



Sport friends,

Want to practice a healthy sports activity, good for your heart and gentle for your joints? You will love to participate to the Canada Roller Marathon and join a team to skate in relay.

This event, organized by VRL Le club, in partnership with Montreal Heart Institute Foundation, will take place September the 7th, 2019 at Blainville on PMG Technologies race track. VRL, a roller club founded in 1981, teaches recreational and inline speed skating in Laval. We also regularly organize roller competitions since more than 15 years. The MHI Foundation raises funds to fight against cardiovascular disease, the leading cause of death worldwide.

We invite you to skate the Canada Roller Marathon and raise funds to help develop projects and research of the Montreal Heart Institute. Participating teams can either skate a marathon or half-marathon in relay. Participants will engage in a motivating collective sports project while developing team spirit and challenging for their individual performance goals.

All fundraising amounts will be donated to the MHI Foundation via the "Cours pour le Cœur" / Run for the Heart project. Your family, friends and colleagues can also encourage you by signing up for your race. Each participant collecting \$ 200 or more in donations will have his registration reimbursed by the MHI Foundation.

The VRL Le Club organizing committee is ready to guide you and your team in preparing for the competition to the benefit of all and success of the event. VRL coaches will organize roller skating training classes adapted to the participants' various levels. In addition, a preparation guide will be handed over to each team and VRL will organize a group-ride with all invited teams at the Montreal Circuit Gilles-Villeneuve track, the Montreal 4,361 m long car-racing track.

During the Canada Roller Marathon, you will have a chance to rub shoulders with the best Canadian skaters and many international elite skaters running the individual marathon race.

Trophies will be awarded to the fastest teams running the marathon and half-marathon, and to the team that will have collected the highest amount of donations for the MHI Foundation.

We encourage you to find a motivating name to your team showing your drive and to create a team shirt for the race to strengthen the cohesion with your teammates.

Your participation to the Canada Roller Marathon and "Cours pour le Coeur" project will be the best way to test your physical endurance while donating to a good cause.

You will find hereafter a detailed description of the package proposed to the teams, a list of contacts, useful links, and the registration procedures to the event. We remain at your disposal to answer any question you may have.

Sportingly yours,

The organizing committee of the Canada Roller Marathon.

Canada Roller Marathon, September 7th, 2019

By VRL Le club partner of the Montreal Heart Institute Foundation

Corporate Team Registration

Event: Canada Roller Marathon 1st edition
Date of the event: September 7, 2019
Venue: PMG Technologies car-racing track, Blainville
Your contact: Carole Dumas (Carole@VRLleclub.com) and
Olivier Jean-Baptiste (Olivier@VRLleclub.com)
Website: <http://www.marathonroller.com>
Organizing club: VRL Le club



VRL Le club
450-664-1917, Extension 602
info@vrleclub.com
www.vrleclub.com

Description of the event

The Canada Roller Marathon, organized by VRL Le Club is the largest roller in-line competition in Canada, both for the number of expected participants and for the level of elite skaters. This year, many international skaters confirmed their interest in joining the competition. In addition, the best Canadian skaters will compete to gain the title of Canadian Marathon Champion.

Recreational skaters of all ages and levels are given particular interest and the organizers have created a specific category for skaters willing to participate in a team.

Canada Roller Marathon partner of the Montreal Heart Institute Foundation (MHI Foundation)

The Canada Roller Marathon, partner of the MHI Foundation has developed a specific package for inline teams and encourages them to collect donations for the MHI Foundation.

Funds collected through the “Cours pour le Cœur” project will be used to develop innovative and important projects of the Montreal Health Institute, as well as research that address cardiovascular disease. By participating in this program, you will skate for your own cardiovascular health, but also for that of many others.

Objective of the corporate team race

Ensure that each participant will have fun in a safe environment, fully respect his personal performance goals and contribute to the success of the team’s collective challenge.

Why subscribe as a team?

- Team building.
- Take up a challenge over a distance that would be more difficult to skate individually.
- Create a source of motivation to practice rollerblading and skate in a race.
- Train in a group and develop sport activities in parks and bike paths.
- Practice rollerblading a sport gentle for your joints which improves cardiovascular activity, strength and endurance, to take control of your health.

