

ROAD BOOK



baloise namur marathon

**Saturday April 6 &
Sunday April 7, 2024**

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WELCOME TO THE BALOISE NAMUR MARATHON, HALF MARATHON & 10K KickCancer

In the heart of the Walloon capital, in Belgium, the Baloise Namur Marathon, Half-Marathon and 10K KickCancer offers a unique opportunity to discover the city by participating in a legendary race.

It is both a sporting challenge in a unique setting at the confluence of the Meuse and the Sambre, a popular family event and a tourist attraction through the discovery of a historic and cultural capital with multiple faces.

This year all departures will be decentralized. The marathon will start in Lives-sur-Meuse, the half-marathon in Profondeville and the 10K Solidaire at the Parc de la Plante in Namur with an arrival at Namur Expo where you will find all the useful amenities.

Do not hesitate to consult our website and its FAQ:

<https://www.baloisenamurmarathon.com/en/participants/faq>

! Elite information at the end of the road book!

1. PROGRAM & BIB COLLECTION (Individual & Group)

NAMUR EXPO address: Avenue Sergent Vrithoff 2, 5000 Namur.

! No registration on site !

Saturday April 6, 2024 – Namur Expo

2 p.m. – 8 p.m.:

- Opening of the expo village
- **Collection of bibs**

Sunday April 7, 2024 – Namur Expo

5.45 a.m. – 8.45 a.m.

- **Collection of bibs**
- Access to the exhibition village

7:00 a.m.

- Opening of daycare for children (free)

START MARATHON

- 8:55 a.m.: PMR departure of the Baloise Namur Marathon
- 9:00 a.m.: Start of the Baloise Namur Marathon

HALF-MARATHON START

- 9:25 a.m.: PMR departure from the Baloise Namur Half-Marathon
- 9:30 a.m.: Start of the Baloise Namur Half-Marathon

START 10K KickCancer.

- 9:40 a.m.: PMR departure Baloise Namur 10K KickCancer
- 9:45 a.m.: Start of Baloise Namur 10K KickCancer

11:00 a.m.: Prize giving ceremony for the Baloise Namur 10K KickCancer.

11:45 a.m.: Prize giving ceremony for the Baloise Namur Half-Marathon

12:30 p.m.: Prize giving ceremony for the Baloise Namur Marathon

3:00 p.m.: Closing of the ranking

6:00 p.m.: Closure of the exhibition village and entertainment areas.

2. PACER

MARATHON: 3h00 - 3h15 - 3h30 - 3h45 - 4h00 - 4h15 - 4h30 - 4h45 - 5h00 - 5h30

HALF-MARATHON: 1h35 - 1h45 - 2h00 - 2h15 - 2h30 - 2h45

10K: 40' - 50' - 1h

3. Parking in Namur



4. BALOISE NAMUR MARATHON

- Place of departure: enter rue du Chafour in the GPS. Be careful not to enter the street by car.
- Starting time of the Baloise Namur Marathon and SAS:

Baloise Namur Marathon

Rue du Chafour - 5101 Namur

	HEURE CONSEILLÉE D'ENTRÉE DANS LE SAS	HEURE DE DÉPART
 PMR, Joelette	8h40	8h55
Elite	8h45	9h00
2h31 - 3h00	8h45	9h00
3h01 - 3h30	8h45	9h00
3h31 - 4h00	8h45	9h00
4h01 - 4h30	8h45	9h00
4h31 et plus (Max 6h)	8h45	9h00

- Starting facilities



- How to reach the star of the Baloise Namur Marathon?

OPTION 1: I chose the shuttle to access the departure (PRM included)

- The TEC shuttles for your departure will be in front of Namur Expo, Avenue Sergent Vriethoff 2. The choice of shuttle is indicated by a pictogram on your bib.

SCHEDULE: click [HERE](#).

OPTION 2: I don't take the shuttle.

- It is possible to be dropped off at the start in Brumagne. Please respect the highway code and the signage put in place for the safety of runners.

