

Runner's guide

International Marathon of Charleroi Métropole

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1. Introduction

The Charleroi Métropole international marathon team is happy to welcome you on June 29 for the second edition of the Charleroi Métropole international marathon!

We already congratulate you for your participation and your courage!

Thanks to this runner's guide, we hope to answer all your questions.

Happy reading!

2. What should I do when I'm there?

2.1. Do you already have your bib?

You did well! All you have to do is drop off your things in the locker room. After that, you will have to go to the start and enjoy your race.

2.2. You have NOT received your bib yet?

It doesn't matter, you will have to go to the secretariat who will give you your bib. Attention, know that a permanence will take place on Saturday, June 28 from 4 p.m. to 8 p.m. and on Sunday from 6 a.m.

To be expected:

Your E-ticket (received by email)

Your identity card

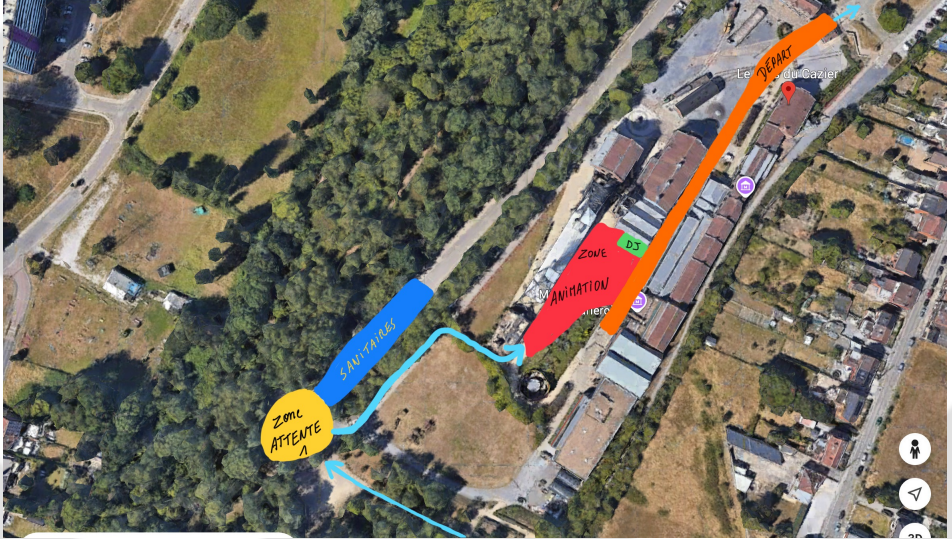
All you have to do is drop off your things in the locker room.

Then, you will have to go to the departure thanks to the shuttles that you have booked in advance or get there by your own means.

3. Access to the place of departure

=> Address: <https://maps.app.goo.gl/gZbBDKeNQhfSev148>

We advise you to favour the shuttle to get to the departure. Indeed, access to it would be very complicated.



4. Pacer

To allow you to fulfil your goals, pace leaders will be present. These will be equipped with a t-shirt and a flag mentioning the pace (all in the colours of our partner Trakks).

Here are the different gaits:

Marathon: 3h| 3h15| 3h30 | 3h45| 4h| 4h15| 4h30| 4h45

Half marathon: 1h35| 1h45| 2h | 2h15| 2h30| 2h45

5. Time limit

Marathon: 6h

Semi: 3h

10km: 1h30

5km: 45m

Warning: If your pace is below 9 minutes a kilometre on a flat, we will be forced to stop you if you are late on the time barrier.

6. Course

Marathon: <https://www.openrunner.com/route-details/20539061>

Semi-marathon: <https://www.openrunner.com/route-details/19546182>

10km: <https://www.openrunner.com/route-details/19546240>

5km: <https://www.openrunner.com/route-details/20203782>

7. Shuttles

=> Adresse: <https://maps.app.goo.gl/FGwgX43HTPz3MX7D6>

We provide bus shuttles. These will allow you to arrive at the place of departure.

They will wait for you at the Charleroi bus station.

Please note that only participants who have booked the shuttle when registering will be able to access it.

You will notice a "shuttle" icon on your bib. This is your entrance ticket.

