

11th
EDITION

LA COURSE

BRYAN LIEW

11^e ÉDITION

ST-LAZARE

**PARTICIPANT
GUIDE**

—————→ 400 m

—————→ 1 km

—————→ 2 km

—————→ 5 km

—————→ 10 km

BRYAN LIEW RACE



August 23, 2026



WELCOME!

The entire Bryan Liew Race team is delighted to welcome you to the **11th edition** of our event.

Whether your goal is to set a personal best, take on a new challenge, or simply enjoy a great day with family and friends, we wish you a memorable experience.

Thank you for being part of this wonderful tradition!



Location

Westwood Park
2876 St-Louis Road
Saint-Lazare, Quebec



Site Opens

From 7:30 AM



Bib Pickup

From 8:00 AM



Washrooms

Available inside the chalet



Parking

Available nearby

- **Race bibs** will be distributed upon participants' arrival.
- Any **event shirts** that were purchased may also be picked up at that time.
- On-site **registration** will be available (cash and cards accepted).



DAY SCHEDULE

7:30 - 8:00 AM	Site opens	
9:00 AM	Start of the 10 km	
9:15 AM	Start of the 5 km	
10:15 AM	Medal ceremony (5 km and 10 km)	
10:40 AM	Start of the 2 km	
11:00 AM	Start of the 1 km	
11:15 AM	Start of the 400 m <i>Little Tots Race</i>	
11:30 AM	Medal ceremony (1 km and 2 km)	

BEFORE THE RACE



YOUR RACE BIB

Your timing chip is integrated into your race bib.

- ✓ Wear your bib on the **outside** of your clothing.
- ✓ If you are participating in **multiple races**, be sure to use the correct bib for each event.



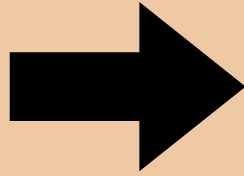
SAFETY GUIDELINES

The roads remain open to traffic

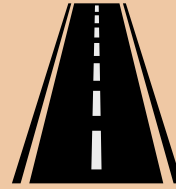
For your safety:



Follow the instructions of the volunteers



Follow the blue arrows marked on the ground



Run on the right-hand side of the road



Stay alert at intersections

YOUTH RACES

Parents may **accompany** their child during:

- 400 m (**ages 6 and under**)
- 1 km (**ages 12 and under**)

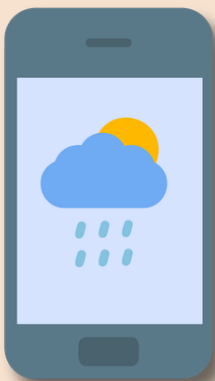


We simply ask **accompanying** adults to remain behind the lead runners so they do not interfere with the race.



Running **strollers** are permitted but must start at the back of the group.

WEATHER

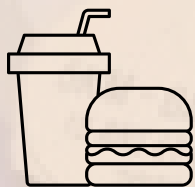


- The event will take place **rain or shine**.
- Please dress appropriately for the weather conditions.

A DAY FOR THE WHOLE FAMILY

Your family and friends are welcome throughout the day.

Enjoy the activities available on site!



