stayen
GREAT HALF
SINT-TRUIDEN
15 november 2026

Hi runner!

It's almost time! On Sunday, November 15, you'll be at the starting line of the very first **Stayen Great Half Sint-Truiden.**

We're really looking forward to welcoming you. Behind the scenes, we're hard at work making the final preparations to ensure it's a fantastic race day.

In this race briefing, you'll find **all the practical information** you need to be well-prepared when you line up at the start. You can also find all this information in Dutch and English on the **Keep on Running** website.

You can look up your race number via **this link**.

PRACTICAL INFORMATION

- **Event address:** Tiensesteenweg 168, 3800 Sint-Truiden (Stayen)
- **Date:** Sunday, November 15, 2026
- **Registration:** Open until Saturday, November 14, 2026.
- **Find your bib number:** **click here**.
- **Dogs:** Not allowed during the race.
- **Medal engraving available:** **click here**.
- **Finish line closes:** 1:00 PM
- **Nike pacing team:** Present with target times of 1:15 – 1:20 – 1:30 – 1:40 – 1:50 – 2:00 – 2:10 – 2:20 – 2:30.
- **Same-day pictures?** You can find your pictures on the day of the event through our partner SportShots. Register in advance and receive a notification as soon as your pictures are online: **click here**.

NEW EVENT PLATFORM

Big news: Keep on Running and Runners' Lab are merging their online platforms! From now on, you'll find everything on a **single, shared platform**.

What does that mean for you? Your old Keep on Running account will be deactivated, and from now on, you can log in via our new, joint account platform.

Through this platform, you'll have access to **all the practical information about your participation**, such as your bib number and other important event details. Everything conveniently bundled in one place!

Were you already registered for Stayen Great Half Sint-Truiden via the old platform? Don't worry, your registration will remain valid!

Simply create an account using the **same email address you used for your registration**. The event and all related details will then automatically appear in your new account. That way, you'll be all set for the start!

Easily create your new account and sign up **here**.

RUNNERS' LAB

As a partner of Stayen Great Half Sint-Truiden, **Runners' lab** wants to help you get the most out of your running adventure. That's why, as a participant, you'll enjoy an **exclusive 10% discount** on your purchases at Runners' lab.

Use code **GREATHALFST2610** at checkout.

- Valid through November 22, 2026
- Online and in stores
- Valid on the entire product range, excluding orthotic insoles
- Cannot be combined with other discounts

Check out everything you need for your Great Half **here.**

BIB NUMBER PICKUP

Want to avoid lines and stress? Then pick up your bib in advance at **Runners' lab Paal-Beringen** (De Weven 7, 3583 Paal) from **Tuesday, November 3, through Friday, November 13**, during the store's opening hours:

- Monday, Tuesday, and Friday: 9:30 AM to 6:00 PM
- Wednesday: 9:30 AM to 7:00 PM
- Thursday: 9:30 AM to 2:00 PM
- Saturday: 9:00 AM to 6:00 PM

Would you like personalized advice? Then make an appointment in advance through the reservation system on the **website**.

On **Saturday, November 14**, you can pick up your race bib between 2:00 PM and 5:00 PM at the Rvue in Stayen (Tiensesteenweg 168, 3800 Sint-Truiden). Will you be joining us for the Shake Out Run?

On the day of the event, you can pick up your race bib starting at 7:30 AM at the Rvue in Stayen (Tiensesteenweg 168, 3800 Sint-Truiden).

The entrance is via W3 at the top of Parking Z or through the entrance to the Stayen Hotel. You'll recognize the entrance by the Runners' lab arch.

At the registration desk, we'll ask for your **bib number + ID**. You no longer need your confirmation email. Your bib number = your ticket. We do not use QR codes or PDF files. Changing your start wave is no longer possible.

Want to **pick up someone else's bib**? You can do so by presenting a photo of that person's ID.

For **group registrations**, the team captain picks up all race bibs at once. They'll be ready together in an envelope.

