

RUNNERS GUIDE 2022



SOFICO GENT marathon

27.03.2022



The background of the entire image is a photograph of a marathon race in progress. Numerous runners are visible, some in the foreground and others further back, running along a paved road. The image is overlaid with a semi-transparent blue layer that features a pattern of large, light-blue triangles pointing in various directions. The text is written in a white, bold, sans-serif font.

Dear runner,

Thank you for joining the Sofico Gent Marathon. This runner's guide will give you all important information regarding your participation. Read this guide carefully so you can appear at the start without any worries.

Good luck and see you on Sunday!

Team Sofico Gent Marathon

PROGRAMME

Saturday 26 March

- **Pick up of bib numbers: 12:00 – 17:00hrs**

TIP: Avoid the crowds on Sunday and pick up your bib number on Saturday !

Sunday 27 March

- **Pick up of bib numbers: from 8:00hrs**
- **Start Marathon & Half Marathon: 10:00hrs**
- **Start 11km: 11:10hrs**
- **Finish: 16:00hrs**
- **End of the event: 17:00hrs**

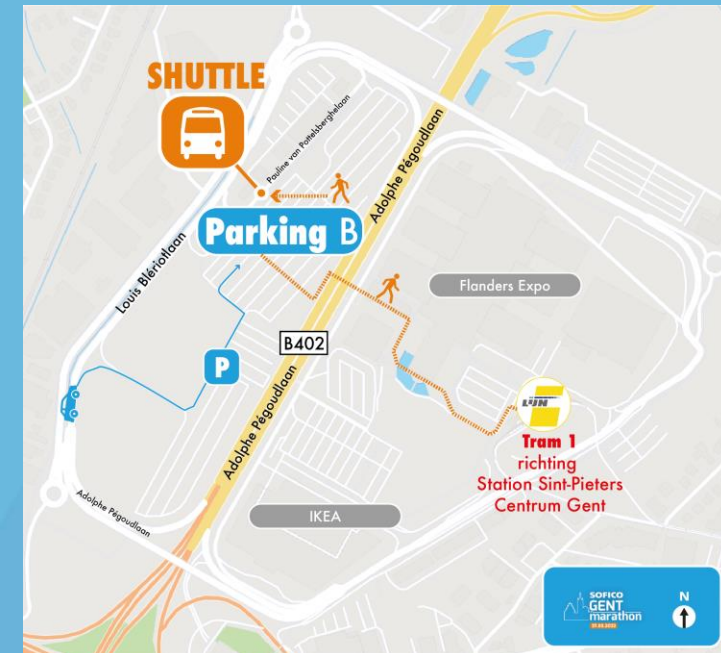
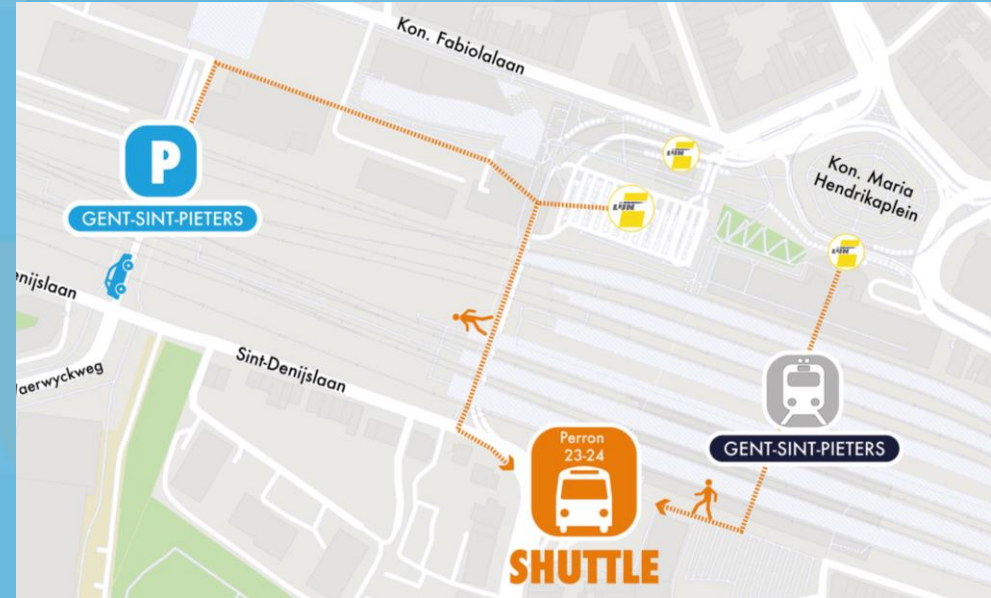
Attention! On Saturday 26 March we switch to summer time, clocks will go forward by one hour.

