

Pierre Beauregard and



Guest participant at the 2018 IRONMAN Lake Placid

55 great sport challenges completed (including 12 IRONMAN distance triathlons)

Bachelor in outdoor and adventure tourism – Swimming coach

Speaker – Consultant – Dreamed project accompanyist

Energetic – Dynamic – Inspiring – Passionate – Outdoor guide



Pierre Beauregard

438-888-9144

viensjouerdehors@hotmail.com

www.pleinairenor.ca

Pierre Beauregard

Canadian – Born in Granby, Qc

- **Guest participant** at the 2018 IRONMAN Lake Placid

Dave Deschenes, Former Executive director of the IRONMAN FOUNDATION is at the origin of this invitation. M. Deschenes also signs the English preface of Pierre Beauregard's book.

55 long distance sport challenges since 2006

- **The Great Virtual Race Across Tennessee** (2020)
1st Quebecer to complete this virtual race of 1000 km
Completed in 21 days – 18th overall of the 19 349 participants from 77 countries
- **Twelve IRONMAN triathlons** (every year since 2010, in Lake Placid NY)
Nine times the Lake Placid Ironman and the 2019 CANADA MAN/WOMAN
3,8 km swimming, 180 km biking, 42,2 km on foot
 - Note: He gets to his IRONMAN on his bike from Montreal, Canada
- **Fourteen times the Canadian Ski Marathon** (every year since 2007)
160 km of cross country ski with one night under the stars
 - Holder of permanent Platinum bib 305
 - Holder of the "ambassador" title
- **The Marathon des Sables (Sand Marathon)** (in 2012) → →
 - One of the 10 most difficult race in the world
 - Ultramarathon by stages, 250 km, seven days in autonomy



Fourteen times the "Défi de l'île de Montréal" (every year since 2006 –
128 km with inlined skates except 2020)
The whole tour of Montreal Island following the water

Eleven marathons (Montréal from 2007 to 2011 and Lake Placid in 2014/15 and
2017/18/19 and Lake Placid virtual in 2020) 42,2 km on foot

The Jackrabbit Classic (in 2018) 103 km of cross country ski in one day

One 12 hours ultramarathon (in 2011) Total of 82 kilometers completed

Pierre Beaugard

- **Recipient of 13 « Canadian Endurance Award »**

Prerequisites: Complete three long distance challenges in 12 months

- Minimum requirements : – Complete the CSM « Coureur des Bois » category
– Complete a marathon

Fourteenth Endurance Canadian Award under way



Professionnal outdoor guide

- Holder of the « **outdoor and adventure tourism** » bachelor degree from UQAC
Professional recognition « **EMERIT** » from the **CQRHT**
Numerous experiences: kayak, cross country ski, trekking, biking, camping

Swimming coach

Level 3 « formed » of the National coaching certification program (NCCP)

Recipient of multiple excellence awards

Lifeguard of the year from the Quebec Lifeguard Society in 2002

Rookie of the year at the UQAC University in 2003-2004

Excellence scholarship and Millennium grant

Abroad studies scholarship

Diversified life and employment experiences

- « Hitchhiker » for the last 30 years – **Book under way:**
Park ranger patrol
Lifeguard
Coordinator of the Kuujjuaq pool
Truck and chartered bus driver
Lawn maintenance technician



PLEIN AIR EN OR

Conférence 1

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. (Book soon available)



Conférence 2

How clothing works
Human body elements
Nutrition tips

Is it possible to be well at all times when we go "play" outside?

The speaker introduces us, in clear terms and with simple images, the three essential principles to ●understand. For everyone, from Sunday walkers to experienced hikers, including newcomers.

Conférence 3 The Canadian Ski Marathon

- **Accessible to all:** families, friends, ski clubs, school groups or alone
 - Takes place over two days
 - In Quebec, since over 50 years
 - Between 13 and 160 km of cross country ski
 - No stopwatch or ranking
- **Pride and achievements**



The speaker relate the pleasure of going physically beyond and enter into communion with nature as part of this unique and accessible adventure.

PLEIN AIR EN OR

The Great Adventures

One or two weeks

LONG DISTANCE TREKKING

From shelter to shelter



SEA KAYAK

Allongside the water ways

For the persons that are **dreaming** about it

- For the ones **without experience** who **believe that it's not for them**
Preparatory meetings to learn everything you need to know

Personalized support

User-friendly, stimulating and inspiring

- Ideal to advance your dream, your challenge or your project

Examples :

- Develop an active life (or more active)
- Learn to swim
- Discuss eating habits
- Learn cross-country skiing
- Reflect on a dream, a challenge or a project you have, but do not dare to undertake
- To concretely help you towards the realization of a dream, a challenge or a project

Consultant – Adviser – Educator

Offer to towns, counties, parks, organisms of all nature, schools, festivals, trade shows or companies

- Evaluation, creation or improvement of any outdoor project

One-off or recurring project

Example: review or create a cycling, cross-country skiing or other sports network

Presentation of the three **PLEIN AIR EN OR**'s conferences

PLEIN AIR EN OR

For all the details and dates of the public conferences:

www.pleinairenor.ca

Project launched on November 8th 2017



Do not hesitate to invite me for an interview.

*I look forward to meeting you
to share my passions!*

Pierre Beauregard

Guest participant at the 2018 IRONMAN Lake Placid

Speaker, Consultant, Dreamed project accompanyist

438-888-9144

viensjouerdehors@hotmail.com

www.pleinairenor.ca (use top right button for English)

Your dream
Your Challenge
Your project
It's possible