TIMETABLE

- **7:30 AM:** Opening reception
- **9:30 AM:** Opening starting areas
- **10:00 AM:** Start Stayen Great Half Sint-Truiden (all waves start consecutively)
- **12:00 PM:** Men's and women's podium ceremony (Rvue Stayen)
- **1:00 PM:** Finish line closes
- **2:00 PM:** Bag drop closes

START WAVES

We'll be using the city and navigating the streets. The **start and finish** are located at **Tiensesteenweg 168**, 3800 Sint-Truiden. We'll gather in different start waves around the stadium. The announcer will call you when it's time for your start wave to set off.

It is no longer possible to change your start wave online. However, you may always participate in a later start wave. Keep in mind your own pace and that of your fellow runners. To ensure the race runs smoothly, we recommend starting in the appropriate start wave.

Click **here** to find your starting zone.

START 10:00 AM	**STARTING BLOCK 1** Target time <1:20 Pacers: 1:15 - 1:20
START 10:00 AM Following wave 1	**STARTING BLOCK 2** Target time <1:45 Pacers: 1:30 - 1:40
START 10:00 AM Following wave 2	**STARTING BLOCK 3** Target time <2:15 Pacers: 1:50 - 2:00 - 2:10
START 10:00 AM Following wave 3	**STARTING BLOCK 4** Target time >2:15 Pacers: 2:20 - 2:30

Pacers are available with the following finish times:

- 1:15 – 1:20 – 1:30 – 1:40 – 1:50 – 2:00 – 2:10 – 2:20 – 2:30
- Finish cutoff: 3 hours. The finish line closes at 1:00 PM

Curious? Get to know your pacer here.

ACCESSIBILITY

We're expecting a large number of runners and supporters in Sint-Truiden. Please be prepared for crowds and some road closures. Be sure to depart on time!

- **Car**
    - The Stayen underground parking garage is open. The Aldi & Colruyt parking lots are also available. We recommend carpooling as much as possible.
- **Public transportation**
    - Train: Sint-Truiden Station is about a 10-minute walk from Stayen. Plan your trip via NMBS.
    - Bus: Plan your route in advance via De Lijn.
- **Bike**
    - You can easily get around Sint-Truiden by bike. Supporters are not allowed to ride alongside runners during the race.

      You can park your bike at Stayen. To do so, follow the signs to Parking Z, at the top of the Kleine Markt in Stayen.

You can find the accessibility information here.

CHANGING ROOMS / SHOWERS / CLOAKROOM

- Secure bag drop **AVAILABLE**.
    - This area is located at the Rvue in Stayen.
    - You can also pick up your race number here.
    - Open from 7:30 AM to 4:30 PM
- Changing rooms and showers are **NOT AVAILABLE**.

COURSE

Time to discover Sint-Truiden by running!

This **officially measured half marathon** of 21.097 km is ideal for anyone looking to set a fast time. The course is flat and consists of long, straight stretches that are perfect for improving your personal best.

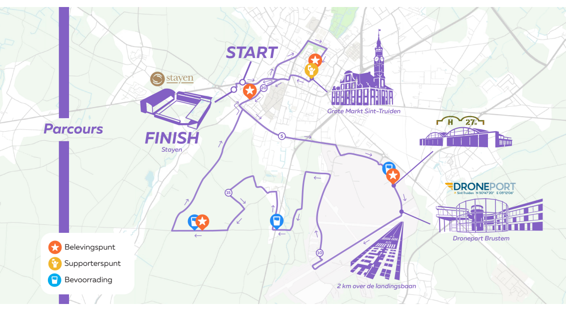
You'll run through the **center of Sint-Truiden and its green outlying neighborhoods**, with a unique stretch across the active runway at DronePort Brustem. The grand finale? You'll cross the finish line at the center spot of Stayen!

The course is fully marked with **orange "Keep on Running" arrows**. Marshals and information signs are stationed at key points to ensure everything runs smoothly and safely. There are also several timing mats along the course.

The **Nike pacing team** is ready to guide you to your goal with the following target finish times: 1:15 – 1:20 – 1:30 – 1:40 – 1:50 – 2:00 – 2:10 – 2:20 – 2:30.

