

SUR
LA
POINTE
DES
PIEDS

Double
Défi
des deux **Mario**

Participant's Guide

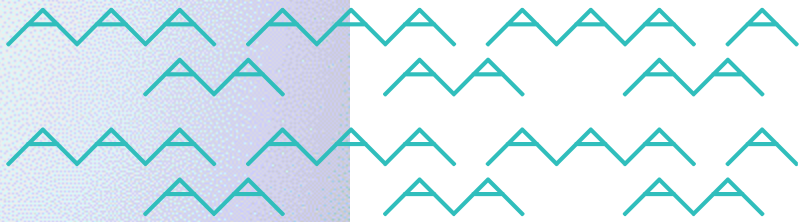
Presented by Rio Tinto

RioTinto



A BIG THANK YOU!

We thank you very much for taking part in this new edition of the Double Défi des deux Mario. You are about to experience an extraordinary human experience, as you will probably never have experienced! While this is a physical challenge, it is mostly a challenge of internalization, as young people live when they go on an expedition with the On the tip of the toes Foundation. People who take part in the Double Challenge plan to sign up for a fundraising event in the form of a ski or snowshoe excursion. At the finish line, they realize that they have just experienced one of the most grandiose experiences of their lives. We congratulate you for daring to take part in the challenge and to commit to the well-being of young people with cancer.



CALENDAR

During the month of October, make sure to fill out your medical form and the risk acceptance form. Do not forget to update your participant profile and talk about the event to those around you.

During the months of November and December, don't forget to check out our preparatory videos. You will be able to benefit from advice, even before our information evening.

In January, continue your physical preparation. Snowshoe outings and test your sled. In this way, you will be well prepared for your ice adventure on Lake St-Jean.

Important dates

- October 3rd, 2023:** Opening of the registrations
- November 2023:** Be sure to visit the foundation's website, to consult the preparation videos and to promote your own campaign.
- Mid-December 2023:** Information meeting 1. We will present the equipment required to enter the adventure and the equipment that will be supplied (under request).
- Mid-January 2024 :** Information meeting 2. We will present all the information concerning logistics of the expedition. Also, we will provide recommendations for winter camping.
- February 2 to 4 2024:** First Crossing of lake St-Jean. Meeting at village sur glace de Roberval on the 2nd at 7h00 AM.
- February 9 to 11 2024:** Second Crossing of lake St-Jean. Meeting at village sur glace de Roberval on the 9th at 7h00 AM.

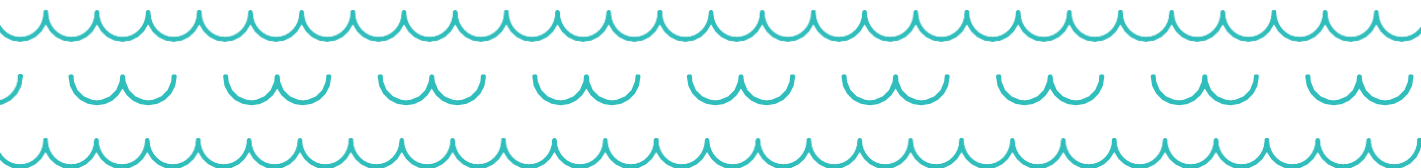
Cancellation Policy

It is possible to be partially reimburse if you cancel 35 days before the event. All requests must be sent to doubledefi@pointedespieds.ciom. There will be no administration fees in case of cancellation. Please note that in the event of a cancellation, the foundation will keep the donations you have collected. It is possible to postpone your subscription to the following year.

Your reimbursement will follow the following chart.

Période	Reimbursement %
35 days or more before the event	50%
35 days or less before the event	0%

In the unlikely eventuality that the foundation needs to cancel the crossing, you will get a full refund of your subscription fees but will keep your donations.



THE DOUBLE DÉFI DES DEUX MARIO

You are now participating at the newest edition of the Double défi. We thank you for your implication and we acknowledge your audacity! You will leave a unique experience like never before... Unless it's not your first edition! You then know that you will live an extraordinary human experience.

The participant's guide will give you more details on your personal preparation for the expedition and on better ways to improve your personnel fundraising campaign.