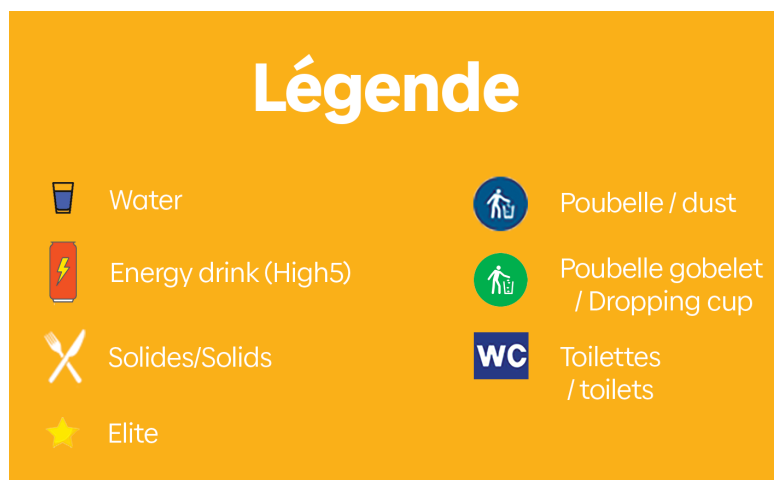
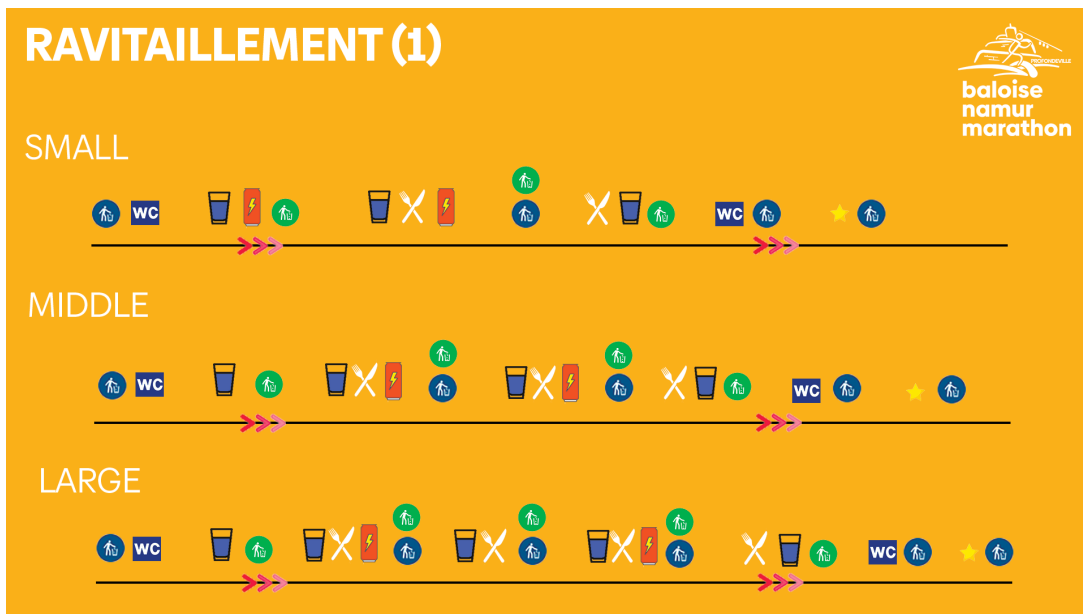
- Lockers

- There is a detachable tab on your bib. It must be attached to your bag before being placed in the truck which will bring your bag to the finish.
- The bag to be dropped off must be a maximum of 40L.
- Only bags are accepted at the locker (no clothes, no suitcases).

- If you plan to take clothing to keep you warm, it will be possible to place it in a container of the ASBL TERRE. The clothes will then be recycled.
- You collect your bag in the runner's area after the finish. It will be placed in the line corresponding to your bib number.

○ **Refueling**

- 8 refreshments: water, isotonic (High 5 citrus), energy bars (High 5), bananas, oranges, dried fruits, salty chips (by Croky).
- At the finish (only for runners): water, soft, solid.
- Placement: : 5,8K (small), 11K (small), 15,8K (small), 20,8K (middle), 25,8K (middle), 30,6K (middle), 34,8K (large), 40,8K (small).



- **Changing rooms**

- The women's and men's changing rooms with showers are located at the Tabora sports center, 500m from Namur Expo (follow the signs from Namur Expo).

5. BALOISE NAMUR HALF-MARATHON

- Place of departure: <https://maps.app.goo.gl/pT796PXttbAq8kom6>
- Starting time of the Baloise Namur Half-Marathon & SAS:

Baloise Namur Semi-Marathon Chaussée de Dinant - 5170 Profondeville (Rivière)

	HEURE CONSEILLÉE D'ENTRÉE DANS LE SAS	HEURE DE DÉPART
 PMR, Joelette	9h10	9h25
Elite	9h15	9h30
1h16 - 1h25	9h15	9h30
1h26 - 1h40	9h15	9h30
1h41 - 1h50	9h15	9h33
1h51 - 2h00	9h15	9h33
2h01 et plus	9h15	9h33

- Departure facilities :



- How to get to the start of the Baloise Namur Half-Marathon?

