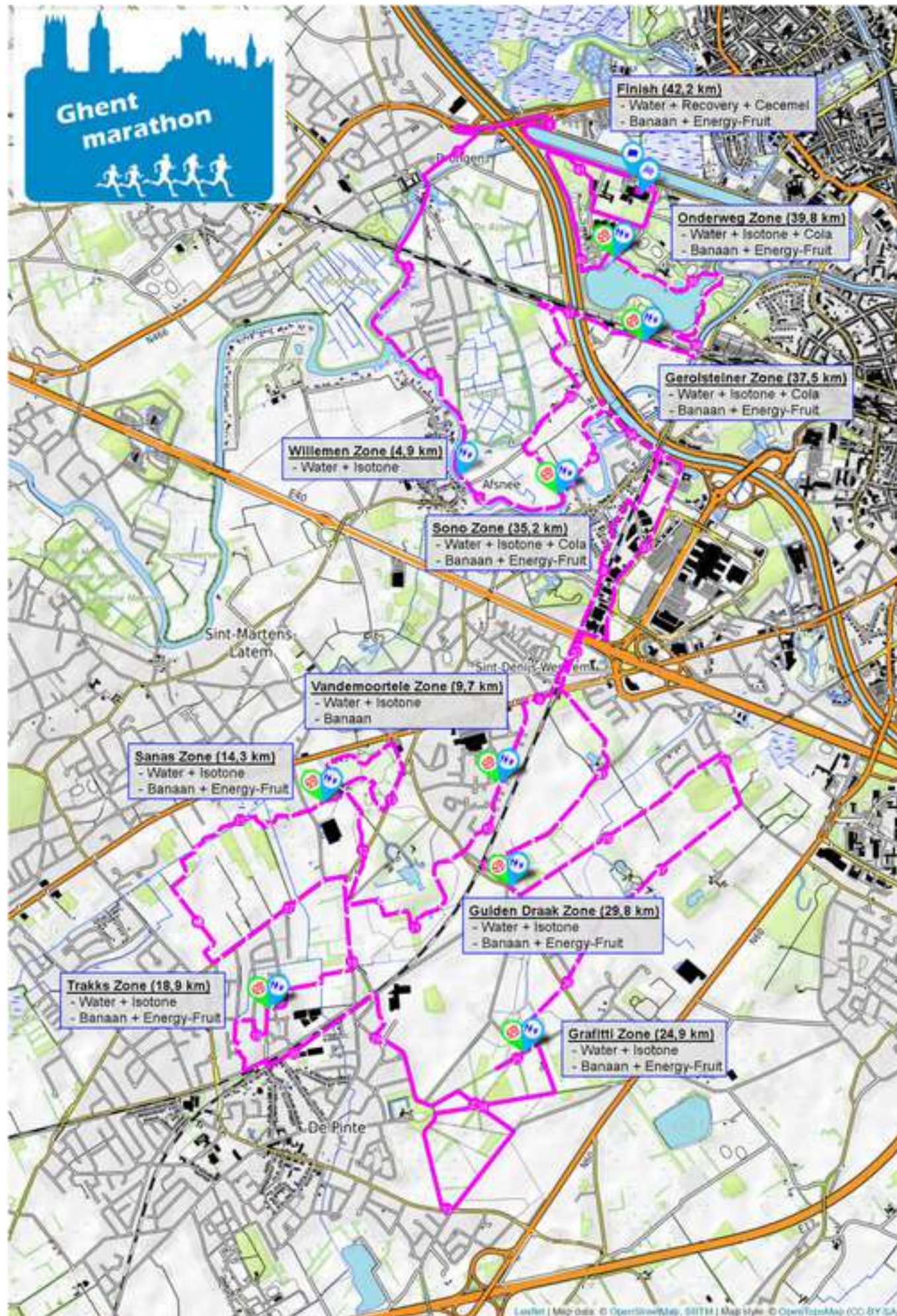
Every 5 km we provide Gerolsteiner water, Sanas isotone drink & energy fruit and bananas. On the last 3 posts, there is also Coca Cola for marathon runners.