YOUR PERSONAL PAGE ON THE DOUBLE DEFI'S CAMPAIGN WEBSITE

Once you register, you will have a personal page on the website to help you collect money. Go ahead and personalize it by saying why you are taking part in the winter crossing of the frozen lake St-Jean. You can then use your profile to solicit donations and to send personalized thank you message to each donor. Choose a picture that represent you and share it on your social medias!

The screenshot shows a personal fundraising page titled "Sur la pointe des pieds" for the "Double défi des deux Mario 2024" campaign. The page includes a "Faire un don" button, an "Inscription" button, and a "Partager cette campagne" section with social media icons. The main content features a photo of two people in winter gear and a detailed bio for Mario Bilodeau, co-founder of the "Sur la pointe des pieds" foundation. The bio describes his expertise in leadership and adventure, and his involvement in the Double Défi challenge. A donation amount of 1,00 \$ is displayed, and the page is attributed to Marie-Michelle Paradis.


Sur la pointe des pieds

Double défi des deux Mario 2024

Campagne

Changez la vie des jeunes atteints du cancer en relevant le Double Défi des deux Mario !

En participant au Double défi, vous amasserez des fonds pour permettre directement à la fondation Sur la pointe des pieds de réaliser des aventures thérapeutiques pour les jeunes atteints de cancer. Joignez vos efforts à ceux des Mario et dépassez le défi psychologique et physique pour vivre une expérience transformatrice sur les glaces du lac St-Jean!



Mario Bilodeau (à gauche) est cofondateur du Baccalauréat en plein air de l'Université du Québec à Chicoutimi et cofondateur de la fondation Sur la pointe des pieds. Expert en formation de leadership en plein air et en intervention par l'aventure, il est régulièrement invité pour son expertise comme conférencier à l'international. Passionné par la nature et les expéditions, Mario a parcouru la planète pour grimper les plus hauts sommets dont les monts McKinley et Everest. En 2009, il a reçu le prestigieux prix *Lifelong contribution to adventure therapy in Canada* lors du tout premier *Canadian Adventure Therapy Symposium* (CATS).

Mario Cantin (à droite) est Vice-président Ventes et distribution. Banoue

Faire un don

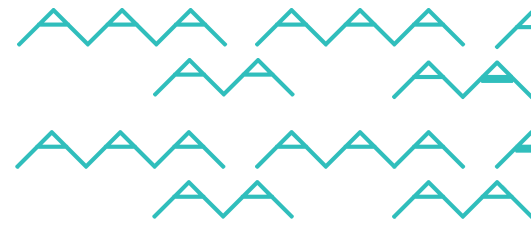
Inscription

1,00 \$

Partager cette campagne

par Marie-Michelle Paradis il y a 5 jours

MANAGING YOUR DONATIONS



Donations can be in 3 different ways.

- Cash
- Check
- Credit cards

In each case, a receipt for tax purpose will be provided for each donation over 20\$. The receipt will be sent in the following months of the event.

In cash or checks:

**** If you're planning on receiving cash donations or checks, contact us and we will provide you a donation tablet to collect all the needed info to provide the receipt ****

By credit card:

- Invite people to give directly on your personal page. They fill the form directly online and you don't have to collect any information. Also, you will be able to keep track of donations when consulting your personal page profile.

Important!

In order to facilitate the process of receiving donations at our office, here are some recommendations:

- Send only one bundle of donations instead of many at different times.
- You'd like to be very easy and smooth? We can provide banking information for you to transfer the money directly in our account.
- If you do send money by mail, please make sure to have a tracking number or use the services of Canada Post for sending money.

Our only request is that you don't take the money and do a huge donation to your profile. When you use the credit card services, we lose a percentage of these donations in all sorts of fees. The previous offered methods help us making sure to maximize your donations.

If you have any questions, please don't hesitate to contact us!