OPTION 1: I chose the shuttle to access the departure.

- Two train shuttles will take you to the start of the Half Marathon.
- There will be also shuttle (bus) from Namur Expo (Avenue Sergent Vrithoff 2, 5000 Namur).

SCHEDULE: click [HERE](#).

OPTION 2: I don't take the shuttle.

- It is possible to be dropped off at the start at the Lustin bridge, right bank, [HERE](#).
- Please respect the highway code and the signage put in place for the safety of runners.

- Parking is located at Lustin station. It is also possible to park in the territory of the commune of Profondeville.
- Shuttles will be organized from Namur Expo to take you back to your car.

SCHEDULE: click [HERE](#).


- **Lockers**

- There is a detachable tab on your bib. It must be attached to your bag before being placed in the vehicle which will bring your bag to arrival.
- The bag to be dropped off must be a maximum of 30L.
- Only bags are accepted at the locker (no clothes, no suitcases).
- If you plan to take clothing to keep you warm, it will be possible to place it in a container of the ASBL TERRE. The clothes will then be recycled.
- You collect your bag in the runner's area after the finish. It will be placed in the line corresponding to your bib number.

- **Refueling**

- 4 refreshments: water, isotonic (High 5 citrus), energy bars (High 5), bananas, oranges, dried fruits, salty chips (by Croky).
- At the finish (only for runners): water, soft, solid, medal engraving area.
- Placement: 2,8K (middle), 6,8K (middle), 11,8K (middle), 15,8K (large).

RAVITAILLEMENT (1)










SMALL

MIDDLE

LARGE

The diagram shows three horizontal lines representing the race route for 'SMALL', 'MIDDLE', and 'LARGE' categories. Each line is marked with various icons representing refreshment stations. The icons include: a blue circle with a person icon (WC), a blue cup (Water), a red battery with a lightning bolt (Energy drink), a white fork and knife (Solides/Solids), a green circle with a person icon (Poubelle gobelet / Dropping cup), a blue circle with a person icon (Poubelle / dust), a blue square with 'WC' (Toilettes / toilets), and a yellow star (Elite). The 'SMALL' route has 10 stations, 'MIDDLE' has 12, and 'LARGE' has 14. The stations are distributed along the route with arrows indicating the direction of travel.

Légende

<ul style="list-style-type: none">  Water  Energy drink (High5)  Solides/Solids  Elite 	<ul style="list-style-type: none">  Poubelle / dust  Poubelle gobelet / Dropping cup  Toilettes / toilets
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- **Changing rooms**

The women's and men's changing rooms with showers are located at the Tabora sports center, 500m from Namur Expo (follow the signs from Namur Expo).

6. BALOISE NAMUR 10K KickCancer

- Place of departure: Namur Youth Hostel: Avenue Félicien Rops, 8, 5000 Namur.
- Start time of the Baloise Namur 10K KickCancer:

Baloise Namur 10k KickCancer

Avenue Félicien Rops 8 - 5000 Namur

	HEURE CONSEILLÉE D'ENTRÉE DANS LE SAS	HEURE DE DÉPART
 PMR, Joelette	9h25	9h40
Elite	9h30	9h45
36min - 45min	9h30	9h45
46min - 60min	9h30	9h45
1h01 - 1h30	9h30	9h45
1h31 et plus	9h30	9h45

- Departure facilities :



- How to reach the start of the Baloise Namur 10K KickCancer?

OPTION 1: I chose the shuttle to access the departure.

- The TEC shuttles for your departure will be in front of Namur Expo, Avenue Sergent Vriethoff 2. The choice of shuttle is indicated by a pictogram on your bib.

SCHEDULE: click [HERE](#).

OPTION 2: I don't take the shuttle.


- It is possible to be dropped off near the start at the intersection of rue de Francken and Boulevard de Meuse in Jambes to reach the start via the Jambes lock.
- Please respect the highway code and the signage put in place for the safety of runners.

- Parking is located at the [Jambes barracks](#) (100 spaces). Shuttles will be organized from Namur Expo to take you back to your car after the race.
- On-street parking is authorized and free on Sundays.
- **Lockers**
 - There is a detachable tab on your bib. It must be attached to your bag before being placed in the vehicle which will bring your bag to arrival.
 - The bag to be dropped off must be a maximum of 20L.
 - Only bags are accepted at the locker.
 - If you plan to take clothing to keep you warm, it will be possible to place it in a container of the ASBL TERRE. The clothes will then be recycled.
 - You collect your bag in the runner's area after the finish. It will be placed in the line corresponding to your bib number.

