



MONT ROYAL SUMMIT QUEST

SCENIC MONT ROYAL IN MONTREAL

by markus wiaderek, rd

For the past five years the Mont Royal Summit Quest has been run "fat ass style" and organized by Peter Collins. This year's race, the sixth edition of the event, was directed by Markus Wiaderek.

With the mission to attract more marathon runners to go the extra miles, we added several aid stations to the course, hoping to reduce the marathoners' fear of running 50 km with no support.

In addition to the 50 km distance, we also offered a 100 km. The 100 km race started on Mont Royal, and in mild weather conditions the four men and one woman started on their way at midnight; the



PHOTO BY MARKUS WIADEREK

The stairs of Sir George-Etienne Cartier monument

first 50 km to the turnaround had to be covered within six hours. Barry Bourgeois was in the lead of the 100 km race at the halfway point and pulled away from Christian Taylor, who hit a weak spot at 60 km. However, after working through his low point, Christian was able to recover and pass Barry on the final climb on Mont Royal, finishing first in a time of 11:29:18. First place in the female category was won by Montreal ultrarunner Barbara Freeman,

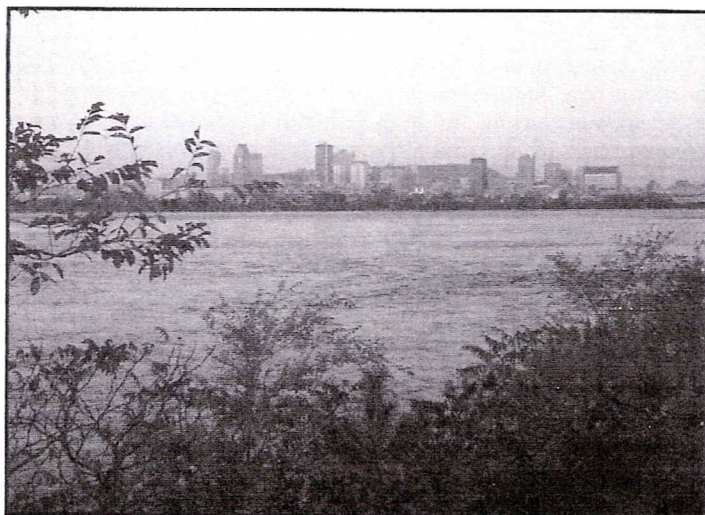


PHOTO BY MARKUS WIADEREK

View from Ile Saint Helene of Montreal, with Mont Royal in the background

who was running the Mont Royal Quest for her fifth time.

The turnaround point for the 100 km challenge was also the start of the 50 km, at 6:00 on Sunday morning; the runners had to deal with the increasing temperatures up to 86 degrees Fahrenheit.

50 km participants started in beautiful Beaconsfield and made their way along the Lakefront, Lachine Canal, the Habitat, Ile Saint Helen, Jacques Cartier Bridge, across Lafontaine Park and up to the Plateau on Mont Royal, enjoying the most scenic run in Montreal. First female in the 50 km was Syndia Gauthier with a time of 4:41:04, first man was Glenn Cowan in 4:01:45.

For the 2009 edition of this challenge, race management is planning to have 50 km, 75 km, and 100 km options.

mont royal summit quest

MONTREAL, QUEBEC
JUNE 15, 2008 • ROADS

100 KM

- | | |
|---------------------|----------|
| 1. Christian Taylor | 11:29:18 |
| 2. Barry Bourgeois | 11:36:07 |
| 3. Barbara Freedman | 13:12:40 |

50 KM

- | | |
|-------------------|----------|
| Keith Fennell, ON | 13:12:40 |
| 5. Richard Lulin | 20:23:23 |
- | | |
|----------------------|---------|
| 1. Glenn Cowan | 4:01:45 |
| 2. Syndia Gauthier | 4:41:04 |
| 3. Nestor Lewyckij | 4:47:08 |
| 4. Richard Bossi | 4:58:10 |
| 5. Christine Lallier | 5:13:10 |

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|-----------------------------|---------|
| 6. Jessica Hageman, NY | 5:14:21 |
| Brian Northan, NY | 5:14:21 |
| 8. Susan Magher | 5:28:18 |
| 9. Jean Paul Frey | 5:35:44 |
| 10. Deborah Alper | 5:37:20 |
| Melodie Sullivan | 5:37:20 |
| 12. Mario Gelinas | 5:55:10 |
| 13. Claudine Vallee | 6:23:10 |
| 14. Markus Wiaderek (pacer) | 5:27:02 |