

PRESS RELEASE
For immediate release

22nd Annual SSQ Insurance Quebec City Marathon, a healthy invitation from Brunet

New picture-postcard course a runaway success two years in a row

Quebec City, Monday, October 14, 2019 – Some fair-weather runners might have hung up their shoes for the season weeks ago, but not the 8,400 determined souls who turned out this weekend to participate in the 22nd annual [SSQ Insurance Quebec City Marathon, a healthy invitation from Brunet](#). The skies this weekend might not have been the bluest, but the balmy temperatures were certainly comfortable for runners in the Méga Parc 2K Kids' Race, SSQ Insurance Health 5K, Sports Experts 10K, 21.1K Half-Marathon presented by WKND 91.9 FM and 42.2K SSQ Insurance Marathon. With 2019 marking the second year of a new picture-postcard course entirely on the Quebec City side of the river, the organizing committee at Quebec Running Events Corporation and event producer Gestev are proud to report the weekend's events were a runaway success.

It's always a colossal challenge to organize a marathon right at the heart of a city. Although this was only the second year for this new course, everything went smoothly without any major incidents. "Our long-term vision for the Quebec City Marathon is to make it the friendliest and most scenic destination marathon in the world," said Marianne Pelchat, Executive Event Producer and spokesperson for Gestev. "We are very grateful to the authorities at the City of Quebec for their collaboration and to our partners for their support. And we couldn't make an event like this happen without the help of all our volunteers. This is only the second year of the new 100% Quebec course on this side of the river, but it's clear we're well on track, judging by all the positive feedback we've had from runners already!"

Runners and walkers in Sunday's long-distance events crossed the start line at Parc de l'Amérique-Française and explored up to eleven different neighbourhoods of the city before romping home to the finish line on Grande Allée amidst a wave of cheering spectators. All the participants got to feast their eyes on some of Quebec City's most iconic attractions as they made their way around the course. As they crossed the finish line, runners praised the vibrant atmosphere along the course and were eager to express what a pleasure it was to see the spectacular fall colours in the trees. It's one thing to run a marathon, but it's another thing entirely to enjoy the experience.

In the men's 42.2K SSQ Insurance Marathon distance, a new record for this two-year-old course was set by **David Mutai** (Etobicoke, Ontario), who took first place with a time of just 2:25:33.04. Hot on his heels were **David Vedrinne** (Meung-sur-Loire, France) and **Christian Mercier** (Quebec City, Quebec), who crossed the line in second and third place, respectively. In the women's marathon distance race, American **Carolyn Shaw** (McLean, Virginia) finished first with a time of 3:05:40.34, ahead of **Julie Pelletier** (Lévis, Quebec) and **Catherine Papillon** (St-Augustin, Quebec).

A resounding success

An enhanced program of events attracted thousands of visitors to the Je Cours Qc Expo Friday and Saturday at the Quebec City Conference Centre with an array of interesting talks, special offers from exhibitors and more! On Friday night, the SSQ Insurance Grand Fit+Yoga happening, presented by Yoga Fitness, kicked off the weekend in style. On Saturday, it was all about families getting outside and being active together, and both the Méga Parc 2K Kids' Race and SSQ Insurance Health

5K were full to capacity. It's always good to run for a cause, and this year's event was no exception. SSQ Insurance donated \$2 to the charitable organization Motivaction Jeunesse for every kilometre its own employees ran, as well as \$1 for every kilometre run by the young representatives of the organization itself.

Pre-registration for 2020

Keeners, watch this space! Pre-registration for the 23rd annual SSQ Insurance Quebec City Marathon, a healthy invitation from Brunet, opens on November 15. To sign up early for next year's race, visit <https://www.jecoursqc.com/en/registration/>.

Results for the 22nd annual SSQ Insurance Quebec City Marathon, a healthy invitation from Brunet

SSQ Insurance 42.2K Marathon / Men

Place	Name	From	Time (hr:min:sec)
1	David Mutai	Etobicoke, ON	2:25:33.04
2	David Vedrinne	Meung-sur-Loire, France	2:31:43.46
3	Christian Mercier	Quebec City	2:32:20.12

SSQ Insurance 42.2K Marathon / Women

Place	Name	From	Time (hr:min:sec)
1	Carolyn Shaw	McLean, VA	3:05:40.34
2	Julie Pelletier	Lévis, QC	3:12:58.11
3	Catherine Papillon	St-Augustin, QC	3:14:33.97

21.1K Half-Marathon presented by WKND 91.9 FM / Men

Place	Name	From	Time (hr:min:sec)
1	Jean Marie Vianney Uwajeneza	Ottawa, ON	1:08:43.09
2	Vincent Hoa Mai	Lévis, QC	1:10:11.02
3	Allan Spangler	Anchorage, AK	1:15:04.25

21.1K Half-Marathon presented by WKND 91.9 FM / Women

*** At the time of writing, these results were subject to official confirmation. For final results, visit www.sportstats.com.**

Sports Experts 10K / Men

Place	Name	From	Time (min:sec)
1	Pierre-Olivier Laflamme	L'Ancienne-Lorette, QC	30:57
2	Jean-Philippe Thibodeau	Quebec City, QC	33:26
3	Didier Kenol	Quebec City, QC	33:35

Sports Experts 10K / Women

Place	Name	From	Time (min:sec)
1	Anne-Marie Comeau	Quebec City, QC	34:37
2	Catherine Gagné	Quebec City, QC	37:09
3	Emma Galbraith	Quebec City, QC	38:10

*** For a complete list of results from the SSQ Insurance Quebec City Marathon, a healthy invitation from Brunet, visit www.sportstats.ca/.**

About Quebec Running Events Corporation

Quebec Running Events Corporation exists to promote the sport of running in and around Quebec City. It presents the Je Cours Qc amateur event series, which draws thousands of runners and walkers to the region from near and far. As well as delivering running events for the general public,

Quebec Running Events Corporation works tirelessly to further the development of the sport and encourage runners of all ages to pursue healthy life choices.

About Gestev

Founded in 1992, Gestev is a dynamic event management company specializing in happenings that make their mark locally as well as on the world stage. Over the years, Gestev has raised event management and production standards by adding a party twist to high-calibre sporting events and other happenings, including music shows and live entertainment, while making competitions accessible to all. Red Bull Crashed Ice, Vélirium, and the Je Cours Qc running events, UCI Mountain Bike World Championships, and FIS Cross-Country Skiing World Cup events are just some of the major events organized by Gestev, which also manages the Baie de Beauport recreational site and experiential marketing agency.

About Groupe Boucher Sports

With some 900 employees and 29 store franchises under the Sports Experts, Atmosphère, Hockey Experts and Entrepôt du Hockey banners, Groupe Boucher Sports is one of Quebec's leading sports equipment, clothing and footwear retailers.

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