RECOMMENDATIONS

How to fully succeed your campaign :

1. Update your personal profile on the Double défi's page on the foundation's website. Update your picture and tell people why you are taking part in the crossing of lake St-Jean...
2. Be your first donor.
3. Share regularly your personal page on your social medias.
4. Personalize your email signature to invite people to give to your personal campaign.
5. Install a poster of the Double défi at work or school...
6. Read about the On the tip of the toes foundation. To get more donations, you need to know well the cause. www.tipoftoes.com
7. Find personal sponsors. You can create your own sponsorship plan and offer pictures during your crossing, visibility on your social medias, stories.anything you can think of!
8. Prepare a coffee break or lunch break presentation. People tend to be more generous when they are comfortable and relaxed.
9. Propose to your employer to double donations during a week, a month or your campaign,
10. Each week bring a small bank and collect money change from colleagues and coworkers.
11. Ask for donations instead of gifts for Christmas or for your birthday,
12. Ask people in your neighborhood to support you in your challenge and invite them to be generous.

Make yourself heard and seen:

- Take pictures of you and your donors and share them.
- Put the attention on what you have done for your personal campaign and be creative. Show all the different actions you are doing to achieve your goal.
- Create a short video explaining why you are taking part in this challenge and what are your motivations.

Contact us:

If you're planning an event, a race, a show or any other activity call us to see how we can help you. We can send posters, roll-ups, pictures, videos, and information flyers. We can also help in other ways, so feel free to call!

WE SUPPORT YOUR PERSONAL CAMPAIGN

If you are organizing an event as part of your fundraising, call us! We can help you by offering organizational tools and visual support. In addition, if you plan to hold a major event as part of your fund-raising and advertise it in the media, please contact us in advance for approval and to arrange with other possible announcements.

The tools we can offer you:

- Letter of support for your fundraising (see page 9)
- Presentation leaflet of the On the tiptoe foundation (see page 8)
- Promotional posters
- Additional donation forms
- A banner depicting the Double Challenge of the two Mario
- A banner bearing the image of the On the Tip of the Toes Foundation
- Promotional videos
- Donation boxes
- Many images of past editions and expeditions
- Many testimonials from participants in the Double Challenge of the two Mario
- Many testimonials from expedition participants
- The possibility of getting a lecture from Mario Bilodeau, co-founder of the Tiptoe Foundation
- Tax receipt for any donation of \$ 20 or more

Some examples of past campaign projects:

- Spaghetti dinner
- worker's brunch
- Wine and cheese evening
- Bowling tournament
- Tournament of cards
- Sale of different homemade products: muffins, jams, chocolate ...
- Home-made craft projects: knitting, cabinet making, quilting ...
- Dinner-show friendly
- Fundraising kiosk at the office reception
- Motivational Conference by Mario Bilodeau
- Pay to be able to wear casual clothes in an office where the suit is mandatory.
- Organization of a sporting event: running, walking ...
- Garage sale: personal items and those of friends, colleagues, neighbors ...
- And many others!

IMPORTANT NOTE: All donations collected must be donated to the Foundation. If they cannot be used to fund your fundraising activities. To do this, the future shaved must appeal to sponsors. Do not hesitate to contact us for more details in this regard.



Dear generous Donor,

The 16th Edition of the **Double Défi des deux Mario** for the benefit of the On the tip of the toes foundation will take place from February 2nd to 11th 2024. Taking part in this extraordinary fundraising event, this team will face Siberian temperatures on the icy waters of Lake Saint-Jean after raising \$ 1,500 per participant for the benefit of the foundation. For 3 days, teammates will walk more than 35 kilometers on snowshoes and sleep in unheated tents, at temperatures that frequently drop below -30 degrees, while carrying all their camping gear across the lake.

For this event to be a success, this team needs your help. They solicit donations from companies and individuals like you. This money directly serves our mission: to help young people with cancer recover their well-being by taking on the challenge of an exceptional therapeutic adventure expedition. Supervised by medical and outdoor experts, the expeditions are also intended to change the image of the disease to both participants and the public.

Since its creation, more than 700 young people have had the opportunity to participate in canoeing, kayaking, hiking, snowmobiling and dog sledding expeditions. These expeditions, with an average duration of 10 days, are not a holiday camp. Our young participants have to carry their camping equipment, travel every day and go back to camp at night. For those teenagers whose daily lives are constantly concerned about illness and treatment, these adventures represent the chance to get out of their surroundings, to excel and to live an extraordinary experience in the company of other youths who understand them.

