



Chantal Lacroix wanted to hold a motivational, rallying event in Quebec in which participants could come together and surpass their own limits. She saw it as an amazing adventure that would welcome people to run in order to put themselves back on track towards good health and to pay tribute to someone they hold dear. With this in mind, the very first edition of the challenge took place back in September 2015.

What's the *Défi Moi pour Toi* 2020 challenge all about? It includes a 250 KM running route, 20 teams of 8 people, 20 devoted coaches who will take care of their teams during the months leading up to the adventure, 50 caring volunteers, approximately 20 RV's that will follow the convoy and more than \$80,000 raised for the Foundation Les Petits Trésors.

Once again the Foundation Les Petits Trésors charity is at the very heart of this project. In fact, each team is making the commitment to raise a minimum of \$4,000 as a donation. This organization is known to be the largest non-governmental source of funding for research to help children in Quebec. <http://petitstresors.ca>

Here is the key information on this rallying event. It's really a two part challenge and the first part is HUGE! Each team must raise more than \$17,000 for the RV rental, the management and planning of the challenge, the security of the running route, on top of the \$4,000 which will be given in its entirety to the Foundation Les Petits Trésors. The second part of the challenge will be to run 250 KM from Montreal to Quebec!

The start will take place on Saturday, September 19, 2020 and the finish will be on Sunday, September 20th at 3 p.m!

Come and encourage the members of the 20 teams who have decided to take part in this magical adventure and read about their stories on our website [www.defisossante.com](http://www.defisossante.com) so that you can learn why they decided to take on this challenge.

Thank you for your interest in encouraging our participants and we hope to possibly see you at the race!

The Organizers  
*Défi SOS Santé, Moi pour toi*