- Refueling

- Water, isotonic (High 5 citrus), energy bars (High 5), bananas, oranges, dried fruits, salty chips (by Croky).
- At the finish (only for runners): water, soft, solid.
- 5K placement (small).

RAVITAILLEMENT (1)






SMALL

MIDDLE

LARGE

The diagram shows three horizontal timelines for 'SMALL', 'MIDDLE', and 'LARGE' race categories. Each timeline is marked with various icons representing refueling and service points. The icons include: a person with a dustpan (Poubelle / dust), a person with a cup (Poubelle gobelet / Dropping cup), a blue square with 'WC' (Toilettes / toilets), a glass (Water), a red battery with a lightning bolt (Energy drink (High5)), a fork and knife (Solides/Solids), and a yellow star (Elite). Pink arrows indicate the direction of the race.

Légende

 Water	 Poubelle / dust
 Energy drink (High5)	 Poubelle gobelet / Dropping cup
 Solides/Solids	 Toilettes / toilets
 Elite	

- Changing room

The women's and men's changing rooms with showers are located at the Tabora sports center, 500m from Namur Expo (follow the signs from Namur Expo).

7. On arrival

- a. When you have crossed the finish line, you will be invited to enter the runner's area to receive your medal (see map below), engrave it if necessary and access the physiotherapist area, the end refreshment area, and the locker to collect your bag.
- b. It is possible to engrave your medal on site without reservation (payment on site) in the runner's area (see map below).
- c. Free drinks are distributed upon presentation of your bib at the organization's bar (see map below).
- d. An advanced medical post (PMA) is organized on arrival. Emergency number: 112.

8. ADDITIONAL INFORMATION

a. Where and when to collect my bib?

If you have been invited to collect your bib from Trakks and you have not done so, your bib will be at Namur Expo.

Bibs can be collected for EVERYONE, on April 6 from 2 p.m. until 8 p.m. and on Sunday, April 7 from 6 a.m. at Namur Expo in the bib area (see map below).

b. When and where to collect my t-shirt?

April 6 from 2 p.m. until 8 p.m. and Sunday April 7 from 6 a.m.

For those who already have the bib, the t-shirt can be collected at the organization's stand in the expo village (see map below).

For ALL others, collection is done at the time of collection of the bib in the bib area (see map below).

c. I want to change SAS.

The request must be made at the INFO point (see map below) during the opening hours of the exhibition village on Saturday April 6 and until 8 a.m. on Sunday April 7.

d. I want to take the shuttle.

The request must be made at the INFO point (see map below) during the opening hours of the exhibition village on Saturday April 6 and until 8 a.m. on Sunday April 7.

e. Time barrier: all runners must cross the line by 3 p.m. at the latest.

f. Medal engraving space in the “Village expo”.

g. Are there toilets?

Yes, at starting points and refreshments.

h. Accompanying person/personal refreshment:

Bicycles, scooters, and other vehicles are strictly prohibited on the route under penalty of exclusion of the runner.

Prohibition to cross the line with a third party (officials will disqualify).

You can refuel outside of the spaces provided while respecting the environment and those around you.

i. It is forbidden to throw waste outside the supply zones under penalty of exclusion.

j. The results will be online on our website. (post chronocompetition deadline). The ranking is based on real time.

k. You will receive an email allowing you to view your photos on the course. These photos are taken by Sportograf.

9. NAMUR EXPO VILLAGE



When you cross the finish line you will be invited to advance towards the runner's area (4) to collect your medal, visit the sports physiotherapists, refuel and collect your bag.

If you are not feeling well the PMA (19) will be directly accessible on your left.