Snacks & refreshments



Photo zone



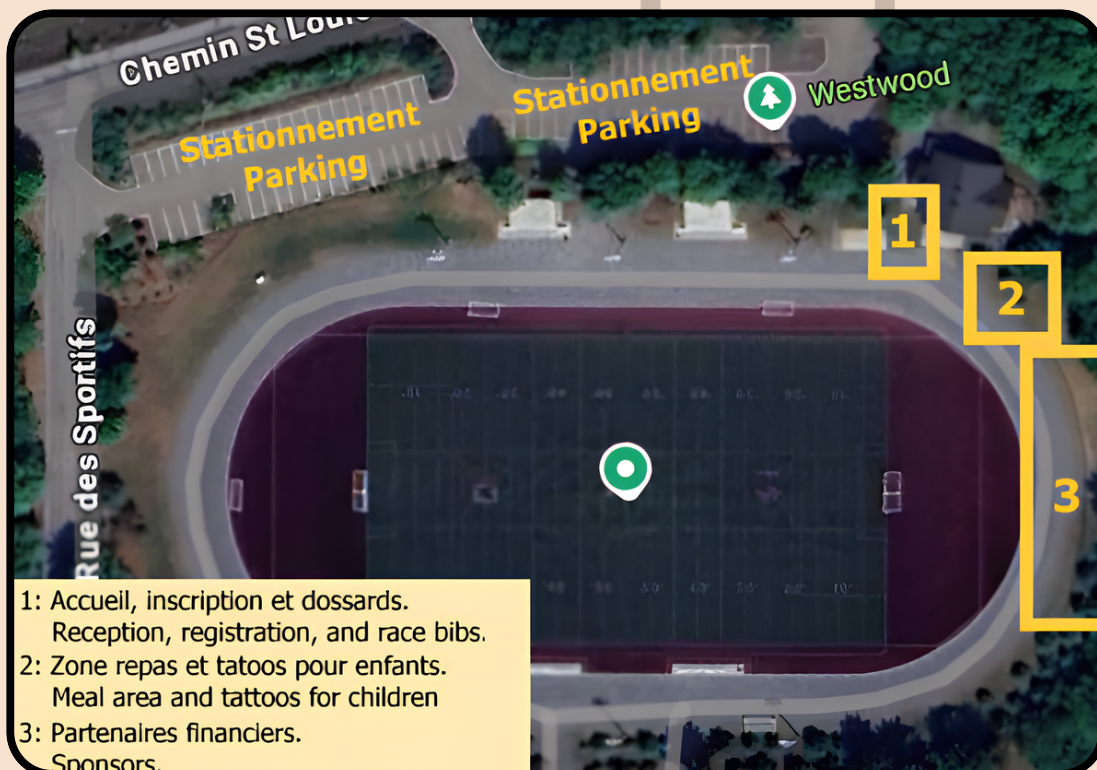
Temporary tattoos



Medal ceremonies



