

RACE NOTICE

The Staircase Challenge is approaching!

Here is some important information to know before your race.

Visit jecoursqc.com for more details.

1. DATE OF THE [STAIRCASE CHALLENGE](#)

Saturday, June 17th, 2023

2. BIB PICK-UP

Date	Time		Place
Thursday June 15	11 a.m. to 8 p.m.	Bib pick-up and transfers between participants*	Laurier Québec 2700 Laurier Boulevard, Québec 3rd floor near the Sport Experts
Friday June 16	10 a.m. to 7 p.m.		
Saturday June 17	6 :30 a.m. to 8 :40 a.m.	Bib pick-up	Parc de l'Esplanade 60, D'Auteuil Street, Québec No parking available at the park. Please refer to the <i>Parking</i> section.

***IMPORTANT** The 2023 edition is experiencing unprecedented success. **All events are sold out.** Therefore, there will be **NO REGISTRATION ON THE SPOT AND NO CHANGES OF EVENT.** Only **transfers between participants will be possible, subject to availability of bibs**, and this at the bib pick-up on June 15 and 16 only. These transactions must be done by electronic payment and not in cash.

Find you bib number by clicking [HERE](#).

!! IMPORTANT !!

- If you're coming for **a transfer between participants**, you must have a **written proof** (letter, email, Messenger, etc.) from the vendor confirming the transfer with his name, confirmation number, street address and bib number.
- If the person for whom the bib transfer is intended cannot be present at the bib pick-up, you must have a waiver of liability and acceptance of risks signed by this person. To obtain a copy of the discharge, write to us at info@jecoursqc.com. If the person is present, the discharge will be signed on the spot.
- No changes and transfers the morning of the competition.

- Remember to bring a reusable bag to collect bibs and t-shirts. No bag will be provided by the organization.
- All runners must wear their bib to start the race.
- If there is a green line on your bib, it means that you have made an eco-responsible gesture by giving up the participation medal when you registered online.



3. STARTING TIMES AND STARTING SITES

Events	Starting times**	Starting site and finish site
19 km	7 :40 a.m.	Parc de l'Esplanade 60, D'Auteuil Street, Québec
13 km	8 :10 a.m.	
9 km	9 :00 a.m.	
2 km – Kids race	11 : 00 a.m.	Sainte-Genève Ave. between St-Denis Ave. and Ste-Ursule Street

Departures are in waves of 10 runners every 20 seconds.

**** Check the schedule carefully since the starting times have changed.**

4. PODIUM SCHEDULE

The cash prizes will be awarded to the Top 3 men and women in the events as well as to the first male and female position of the King/Queen of Cap-Blanc for the 19 km and the 13 km. The organization gives itself the right to remove the prize within three days if the results have been distorted. The podiums will be at the finish site.

Time	Events	Categories
10 :15 a.m.	19 km	Top 3 men and top 3 women; King and Queen of Cap-Blanc
	13 km	Top 3 men and top 3 women; King and Queen of Cap-Blanc
	9 km	Top 3 men and top 3 women
11 :30 a.m.	2km – Kids race	Top 3 boys et top 3 girls; 5-6 years old, 7-8 years old, 9-10 years old, 11-12 years old

To highlight the participation of runners aged 65 and over, we will be giving the TOP 3 of the 65-69 / 70-74 / 75-79 / 80+ age categories a recognition pin. These will be handed out at the information booth, near the podium.

5. TIME LIMIT

Events	Time limit
19 km	3 : 45
13 km	3 : 00
9 km	3 : 00
2 km	30 min

6. OTHER USEFUL INFORMATION

Course

You can view the course maps by clicking on the event:

[19km race](#)

[13km race](#)

[9km race](#)

[2km – kids race](#)

Psst! Take a few minutes to familiarize yourself with the routes and why not download the description on your phone, it could be useful:

[19km race](#)

[13km race](#)

[9km race](#)

Lockers

Participants may leave their personal belongings in the locker tents provided for this purpose at the starting site. Here are some specifications:

- All items must be in a bag.
- **Maximum size allowed: 18" x 10" x 8".**
- The bags must be identified with the detachable strip at the bottom of the bib.
- Bags can be picked up at the finish site until 12 p.m.
- Bags must be closed to prevent the contents from emptying.

Refueling stations

Services – 19 km					
Ravito	KM	Water	Gatorade	Krono **	Toilets
Ravito 1*	3	X	X		X
Ravito 2*	7	X	X		X
Ravito 3	9,5	X	X	X	X
Ravito 4	11	X	X		X
Ravito 5	14	X	X		X
Ravito 6	18	X	X		X

*The toilets are at the top and bottom of the Cap-Blanc Staircase

Krono gel nutritionnal value (36g) : 100 cal, 24g carbohydrate, 140mg sodium

Services – 13 km					
Ravito	KM	Water	Gatorade	Krono **	Toilets
Ravito 2*	3	X	X		X
Ravito 3	5,5	X	X	X	X
Ravito 4	7,5	X	X		X
Ravito 5	10	X	X		X
Ravito 6	12,5	X	X		X

*The toilets are at the top and bottom of the Cap-Blanc Staircase

Krono gel nutritionnal value (36g) : 100 cal, 24g carbohydrate, 140mg sodium

Services – 9 km					
Ravito	KM	Water	Gatorade	Toilets	
Ravito 4	2,5	X	X	X	
Ravito 5	5	X	X	X	
Ravito 6	7,5	X	X	X	

Bathrooms

There will be toilets at the start and finish site of the race.

Post-race snack

A post-race snack will be provided to all participants in the finish corridor.

Results

The results will be available on sportstats.ca.

Kiosks

- Café Smith
- Fondation IUCPQ
- Fondation CPPQ
- Couche-Tard

Spectator areas

Do you want to encourage the runners who will participate in the Staircase Challenge?

Here is the itinerary of the perfect cheerleader!

- Drop off your favorite runner at Parc de l'Esplanade via St-Louis Street (D'Auteuil street will be closed to traffic) for their departure and go to the Plaines d'Abraham at the top of the Cap-Blanc staircase (19km and 13km events only) to wait for his passage. Sip a little latte while you wait.
- While your runner continues his race, head for the Frontenac staircase near the Funiculaire on the Dufferin terrace. Wait for your runner at the top of the steps and admire the view of the St. Lawrence River.
- You can then go to Place de Paris or Place Royale and why not have a bite to eat in this historic corner of Quebec City.
- Then meet at the Saint-Jean-Baptiste Church to give your runner the necessary energy to climb the stairs of Claire-Fontaine Street.
- Return to Parc de l'Esplanade to celebrate the arrival of your runner or rest in this urban park.

Traffic

During the event, the streets used by the participants are not closed to car traffic, so you will have to circulate on the sidewalks. Police officers and volunteers will be present at intersections. Stay careful and alert!

Parking

Here are some parking suggestions (\$) nearby:

Place D'Youville
(Société Parc-Auto du Québec)
[965, Place D'Youville](#)

Place Québec
(Indigo Parc Canada Inc.)
[875 Rue Saint-Joachim](#)

Marie-Guyart (édifice G)
(Société Parc-Auto du Québec)
[1050, rue Louis-Alexandre-Taschereau](#)

Hôtel de Ville de Québec
(Société Parc-Auto du Québec)
[29 Côte de la Fabrique](#)

Stationnement Honoré-Mercier/Dauphine
(Société Parc-Auto du Québec)
[79 rue Dauphine](#)

Go to jecoursqc.com for more details.

HAVE A GOOD RACE! 🏃🏃