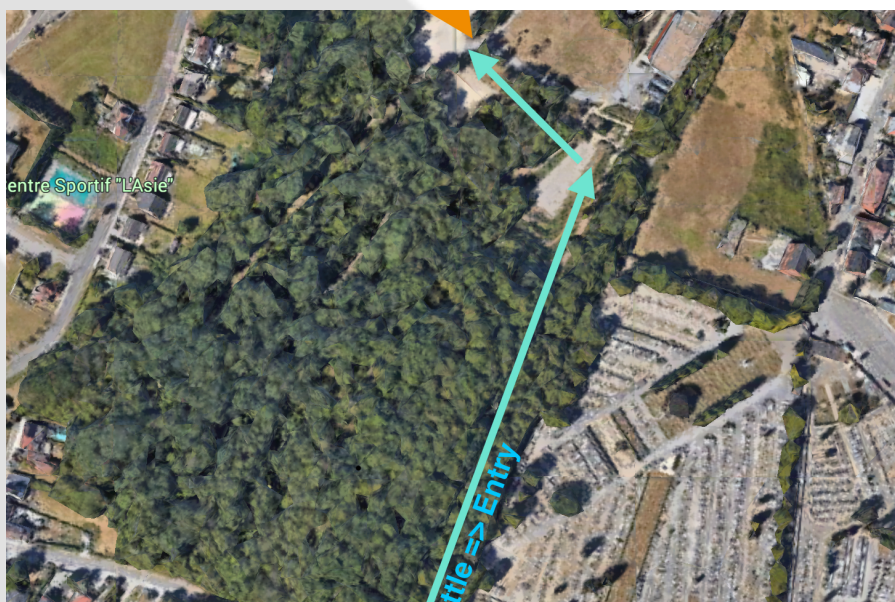
If you do not have this icon on your bib, it is because your bib was already printed before your shuttle reservation or you simply did not reserve it.

Thank you for being punctual and respecting the time that will be sent to you by email. This will avoid unnecessary complications.

Please note that the shuttle may not leave at the scheduled time. A shuttle will never leave with less than half the capacity.

Be careful, if you have not booked shuttles, you will have to go to the Bois du Cazier by your own means. If this is the case, you will have to give your belongings to a loved one or deposit them before your departure in the storage area provided at the IND of Charleroi.

Shuttle exit journey until departure.



8. Marathon Village

Adresse: Place Verte, 6000, Charleroi

Lien Google maps: <https://maps.app.goo.gl/6aXiozkkXAziKNCVA>



9. Changing rooms and showers

The changing rooms will be 200m from the marathon village, at the IND of Charleroi.

Adresse: Rue de Charleville 53, 6000 Charleroi, Belgique

Lien Google maps: <https://maps.app.goo.gl/NAvVAzraPbRHqsvT8>

FONCTIONNEMENT DES CONSIGNES

DÉPÔT SAC

1. Je décroche l'étiquette de mon dossard
2. Je place l'étiquette sur la lanière de mon sac
3. Je reçois un colson à l'entrée pour sécuriser mon sac
4. Je rentre obligatoirement avec mon sac
5. Je me dirige vers l'allée correspondante à mon N° de dossard
6. Je dépose mon sac à l'emplacement prévu

RÉCEPTION SAC

1. Je montre mon dossard à l'entrée
2. **Pas de dossard, pas de sac !**
3. Je vais rechercher mon sac
4. Je montre mon sac avec l'étiquette correspondante à mon dossard
5. Le responsable coupe le colson
6. Je repars avec mes affaires

ATTENTION,

AUCUNE PERSONNE ne peut venir chercher les affaires de quelqu'un d'autre!!!

**NOUS DÉCLINONS TOUTES RESPONSABILITÉS
EN CAS DE PERTE OU DE VOL**

L'IND de Charleroi nous permet d'utiliser leurs infrastructures,

MERCI DE RESPECTER CES LIEUX

Attention, ton sac ne peut pas dépasser les 45 litres.

Sacs interdits: en plastiques/papiers ou au delà des 45 litres.

10. Supplies

During your journey, we will make every effort to ensure that you are in the best conditions! This refuelling plan was established by sports nutritionists. IF the temperature reaches more than 20°C, we will put intermediate refuelling. These will be found between each large supply and will be composed of water cubes thanks to which you will be able to hydrate yourself independently. Remember to take a bottle with you if you want to take advantage of these intermediate supplies.