ACCESSIBILITY

Parking

You can NOT park in the vicinity of the Topsporthal. Please use the following car parks:

- **Car Park Gent-Sint-Pieters (Station)**
Address: Sint-Denijslaan, Ghent
Price: 7.5 Euros for 8hrs
- **Car Park The Loop - Parking B**
Address: Louis Blériotlaan, Ghent
Price: 7.5 Euros



Shuttle bus

A free shuttle bus will run from both car parks to the Topsporthal. The journey takes 10 minutes. The shuttle bus will run from 7am to 5pm.

If it gets too crowded, runners will get priority boarding the shuttle bus to make sure they will be at the start on time.

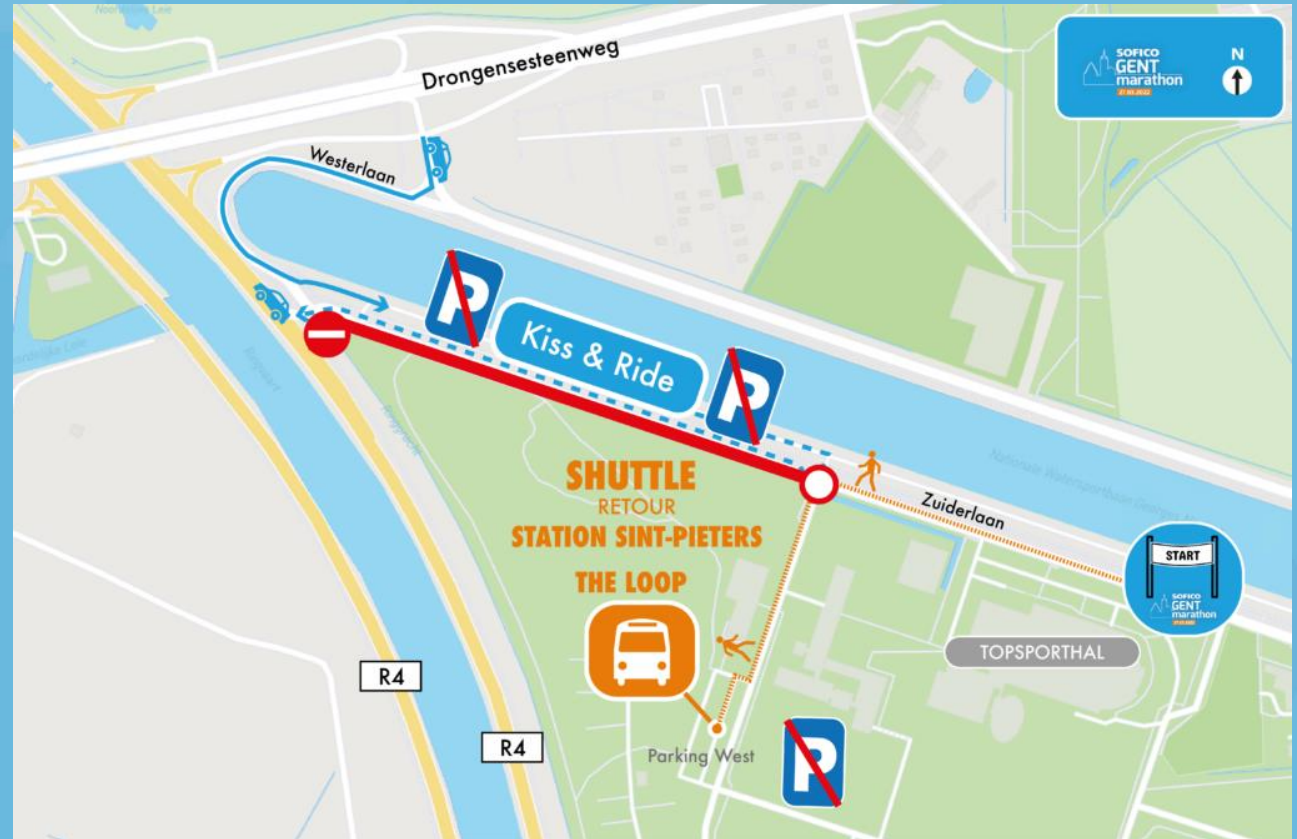
ACCESSIBILITY

Kiss & Ride

Want to drop off or pick up someone near the Topsporthal? You can! The Kiss & Ride is only accessible via the R4 or the Drongensesteenweg and Noorderlaan. Follow the arrows to Kiss & Ride.

GOLDEN TIP:

Be sure to arrive on time!



ACCESSIBILITY

On foot or by bike

The Topsportal is easily accessible on foot or by bike. A spacious bicycle shed will be provided.

Public transportation

Coming by tram, bus or train? Then Gent-Sint-Pieters is the place to be!

A free shuttle bus to the Topsportal departs every 15 minutes from bus platform 23 at the back of the station (Voskeslaan).

Be sure to arrive on time!

Make sure you get to the event on time taking into account the shuttle route so you can collect your personalised bib number and T-shirt (if ordered).

Make sure to pick up your bib number from the Topsportal on Saturday between 12:00 and 17:00hrs. That way, you will get to the start of the Sofico Gent Marathon even sooner.



AVOID THE CROWDS!

**TIP: COLLECT YOUR BIB NUMBER OR
MAKE ANY CHANGES ON SATURDAY 26
MARCH BETWEEN 12-6PM!**

EVENT LOCATION

ADDRESS start & finish:

Zuiderlaan 14

9000 GHENT



COLLECTION OF YOUR PARTICIPATION PACK

Individual registrations

- **Saturday 26 March 12 – 5pm**
- **Sunday 27 March from 8am**

