



Saturday September 10<sup>th</sup>, 2011  
Parc Jean-Drapeau, Montreal  
In conjunction with the 27<sup>th</sup> 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



# Individual Invitation

Dear,

It is with great pride that the Quebec Lung Association invites you to the first Triathlon One Breath, One Life – Relay Race event, Saturday the 10th of September 2011 at Parc Jean-Drapeau in Montreal. This event is an activity for the whole family and is ideal for someone who wants to meet a personal challenge. Show that you recognizes the importance of physical activity!

In collaboration with the 27th 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 : \$150 (registration)

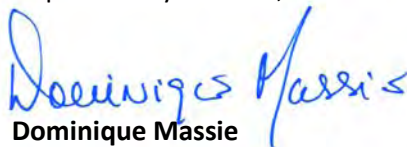
+ \$180 (fundraising)/pers. = \$330

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

} For more details, see over

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

Hope to see you there,



**Dominique Massie**  
Executive Director



# Involvement required

THE  LUNG ASSOCIATION™  
Quebec



## Individual participation

It is recommended to form a team to participate, but it is not required. If you wish to attend alone, we will match you with the participants carrying out the remaining two disciplines.

## To participate

A registration fee of \$150 is applicable to each participant. Moreover, each participant has to collect \$180 extra for the Quebec Lung Association to officially participate in the triathlon.

## Form a team

A team consists of three individuals, each carrying one of the three disciplines of triathlon: swimming (750 m), cycling (20 km) and running (5 km). Ask to your colleagues, friends, loved ones to take up this challenge with you!

## How to collect money?

There are many ways to collect \$180 as a fundraiser to the QLA:

- ✎ Ask your friends to encourage you to take up this personal challenge by sponsoring you (cash donation);
- ✎ Involve your employer and convince him to form a team on behalf of the company (Consult the corporate invitation [www.pq.poumon.ca](http://www.pq.poumon.ca));
- ✎ Explain on a blog why this event and this cause are important to you and what your goal is. You must interest your readers;
- ✎ Organize fundraising events: dinner, party, sport tournaments, bowling, karaoke, etc.;
- ✎ Make constantly monitored and regularly inform your contacts of the progress of the file;
- ✎ Be creative in your approach;  
Example: Find supporters ready to finance a part of the swimming distance (\$12 per 50m x 15 supporters = \$180 for 750m), of the cycling distance (\$18 per 2 km x 10 supporters = \$180 for 20km) or the running distance (\$18 per 500m x 10 supporters = \$180 for 5 km).

