

SATURDAY, MAY 9, 2026

BASE DE PLEIN-AIR SAINTE-FOY

9:00 - 9:45 a.m. : Participant welcome

9:45 a.m. : Welcome address

9:50 a.m. : Warm-up for the run

10:00 a.m. : Start of the **RUN - 5 km**

10:20 a.m. : Warm-up for the walk

10:30 a.m. : Start of the **WALK - 2.5 km**

11:15 a.m. : Start of the **RUN - 1 km**

11h30 a.m. : Cheque presentation & speeches

11h45 a.m. - 1h00 p.m. : Lunch & closing remarks

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