Avoid the crowds on Sunday morning and pick up your bib number on Saturday between 12 and 5pm. Bring your confirmation email for smooth processing!

Are you participating as part of a group or company with centralised collection of bib numbers?

It will not be possible to collect your bib number individually. Contact the person in charge of the group registration and agree with them when and where you can collect your bib number.

NAME CHANGE

Have you taken over someone else's registration?

1. First, get the bib number from the person who registered originally using the initial confirmation email.
2. With this number, go to the "Change of Name - step 1" stand where you can register your new details using your E-ID card.
3. Finally, go to the "Change of Name - step 2" stand, located next to the Helpdesk, to register your new number.

Each name change will incur an administrative fee of €5. You can pay by Bancontact or cash. This official name change ensures that you are insured during the race.

Save time and make this change on Saturday between 12 and 5pm!

TIP: Don't forget to bring your E-ID card for a smooth exchange.

DISTANCE CHANGE

Would you like to change the distance of your initial registration?

- 1. First, pick up your bib number from the distance desk that you are registered for.**
- 2. Go to the "CHANGE OF DISTANCE" desk, located just next to the helpdesk, to change your distance and get a new number.**

Changing to a lower distance is free of charge. If changing to a higher distance, you pay the difference in price:

- 11KM → Half Marathon: +€22**
- 11KM → Marathon: +€62**
- Half Marathon → Marathon: +€40**

Payments can be made in cash or by Bancontact

Save time and make the change on Saturday between 12 and 5pm.

AT THE START: STARTING PROCEDURE

The timing only starts when you walk onto the starting mat. So there is no need to push to the front.