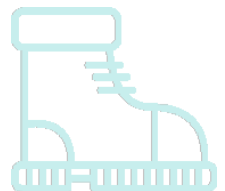
We invite you to encourage this team and make a donation, helping the On the tip of the toes Foundation to keep changing the lives of your people living with cancer. Together, we will succeed in transforming the image of the disease by pushing the limits of what is possible.

Thank you for your support!



Mario Bilodeau
Cofondateur de la fondation
Sur la pointe des pieds

Mario Cantin
Vice-président Régional
Laval / Rive-Nord





Learning more about the On the tip of the toes foundation...

Since 1996, the On the Tip of the Toes Foundation has organized therapeutic adventure expeditions for young people living with cancer. These adventures are much more than just wilderness outings; they give participants an opportunity to spend time with other young people who share the same realities, to exchange ideas, and to be understood without needing to explain themselves. We aim to help them regain self-esteem and recover hope in life by enabling them to push their limits during these expeditions. Further, by facing challenges together, they can create close bonds of friendship, as many young people wish to do at this stage of their lives.

Conventional medical treatments aim to treat the body's ailments, but therapeutic adventure heals the soul, the heart, and the mind. Our interventions – together with the beauty of the landscapes, the contact with nature, and the pleasure of sharing in the group activities – enable young people living with cancer to change their story, to become aware of their strengths, and to recover their dreams.

We are not therapists; we do not offer therapies. However, our expeditions, punctuated by moments of reflection and intervention activities, have indisputable therapeutic benefit. The results of a recent study* indicate that the On the Tip of the Toes Foundation therapeutic adventure expeditions have had significant impact on self-esteem and quality of relationships with parents and friends.

In the study, participants and their parents claimed that the expedition experience contributed in large measure to their development of personal identity and autonomy. Further, the fact that they shared similar experiences in an environment conducive to exchange helped greatly to reduce their feelings of isolation.

The concept behind our expeditions is very simple: we take an individual out of his or her comfort zone and encourage them to recreate for themselves a new comfort zone. The expansion of this zone and the feeling of achievement raises awareness of capabilities, strengths and skills that were heretofore underestimated, or even unknown. Our participants return to everyday life equipped with new energy, a new outlook and an undeniable sense of well-being.

*Linda Paquette, Ph.D. Study of the Impact of Participation in a Therapeutic Expedition on Psychosocial Adjustment and Quality of Life of Adolescents with Cancer. Unpublished research report. 2016.

FORMULAIRE DE DON

IDENTIFICATION DU DONATEUR

Prénom :

Nom :

Adresse postale :

Code postal :

Téléphone :

Adresse courriel :

IDENTIFICATION DU PARTICIPANT QUE VOUS SOUHAITEZ SOUTENIR

Prénom :

Nom :

**SUR
LA
POINTE
DES
PIEDS**

- Je fais un don en mon nom personnel.
 Je fais un don au nom d'une entreprise / d'une organisation.

Nom de l'entreprise / organisation :

Si vous indiquez le nom d'une entreprise ou d'une organisation, le reçu aux fins fiscales sera émis au nom de cette entreprise ou organisation et non pas au nom du donateur. Des reçus seront émis pour tout don de 20 \$ ou plus.

- Je souhaite que mon don demeure confidentiel.
 J'aimerais m'inscrire à la liste de diffusion de la fondation Sur la pointe des pieds.

Il me fait plaisir de contribuer à changer la vie des jeunes atteints par le cancer en versant à la fondation Sur la pointe des pieds un don de :

50 \$ 100 \$ 250 \$ Autre :

Paiement par :

- Argent comptant
 Chèque
 Carte de crédit
 VISA Mastercard

Numéro de la carte : Expiration :/.....

Nom du détenteur de la carte :

Signature : Date :

GRAND MERCI DE VOTRE CONTRIBUTION!