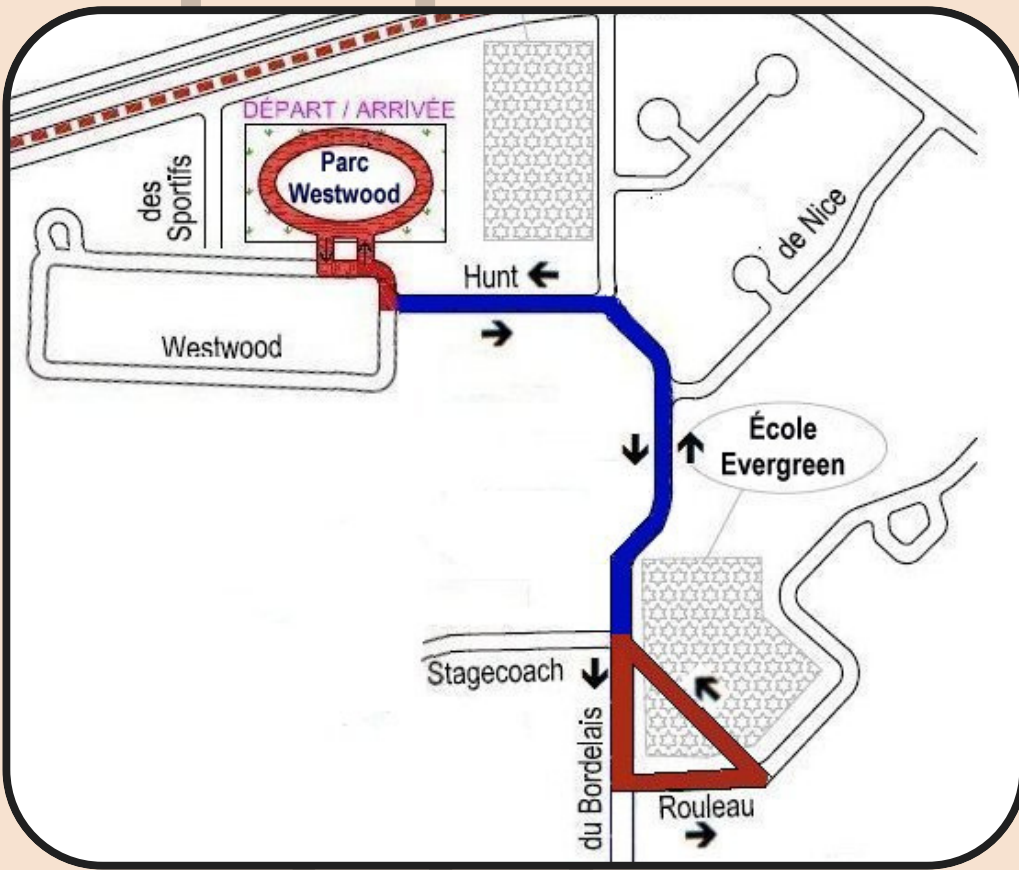
SITE MAP



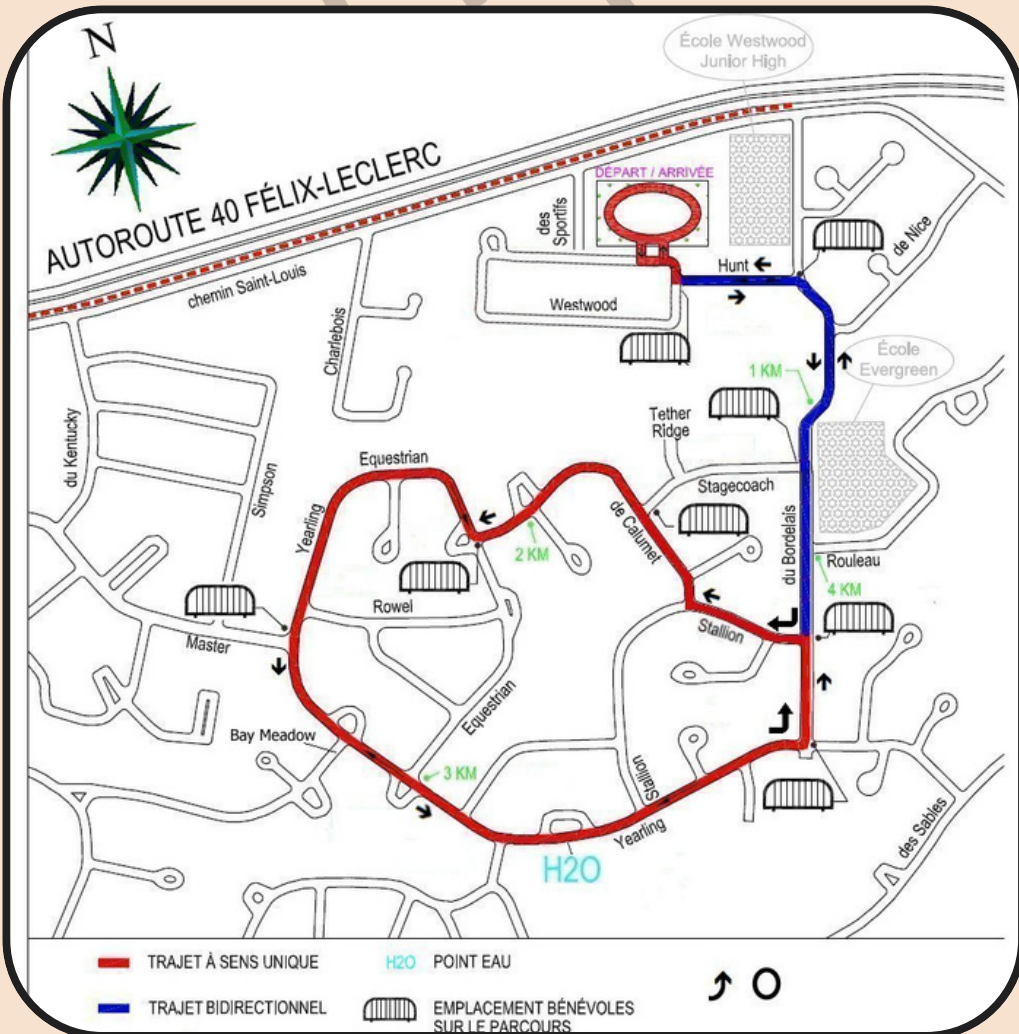
The race courses remain the same as in previous editions.