For your own running comfort as well as that of your fellow runners, it is best to stand in the starting area of your target finish time and associated pacer. This should ensure ideal running comfort for everyone. There will be no controls, thanks to the fair play of the runners everyone will be able start smoothly.

The scheduled starting areas for the Marathon are : 2h59, 3h15, 3h30, 3h45, 3h59, 4h15, 4h30, 4h45 and 5h00

The scheduled starting areas for the Half Marathon are : 1h30, 1h40, 1h50, 2h00, 2h10, +2h10

Below is a detailed plan of the starting areas:



SPORTOASE PACER TEAM

A number of very experienced pacers have committed to being pacers for the Sofico Gent Marathon and Half Marathon. There will be two pacers per finish time who will guide you to the finish.

In the start box, pacers will be easily recognisable thanks to their coloured flags showing their finish times. Furthermore, each participant will also get a wristband showing the split times that they have to run per kilometre to achieve their desired finish time. A handy reminder for the race that you can simply wear around your wrist! You can collect these bands for free from the registration area on Saturday and Sunday.

Marathon	Half Marathon
2h59: pink flag	1h30: pink flag
3h15: blue flag	1h40: blue flag
3h30: yellow flag	1h50: yellow flag
3h45: red flag	2h00: red flag
3h59: green flag	2h10: green flag
4h15: black flag	
4h30: orange flag	
4h45: grey flag	
5h00: white flag	



MARATHON COURSE

Supply 1	Edward Anseeleplein
Supply 2	Warmoezeniersweg
Supply 3	Nieuwescheldestraat
Supply 4	Zandvoordestraat
Supply 5	Zoë Borluutweg
Supply 6	Oude Gentweg
Supply 7	Beukenlaan
Supply 8	Jaagpad aan Snekpebrug

In addition to water from Bar le Duc and AA Drink Iso-lemon, bananas will also be handed out at kilometres 15, 25 and 35. There are also toilets at every supply point.

Consult the course in detail [here](#)!



HALF MARATHON COURSE

Supply 1

Edward Anseeleplein

Supply 2

Warmoezeniersweg

Supply 3

Ebergiste de Deynestraat

Supply 4

Jaagpad aan Sneepebrug

In addition to water from Bar le Duc and AA Drink Iso-Lemon, bananas are handed out at kilometre 15. There will also be toilets at each supply point.

See the course in detail [here!](#)



11KM COURSE

Supply 1
Supply 2

Beukenlaan
Jaagpad aan Snekpebrug

At each supply point, both Bar le Duc and AA Drink Iso-Lemon will be provided. There will also be toilets at each supply point.

See the course in detail [here](#)!



AT THE FINISH

For safety and flow:

After receiving your medal, please leave the central square of the Topsportal and head towards the refresh zone where you will receive a goodie bag!

For supporters:

Supporters can cheer you on along the course and they can watch you cross the finish line from the stands in the Topsportal.

What's in your goodie bag?

Water (Bar le Duc)

AA Drink (Iso Lemon)

Grany Moelleux

Lu Waffle

Discount voucher for the biggest flower show in Belgium, the Ghent Floraliën from 29 April to 8 May.

Discount voucher for sports shop Trakks (Ghent, Brussels, Liège, Charleroi, Namur)

RESULTS

The timer only starts when you walk over the starting mat. So there is no need to push to the front.

Supporters can follow certain passages of their chosen runners on the MyPage:

- **Start**
- **10 km**
- **Halfway point**
- **30 km**
- **Finish**

You can look up your result and your personal finisher movie on your personal MyPage.

SPORTS & HEALTH

- Sports is good for your body, but make sure you listen to it! Do not exert yourself for which you are not trained or prepared.
- Listen to your body. If at any time you do not feel well, stop for a while. If the feeling persists, stop for good.
- Have you recently had Covid-19? Be aware that you may be more susceptible to major exertion and be extra vigilant.

ANY QUESTIONS?

If you have any questions in the meantime, be sure to take a look at our website : www.soficogentmarathon.com

or

send an email to info@golazo.com during weekdays between 9am and 5pm.

THANKS TO OUR SPONSORS



SOFICO