- Donate to a charitable cause such as that of the MHI Foundation.

Targeted audience

- Inline skaters equipped with rollerblading skates and protections
- Skilled ice skaters willing to develop their practice of rollerblading.
- Inline skaters with autonomous and safe practice of that sport.
- Number of participants per team limited to 7.
- Unlimited number of teams per company.

Rules and races accessible to the teams

- Wearing a helmet is mandatory. Protective equipment (wrists, elbows, knees) are strongly recommended.
- A specific corridor is dedicated to skaters competing as a team separate.
- The total distance chosen by the team is skated in relay.
- Each participant must skate at least 1 lap on the track of approximately 3 km.
- The teams relay in a specific and dedicated area.
- A participant can skate several laps.

Distance	Number of laps	Number of participants per team
Half-marathon: 21 km	7	4 to 7 participants maximum
Marathon: 42 km	14	4 to 7 participants maximum

Awards / trophies

- A trophy will be awarded to the fastest team of each distance race and a free registration will be awarded to these teams for the 2020 Canada Roller Marathon.
- A trophy will be awarded to the most generous team that will have raised the highest amount of donations for the MHI Foundation.
- The name of the most generous company will be engraved on the "Corporate Trophy" of the Marathon. This trophy will be kept for one year in the award-winning company and called back into play in 2020.

Content of the team registration package¹

Before the race

- 2 to 3 sessions of in-line skating practices with the organizing team of VRL Le club. For enhanced teaching, participants will be grouped by level according to VRL criteria.
- Mid-June 2019: Delivery of a preparation guide to the race providing some advice for cardiac fitness, endurance and muscle preparation.
- End of June 2019: Meeting with all teams at the Circuit Gilles-Villeneuve for a 4.3 km ride lap followed by a free period allowing each team to practice their running strategy
- End of August 2019: Reminder email sent to all teams providing some tips for their final preparation.

The day of the race

- Participants welcome at the "Cours pour le Cœur" kiosk.
- Delivery of a kit to each team captain, containing:
 - Bibs and timing chips,

¹Content of the package subject to change.

- A Marathon shirt to each participant of the team.

After the race

- Team photo by a professional delivered in digital version.
- If several teams skate for the same company, all company teams will joint for a group photo at the start line as a souvenir of the event.
- All participants join at the “Cours pour le Cœur” kiosk for a snack.
- Awards presentation and announcement of the donations raised for the MHI Foundation.
- Autograph session with the Canadian and international skating champions of the race.
- Evaluation and feedback.

Registration fee

Distance	Registration fee per participant		
	Before June 30	Before July 31	Before August 8
Semi-Marathon : 21 km	30 \$	45 \$	55 \$
Marathon : 42 km	40 \$	55 \$	65 \$

Registration via the Canada Roller Marathon website: <http://www.marathonroller.com>

- The captain first creates his team and registers the name of the company, association or group he represents, the distance to skate in team, the name of the team, the name of each participant of the team along with their email addresses and the team collective donation target.
- Each participant must then register individually with the link he will receive by email.
- An email will be sent to each participant to confirm his registration.
- Team registration deadline: **August 7 2019** at 11:59 pm.

Fundraising for the Foundation of the Montreal Heart Institute

- Each team sets his fundraising target.
- Donations are made via the “[Cours pour le Cœur](#)” dedicated website.
- First, the captain signs up by choosing **Marathon Roller Canada** in the races list. Then, in the participant’s centre, he will have a chance to invite his friends and acquaintances to register as members of your team. As each new teammate signs up, he will receive an alert. He will also be able to track team developments and communicate with the members of your team through the participant’s centre.
- Here are a few important points to remember in regard to fundraising:
 - Only participants who have collected at least \$200 in donations will be reimbursed for their registration fee.
 - All donations made to a team are divided equally among the members. For instance, if your team has four members and receives a \$100 donation, every teammate will be credited with the amount of \$25.
- As a team and individually, raise awareness among friends, colleagues and family about the world’s leading cause of death.