



# Course pour la Compassion

**The 2019 Course pour la Compassion** is happening in Pointe-Claire's Valois Park on **Saturday May 11th**. Proceeds of the event go to the **West Island Palliative Care Residence**, an organization that provides compassionate care allowing terminally ill patients to die in comfort and with dignity in a warm, home-like environment, close to their family, and in their community.

## Location:

Valois Park is accessible via Donegani, Belmont, Valois Bay or Mount Pleasant. Limited parking is available in the Valois Bay train station lot (via Donegani) or on the surrounding streets (Belmont, Mount Pleasant, Broadview, Prince Edward...).

## Events:

Please refer to the enclosed maps for details on the 10k, 5k and 1k courses.

**Please note that the streets will not be closed to traffic so caution must be taken at intersections.**

There will be a lead cyclist for each event and volunteers will be in place to direct participants and ensure their safety. Although there will be a clock on-site, the event is not timed with a chip so we encourage runners to use their watches to capture their own finishing time.

## Race Kit Pickup: Lululemon, Fairview

- Wednesday, May 8 from 5:30 p.m. to 8:00 p.m.
- Thursday, May 9 from 5:30 p.m. to 8:00 p.m.

**Valois Park:** Saturday May 11 6:30 a.m. to 8:00 a.m.



## Race Day Schedule:

- 6:30 am -8:00 am: Race Kit Pickup
- 7:15 am: Volunteer Meeting and Positioning
- 7:45 a.m.: Warm-up
- 8:15 a.m.: 10km Run/Walk
- 8:30 a.m.: 5km Run/Walk
- 9:30 a.m.: 1km Run/Walk
- 10:00 a.m.: Awards and Wrap-up

**Bathrooms:**

There will be 3 port-a-potties in the park. We will also have access to the bathrooms near the splash pad and the Valois Park Chalet. Please note that there will be no port-a-potties on the course but participants may venture off course and use the facilities at the Aquatic Centre in case of emergency.

**Water:**

Hydration belts and vests are permitted. These can be filled at the water fountain in the park. There will be one water station on the course, located on Maywood across from the Aquatic Centre. There will also be water available to participants of the 10 km event when they start the second loop. And all participants will be able to get water at the finish line.

**Bag Check:**

New this year, participants will be able to check personal items in the Party Zone.

**Door Prizes:**

Again this year, participants and volunteers will be entered into a draw for wonderful prizes. Be sure to stick around and listen for your name!

**First Aid:**

Pointe-Claire Rescue will be on hand in Valois Park to handle any medical issues. We encourage you to consult a physician before engaging in this physical activity.

**Fundraising:**

Proceeds of the event go to the West Island Palliative Care Residence. If you did not set up a fundraising page during the registration process, donations can be made online by clicking on the following link:

<http://weblink.donorperfect.com/CPCEN>

Cheques made payable to the **West Island Palliative Care Residence** and cash donations can be also dropped at the registration area the day of the race.

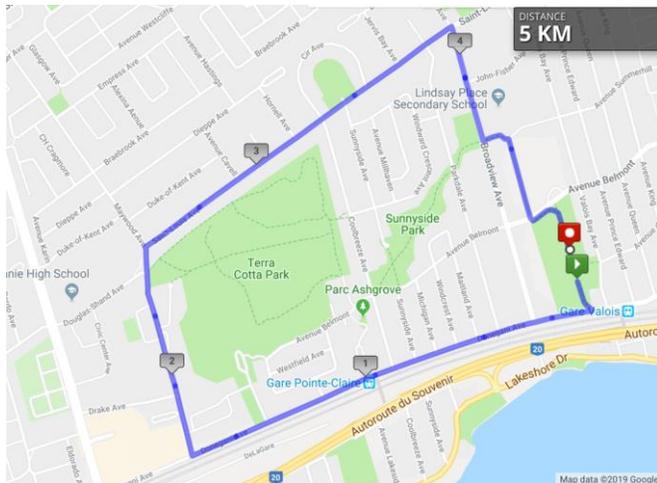


**For your safety, we recommend that you do not run with ear buds.  
Strollers and pets are permitted but we ask that you start at the back of the pack.  
Walkers are also encouraged to start at the back.**



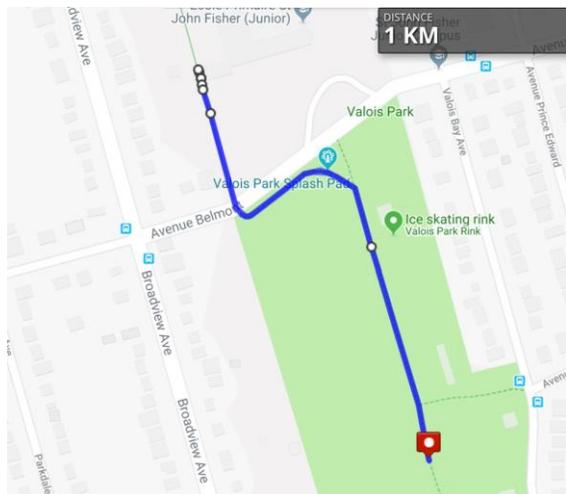
**10K :**

The 10k exits the park heading south, then west on the Donegani bike path, north on Maywood, east on St. Louis, south on Broadview to the bike path near Lindsay Place, then west on Belmont. 10k runners will then head south on Broadview then west on Donegani for a 2<sup>nd</sup> loop before turning into the park.



**5K :**

The 5k exits the park heading south, then west on the Donegani bike path, north on Maywood, east on St. Louis, south on Broadview to the bike path near Lindsay Place, then east on Belmont and back into the Valois Park to finish.



**1K :**

The 1k starts in Valois Park, then heads north to the bike path near St. John Fisher school before turning around to return to the Park.

**Thank you for your support of  
the West Island Palliative Care Residence.  
We look forward to seeing you on May 11<sup>th</sup> at Valois Park!**