

Conference



The pleasure approach to challenges : **Always winning!**

Is it possible to complete a sport challenge with joy?

The speaker presents six elements that make it possible for him to tackle both sporting and everyday challenges with pleasure.

Pierre Beauregard

**Guest participant to the
2018 IRONMAN Lake Placid**

Bachelor in outdoor adventure tourism

Swimming coach

46 long distance challenges completed since 2006

Nine Ironman triathlons (3,8 km swim, 180 km biking, 42,2 km on foot)

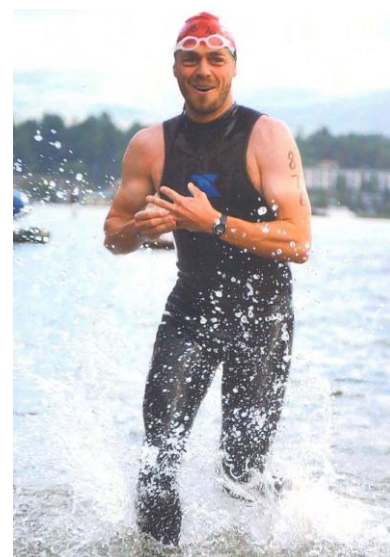
Twelve times the Canadian Ski Marathon (160 km with one night under the stars)

Thirteen times the Défi de l'île de Montreal (128 km inline skating)

The 2012 Sand Marathon (Ultra marathon of 250 km in seven days in the Morocco desert)

Nine marathons (42,2 km on foot)

The Jackrabbit Classic (cross country ski) and a twelve hours Ultra Marathon



Technical notes

Duration: 60 to 90 minutes (followed by a question or exchange period)

Projector with HDMI or VGA input (with wires)

Screen or white wall

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(use top right button for English)

Special 2018-2019 introductory rates

Schools and non profit organisations and: contact me (social implication possible)

60 minutes: 750 \$ (instead of 1500 \$)

90 minutes: 1000 \$USD (instead of 2000 \$)

Travelling expenses: 0,43\$/km from Granby-Accommodation if needed