

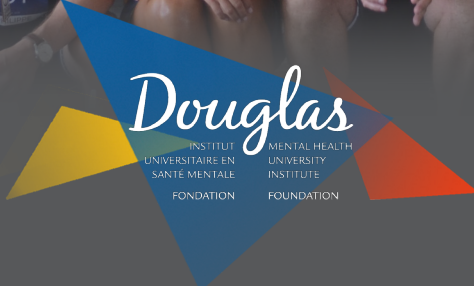
DÉFI DOUGLAS GROUPE COPLEY



TRIATHLON - DUATHLON

SUNDAY, AUGUST 13, 2017

NATATORIUM DE VERDUN
6500 LaSalle Blvd.
Montreal, QC H4H 2S9



LET'S TAKE ON THE CHALLENGE TOGETHER FOR MENTAL HEALTH

Défi Douglas - Groupe Copley is back for a 3rd edition in collaboration with Triathlon de Verdun - Desjardins, the best-known urban challenge in the Triathlon Québec series! Join the 1,200 athletes cheered on by thousands of spectators.

..... TRIATHLON

- SWIM: 750 M (Open water)
- BIKE: 20 KM
- RUN: 5 KM

..... DUATHLON

- RUN: 5 KM
- BIKE: 20 KM
- RUN: 2.5 KM

Participate individually, create a team or join one!

REGISTRATION

"Early birds": Until June 13, 2017

- Triathlon or Duathlon
One (1) participant: \$90
Team of two (2): \$135
Team of three (3): \$157

Regular fee: June 14 - August 8, 2017

- Triathlon or Duathlon
One (1) participant: \$100
Team of two (2): \$150
Team of three (3): \$175

Fee includes:

- Registration to the event
- Training program
- Conference (date TBA)
- Lunch
- Medal for all participants
- Technical shirt and more!

Each participant is encouraged to raise \$500

NEW: CORPORATE PACKAGE

Get your team sponsored by your employer! \$1,500* for a team, maximum three (3)

* Registration fees and fundraising objectives included

There are many ways to support the Défi Douglas



REGISTER

Show your support for mental health research! Take on the challenge yourself or recruit colleagues or friends to form a team!



SPONSOR

Make a donation of money, products or services as a business, or form and support your own corporate team.



SUPPORT A PARTICIPANT / TEAM

Help a participant or a team to reach or exceed their fundraising goal.



DONATE

Contribute to the Douglas Foundation's mission and support mental health research and patient care.



VOLUNTEER

Take part in the adventure by guiding and encouraging the participants, managing food stations, and much more.

For more information:
douglasfoundation.qc.ca or contact
Caroline Apollon
Director of Development
(514) 761-6131 ext. 2761
caroline.apollon@douglas.mcgill.ca

Mental illness affects all Canadians



1 person in 5 will personally experience a mental illness in their lifetime.

Approximately 11 persons will commit suicide today - and every day - in Canada.

Once depression is diagnosed, 80% of affected people who received help were able to resume their usual activities.

Why should you support the Douglas?

BECAUSE WE ARE FIGHTING MENTAL ILLNESS ON ALL FRONTS BY:

- conducting ground-breaking research through our world leading Research Centre
- offering leading-edge patient care and treatments, often unique in Québec
- raising public awareness of mental disorders and destigmatizing the disease



@DefiDouglas
@FondationDouglas



@FdnDouglas
#DefiDouglas