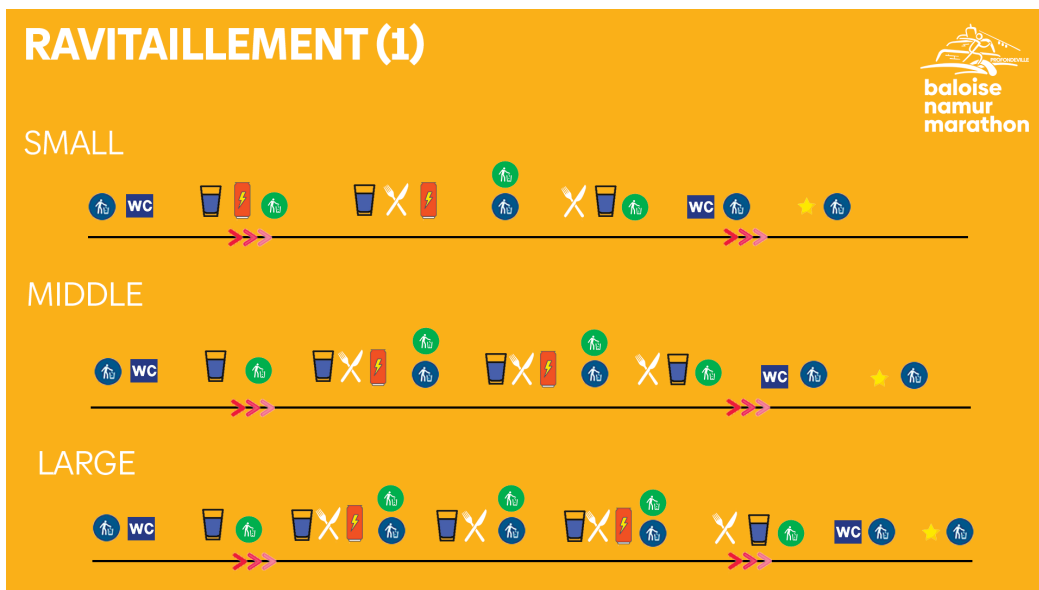
WARNING: it's not possible to return to the runner's area once you have left it.

10. ELITES

On Tuesday April 2 at 6 p.m., you are invited to a videoconference to present the courses and the general organization. A link will be sent to you by email on Sunday March 31, 2024.

You can drop off your personal supplies on Saturday April 6, 2024, between 2 p.m. and 8 p.m. at Namur Expo or on Sunday April 7, 2024, from 5:30 a.m. until 6:15 a.m. at the info point.

The personal refueling will be placed on the Elite table provided at each refueling station, i.e. the yellow star in the photo below (at the end of the refueling).



Légende

	Water		Poubelle / dust
	Energy drink (High5)		Poubelle gobelet / Dropping cup
	Solides/Solids		Toilettes / toilets
	Elite		

11. Spectators

There are several activities along the marathon route (brass band, drums, DJ, bagpipes, etc.).

POINTS OF INTEREST

- Around 36K: Namur, the Baloise Cheering Lane which is located [HERE](#) with DJ and small bar.
- 21.5K: Profondeville, [HERE](#).

ACTIVITIES AND LOCATIONS

In order of the Marathon route with GPS points.

LES TAMBOURS	https://maps.app.goo.gl/hmsPJ24Z9bckJ7PU8
FANFARE OHEY	https://maps.app.goo.gl/o3keHfgUqAT2qb5E6
FANFARE DE THON	https://maps.app.goo.gl/byBdPFWMGv6vDczn8
FANFARE	https://maps.app.goo.gl/CRSCGZEGPLVgswR1A
FANFARE	https://maps.app.goo.gl/SmJ34JMa3dhjYvNL9
21,K ANIMATION	https://maps.app.goo.gl/SocQauoQn21FzNKt7
TAUTI's BAND	https://maps.app.goo.gl/N2h48WYPrwRTvpmQ6
CORNEMUSE	https://maps.app.goo.gl/QQpjQtvRazBhHh2k7
LES ZOUAVES	https://maps.app.goo.gl/ZmmDokGVf8dK8W1A9
SONNEURS	https://maps.app.goo.gl/8VT5c8wjRBpmBcZL8
BALOISE CHEERING LANE	https://maps.app.goo.gl/PNzhBby2y6VpqTZ69
DJ LESTRATE	https://maps.app.goo.gl/s91HUXzGRzidoKty6

KARAOKE	https://maps.app.goo.gl/fFtvMawHxz64AsbHA
DJ VASCO	https://maps.app.goo.gl/tK9dNGT9JrhaDS7m8
DJ ANCIAUX	https://maps.app.goo.gl/M9rnqGjtYdmHyZpD6
SPACE KID	https://maps.app.goo.gl/PNbnzeb9roGsiZYP9
LES MOLONS	Namur Expo (Avenue Sergent Vrithoff 2, 5000 Namur)
DJ ALEXIS	Namur Expo (Avenue Sergent Vrithoff 2, 5000 Namur) (Arche d'arrivée)

PLEASE RESPECT THE ROAD RULES AND POLICE MEASURES.

THANKS TO





Bouké