YOUR RACE

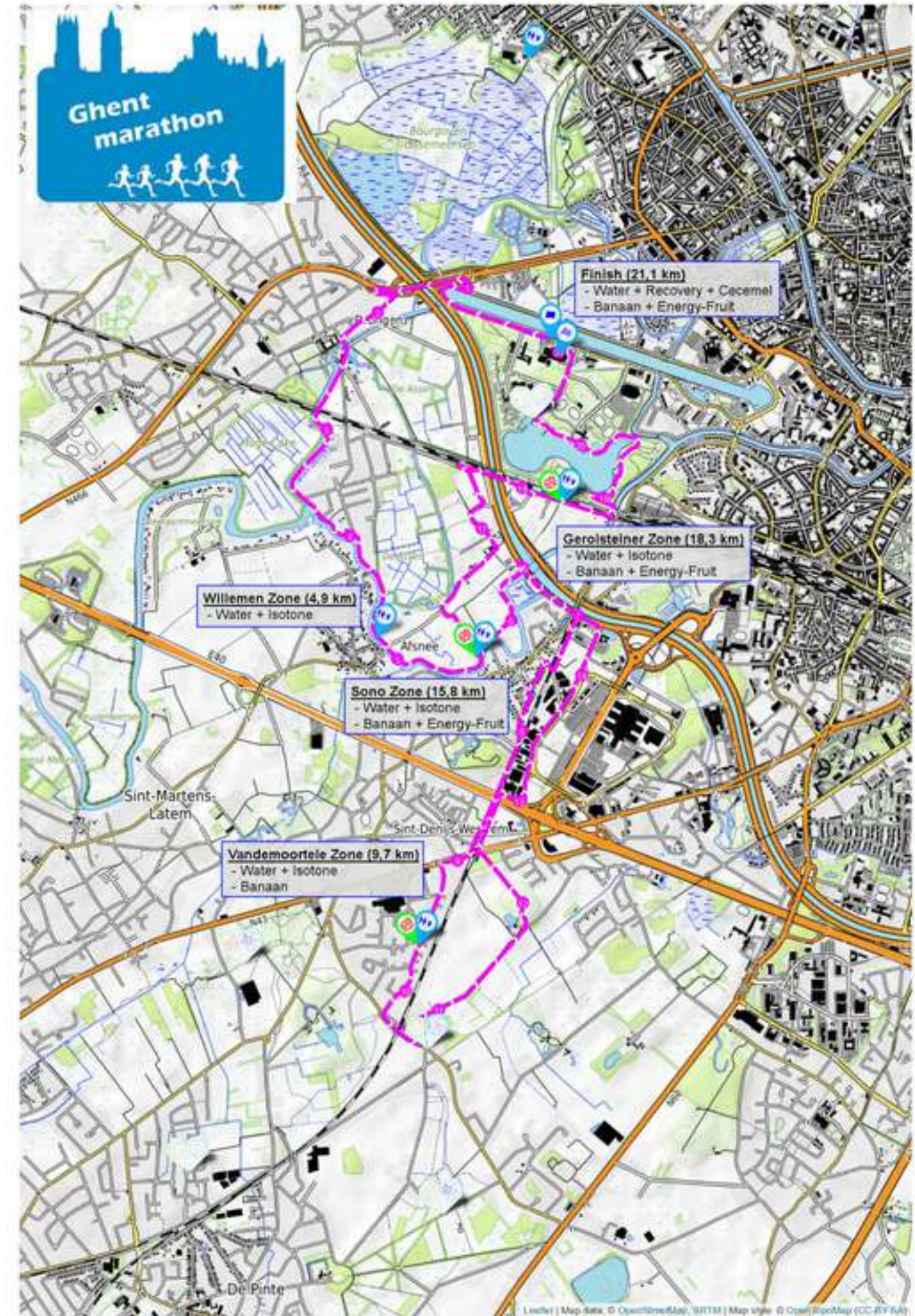
DJ's along the race course

to give you the beats and the rhythm!