We've also set up **six cheering zones** along the course. Be sure to send your supporters to these spots to add to the atmosphere. You can find them here.

- View the course here.
- Download the GPX file here.



REFUELING STATIONS

It's important to maintain your energy levels during the race. That's why our volunteers will be there for you at the following refueling stations:

- **7.3 km:** 1 refueling station
- **13 km:** 1 refueling station
- **16.5 km:** 1 refueling station

Along the route, you can get water, isotonic sports drinks, energy gels, winegums, banana slices, and saltine crackers.

Each aid station is marked with an orange beach flag. This lets you know when to get ready to receive refreshments from our volunteers.

The aid stations use **reusable cups**, so you don't need to bring your own cup or soft flask. There's a clearly marked area 100 m before and after each aid station where you can drop off your trash. Our volunteers will clean up this area.

We strongly ask that you leave your cups and trash only there, and not elsewhere on the course or on the road. Together with the City of Sint-Truiden, **we strive to make this event as clean as possible**. Plastic bottles and trash do not belong in nature.

Thank you for helping us with this.

EVENT VILLAGE

There's plenty to do off the course, too! At the Rvue in Stayen, you'll discover our lively event village, featuring:

- **Nike test shoes:** Discover and test the latest Nike running shoes, including the newest Nike Alphafly 4. You can also try them out during the Shake Out Run.
- **BLACKROLL recovery zone:** After 21 km, your legs deserve some extra attention. Stop by and slip into the BLACKROLL Compression Boots. Bonus: Anyone who visits the recovery zone has a chance to win a pair of boots worth €499!
- **Van Mossel Car:** The Van Mossel car, which will serve as the pacer car for the lead runner during the race, will be featured in the Rvue after the race. Look for your name on the car, take a photo, and tag us:@greathalfseries & @keeponrunning

In short, everything is in place to make this a complete and enjoyable experience! Curious about what the event village will actually look like? Check it out here.

Would you like to have your **medal engraved with your name and finishing time**? Reserve your engraving in advance here.

You can find your photos on the day of the event via SportShots.

SHAKE OUT RUN

Want to show up at the starting line fully prepared? Kick off the weekend with us!

On **Saturday, November 14**, we're organizing a **free 4-km Shake Out run** for anyone with a race ticket or anyone who just wants to join in for a fun run. It's the perfect way to loosen up your legs and get into the race spirit.

After the run, you can enjoy a fun **carb-loading session**, with the option to buy pasta. There's a **bag drop** for your personal belongings, and every participant will receive a **free drink from Vitamin Well**. Plus, during the run, you can test out the latest **Nike running shoes**, including the newest Nike Alphafly 4.

In short: the perfect warm-up for a successful running weekend!

- **Date:** Saturday, November 14, 2026
- **Location:** Stayen
- **Check-in:** 3:45 PM
- **Start:** 4:00 PM
- **Distance:** 4 km

Register here for the Official Shake Out Run

GREAT HALF SERIES

A series of (fast) half marathons in Flanders. Are you ready?

With the **Great Half Series**, we challenge you with officially certified half marathons, designed to be run smoothly and to help you get the most out of your performance. Each event has its own character, but all revolve around speed, quality, and the experience.

In 2027, the Great Half Series will expand to **at least four races**. If you complete the entire series by the end of 2028, you'll earn an **exclusive Great Half Series medal**!

UP NEXT: Great Half De Kust on April 11, 2027. More info coming soon - stay tuned!

Discover the full Great Half Series here.

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GREAT HALF
SERIES

LOOKING FORWARD

All right, everyone, now you're all set for Stayen Great Half Sint-Truiden!

We're really excited and can't wait to see you at the starting line.

Please note! In the days leading up to the event, we'll be checking our inbox less frequently. We'll be busy at the event site making sure everything runs smoothly. Didn't get a reply? We'd be happy to help you at the information desk during the event.

Happy with your new PR? Tag us in your stories and photos: @greathalfseries en @keeponrunning. And of course, don't forget **#MedalMonday**. We love to repost!

Sporty regards and good luck!

Team Keep on Running

event. coaching. product. inspiratie.