For more information, please refer to the course maps available on our website to familiarize yourself with the different routes.

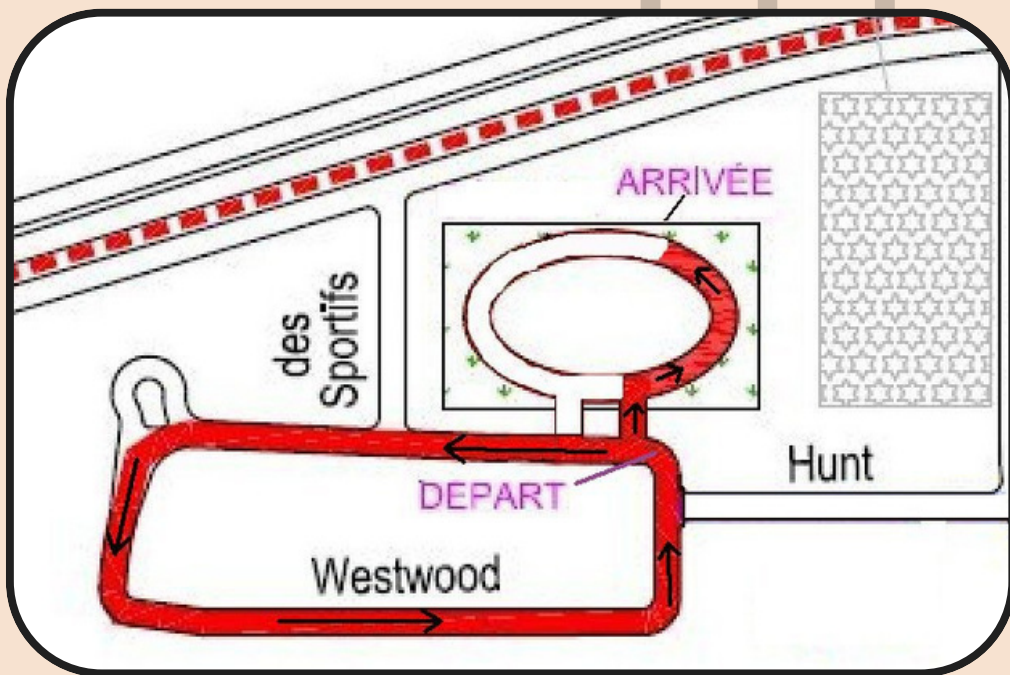




2 km



5 & 10 km



1 km
ages 12
& under



400 m
ages 6
& under

The *Little Tots Race* will take place on the Bryan Liew athletics track.
The race consists of one complete lap of the 400-metre track.

Thank you to the hundreds of **runners, volunteers, partners, and sponsors** who contribute year after year to the success of the Bryan Liew Race.

We wish you an **excellent race!**



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WESTWOOD PARK
SAINT-LAZARE



coursebryanliew.com



Course Bryan Liew



Thank you to our financial partners!

Designed by
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