Here's how full refuelling will take place.

Gels, energy bars and isotonic drinks are from the Decathlon brand.

CHARLEROI METROPOLE
MARATHON

RAVITO
sur
le parcours



MARATHON SEMI		 EAU	 BANANE	 BOISSON ISO	 BARRE ENERGIE + GEL
4	4,0	●	●		
10,1		●	●		
15,4		●	●	●	
20,2		●	●		●
23,9	8,6	●	●	●	●
29		●	●	●	●
34,9	13,7	●	●	●	●
41,2	20,0	●	●		

Gel

=> Lemon taste

Energy bar.

=> Wood fruit flavour

Isotonic powder

=> Fruit
flavourrouges


VitaFun


CHARLEROI

11. Day nursery

When you registered, you were able to choose if you wanted a place in the daycare centre for your child. On D-day, the daycare will be available and will be organised so that the children are safe and do not see the time pass!

Observe the map of the marathon village to know its location.

The daycare centre will start at 7 a.m.

12. T-shirt

Next to the bib reception, you can pick up your t-shirt at the "T-shirt & medal 5 and 10km" stand

The t-shirt is offered to marathon runners who have registered before June 01, 11:59 p.m.

If you do the semi, 10 or 5km and you bought the t-shirt, it will also be available.

A permanence will take place on Saturday, June 28 from 4 p.m. and 8 p.m. and June 29 from 6 a.m. to 3 p.m.

13. Medal

Marathon & Semi: Distribution at the finish

5 and 10km: If you bought the medal, you can pick it up at the "T-shirt & medal 5 and 10km" stand.

For engraving, if you have purchased this option, you will have to go to the "medal engraving" stand.

14. Bibs



On your bib is:

- At the bottom: The label for the instructions that you will have to attach to your bag.
- The icon of a t-shirt with your size (for the marathon + t-shirt purchases for other distances)
- The icon of a shuttle.
- The icon of a medal allowing you to have it engraved (if you reserved it when you registered)

Attention, the bibs are personalised if you registered before June 05.

If you registered after this date, you will not have all this information on your bib. Don't worry, we have a complete listing that will allow us to know whether or not you have reserved your medal and/or your t-shirt.

15. Program

Samedi 28 juin

16h à 20h: Permanence retrait dossard (Place verte de Charleroi)

Dimanche 29 juin

6h à ...: Permanence retrait dossard (Place verte de Charleroi)

8h30: Départ marathon

9h: Départ semi-marathon






9h30: Départ 5km

10h: Départ 10km

12h: Remise des prix scratch

13h: Remise des prix aux catégories

16. Prize money

Distance	Prize money (homme/femme)		
Marathon	 600€	 300€	 150€
Semi-marathon	 300€	 150€	 75€
10km	 50€	 40€	 30€
5km	 50€	 40€	 30€

17. Parkings

P1: P2 Expo

Distance Place Verte: 1km

Capacity: 500

Paid: free

We will provide two shuttles that will take you to the bus station.

P2: Parking Left Bank

Distance Place Verte: 0m (below the Place Verte)

Boulevard Tirou 20, 6000 Charleroi

Capacity: +-1000 seats

Paying: 1,6€/h

P3: Tirou Parking

Distance Place Verte: 250m

Boulevard Tirou, 20, 6000, Charleroi

Capacity: 440

Paying: 1,9€/h

P4: Parking de la Digue

Distance Place Verte: 400m

Place de la Digue, 21 to 6000 Charleroi

Capacity: 270 seats

Paying: 1€/h

P5: Q-Park Inno

Distance Green Place: 150m

Capacity: 350

Paying: 1,9€/h

18. Supporters

You have relatives who would like to encourage you, here is a map where the animations will be found.

=> <https://www.openrunner.com/route-details/20751314>

19. Bar

The bar will be managed by Jayus. They will offer you all kinds of local drinks.

This year, the bar will work via a token system.

We advise you to favour banking applications such as payconiq.

20. Safety

For your safety, we suggest you download the 112 application and note this GSM number in your phone if you run with: 0468/03.66.39

We hope you have a great time at the Charleroi International Marathon!

See you on June 29 for this second edition of thunder!

The Charleroi international marathon team

