



Saturday September 10<sup>th</sup>, 2011  
 Parc Jean-Drapeau, Montreal  
 In conjunction with the 27th edition  
 of the Triathlon Esprit de Montréal

Start forming  
 your team  
 right now!

\$ 1000 per team of three (One participant per discipline)

To register :

[www.pq.poumon.ca/about-propos/triathlon/](http://www.pq.poumon.ca/about-propos/triathlon/)  
 Olivier Léger-Leduc : (514) 287-7400 ext.223

THE  LUNG ASSOCIATION™  
 Quebec



Swimming: 750 m.



Biking: 20 km.



Race: 5 km.



Relay race





THE  LUNG ASSOCIATION™  
Quebec

Steering committee  
TRIATHLON 2011

Mr. Pierre Lafond  
Real Estate Broker  
Bouchard Parent Associés

Mr. Marc Lachance  
Vice-president  
Adelson & associés

Mrs. Ana Osojnik  
Senior Manager – Tax  
Samson Bélair/Deloitte & Touche

Mrs. Carole Bouchard  
Director of Development and  
Communications  
Quebec Lung Association

Mr. Olivier Léger-Leduc  
Major Events Coordinator  
Quebec Lung Association



# Corporate Invitation

Dear,

It is with great pride that the Quebec Lung Association (QLA) invites you to the first Triathlon One Breath, One Life – Relay Race event, Saturday the 10<sup>th</sup> of September 2011 at Parc Jean-Drapeau in Montreal. This event is an activity for the whole family and is ideal for you and your employees. Show that your company recognizes the importance of physical activity!

In collaboration with the 27<sup>th</sup> Montreal Triathlon Spirit, the QLA triathlon is a challenge in a single sports team of three participants whether you are an amateur or experienced, while supporting people with respiratory diseases. In effect the funds raised will enable the QLA to open the first Centre of education and rehabilitation for COPD (chronic obstructive pulmonary disease) in the east end of Montreal and thus improve the quality of life for people with respiratory diseases.

The Quebec Lung Association Triathlon is designed as a family activity and the family members of participants are welcome. In the evening we celebrate and congratulate the efforts of our participants with a BBQ /corn roast in a large tent with entertainment and door prizes. Nothing better than to spend a Saturday with your family and take in the fresh air of the outdoors. PLEASE, join us!

## TRIATHLON ONE BREATH, ONE LIFE

**Date :** Saturday September 10th, 2011

**Arrival :** 1 h 30 p.m. **Triathlon Beginning :** 3 h 30 p.m.

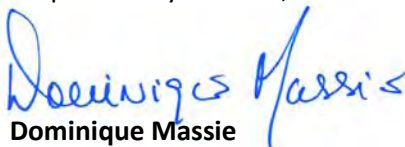
**Place :** Parc Jean-Drapeau, Montreal

**Cost :** \$1 000 per team (three members)

**Distances:** Swimming 750 m - Biking 20 km – Race 5 km

For more information or to register, visit [www.pq.poumon.ca/about-propos/triathlon/](http://www.pq.poumon.ca/about-propos/triathlon/) or telephone Olivier Leger-Leduc (514) 287-7400 # 223

Hope to see you there,

  
**Dominique Massie**  
Executive Director