marathon



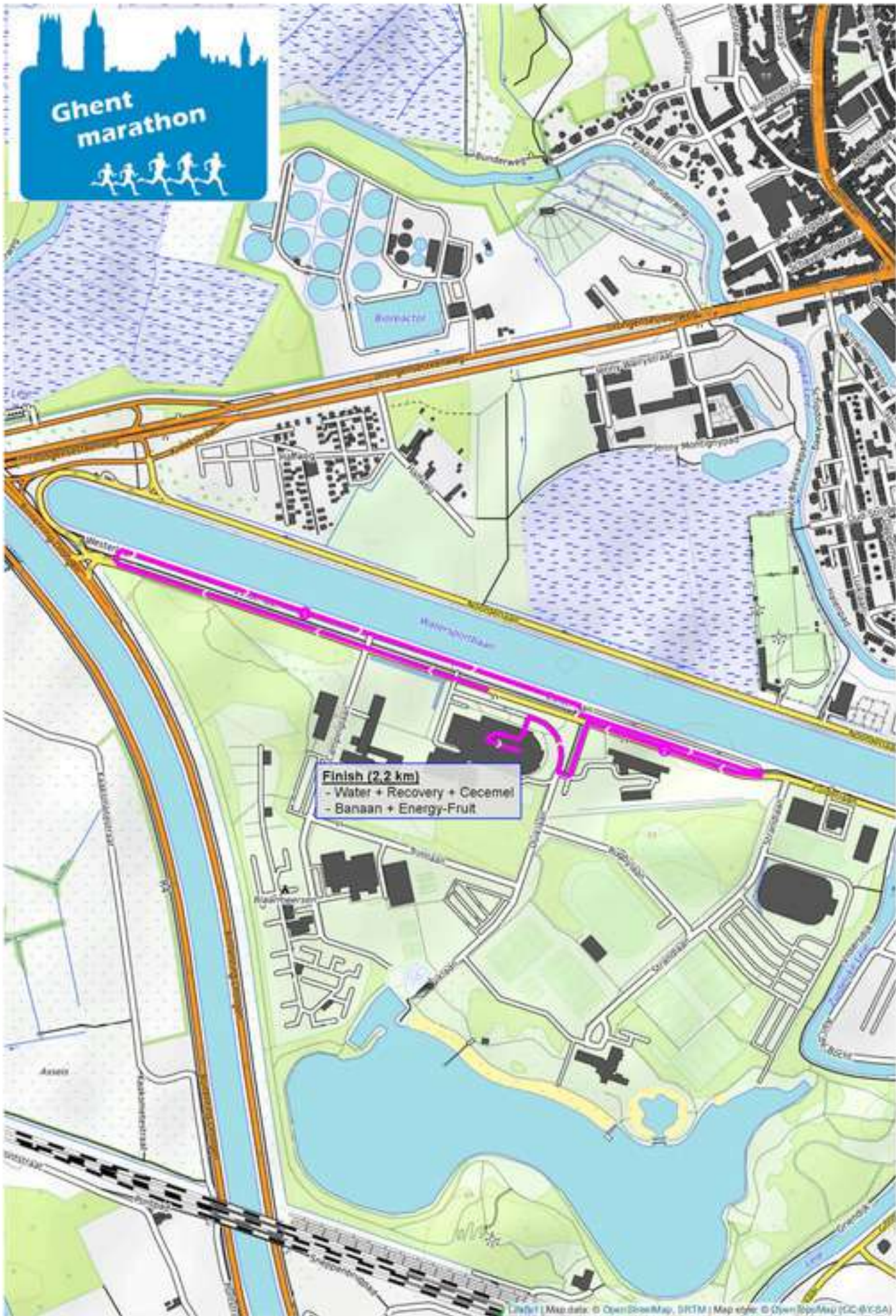
half marathon



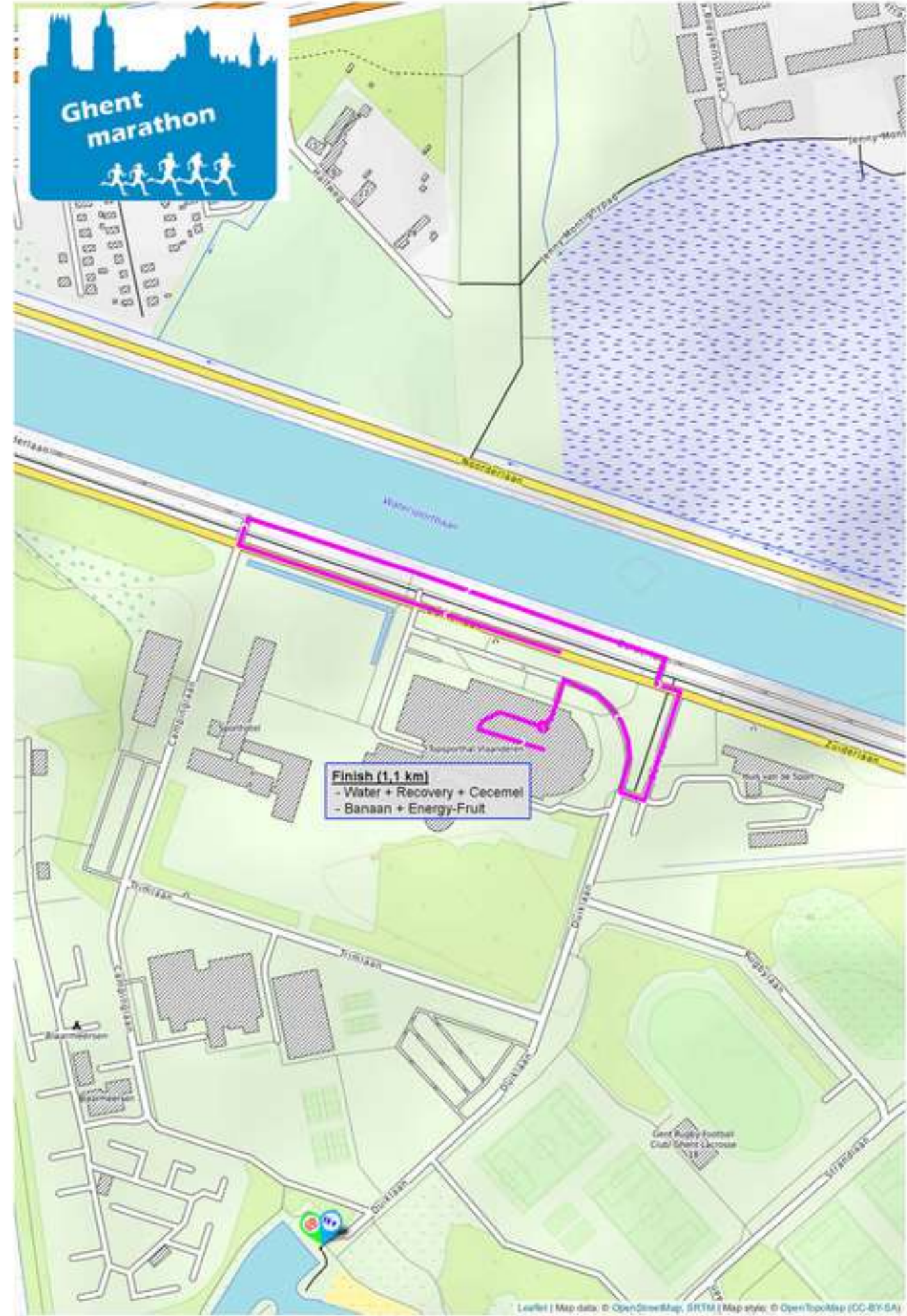
10 km



5 km



Junior



Kids



Walk

© Peter Vens

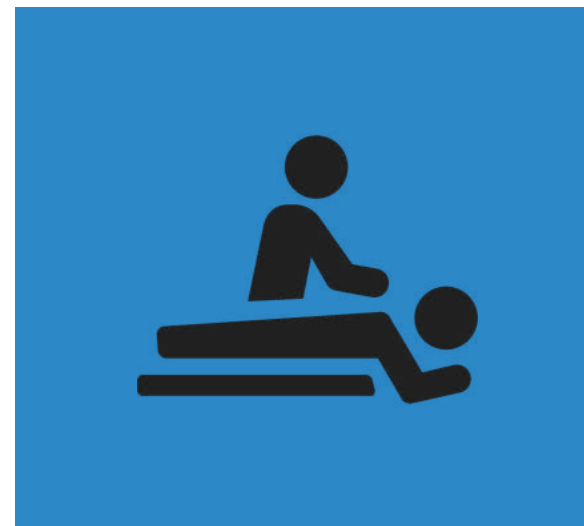
AT THE FINISH

FOR SECURITY REASONS AND A GOOD FLOW:
THANKS TO LEAVE THE MAIN SQUARE TOWARDS THE REFRESH ZONE ONCE YOU'VE RECEIVED YOUR MEDAL



Refresh zone

with water, Cécémel
and recovery drink



Extra's

free massage and a bottle
of Gulden Draak 75 ml



Showers

available
on the ground floor

THANKS TO



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trakks
running | trail | outdoor



ISONO
RENT & EVENT

Onderweg >
Snelkoerier



SANAS
HEALTH, FITNESS & SPORT





BEEN THERE
RAN THAT



Ghent Marathon

www.marathonvangent.com