EQUIPMENT LIST

EQUIPMENT YOU CAN BORROW (LIMITED QUANTITIES)

- **Sleeping bag** : Must be a value of -27°C or less
- **Sleeping pad** : You can have 2 mats, it's better for insulation
- **Insulated jacket** : Essential
- **Trekking poles** : Good for balance while traveling
- **Snowshoes** : We have the Outdoor trail model of GV
- **Sled cover** : We have the Pelican Trek model

CLOTHING FOR THE DAY (PROGRESSION)

- **Underwears**
- **Long underwears (top and bottom)** : Same as the one you use for skiing or playing hockey (avoid coton)
- **Small socks (2-3 pairs)** : Some people use a small sock under their warmer socks to avoid blisters
- **Socks (3-4)** : Synthetoc or wool, not coton
- **Winter boots** : You must be comfortable to walk many hours in those boots and we prefer a pair of boots with removable liners
- **Insulated pants and windstopper pants or ski/snow pants** : To protect yourself form heat loss while walking
- **Isulated shirt/jacket** : Thick, can be wool or fleece
- **Rain jacket or softshell** : To protect yourself depending on the weather. Note that a hood is a good option to protect yourself from the wind, rain or snow.
- **Thin toque / beanie** : A good option while working hard, it helps to evacuate all the heat!
- **Thick toque** : Wool or synthetic. A must when you take a break and it's chilly !
- **Small gloves (2 pairs)** : Wool or synthetic. They are usefull to manipulate stuff without exposing your hands to the cold
- **Gloves or mittens** : Same as the one for skiing. Mittens are always warmer than gloves
- **Neck gaiter or scarf** : Avoid coton
- **Balaclava** : A good option to protect your face when there is a lot of wind.

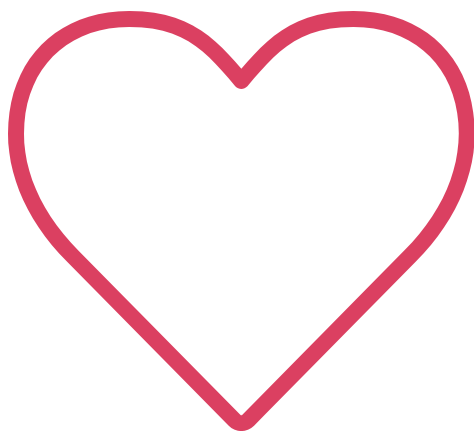
CLOTHING FOR THE EVENING (AT CAMP)

- **Long underwears (top and bottom)** : Different from the ones you were wearing during the progression. They can also be thicker than the ones you had during the day. You want to have a dry set when you get to camp.
- **Insulated pants** : There are down pants, or you can have a set of fleece pants or even wool pants.
- **Isulated shirt/jacket** : Thick, can be wool or fleece
- **Insulated jacket** : Essential. Look for something thick, like a down jacket.
- **Really thick toque** : You loose around 30 to 40% of heat by your head
- **Balaclava**
- **Big and thick gloves or mittens** : Similar to the ones used for snowmobiling
- **Thick wool socks (2 pairs)**
- **Warm boots** : Add soles inside your boots for extra insulation. Look for a model similar to SOREL or ACTON with removable felts
or **Downbooties** : Really light and warm, a good option if you can borrow or find some

GEAR

- ****Snowshoes or backcountry skis**** : Must be well adjusted and comfortable. Try them before the trip.
- ****Sleeping pad**** : You must have 2 pads. One air mattress (ex: thermarest) and one foam pad. (You can borrow both, or one of the two kinds from the foundation)
- ****Sleepings bag**** : Must be -27°C or less. You can put 2 sleeping bags together to get to this rating (ex: $-20^{\circ}\text{C} + -7^{\circ}\text{C}$)
- ****Trekking poles**** : Useful for balance when progressing.
- **Sled** : To carry all your personal gear. There are many models and you can even use a kid sled. Watch the video here to get an idea : <https://youtu.be/JcB1XgDJ2KM>
- **Small daypack**: To pull tie your sled to if you don't have a harness. The bag must have a hip belt. The video above shows also different options
- **Ski goggles**: Useful when it is windy
- **Sunglasses** : The sun is reflected on the snow.
- **2 1L water bottles and water bottle parka** : Nalgene, test to make sure you can put hot water in it or **Insulated water bottles** : Insulation allows you to have water throughout the day and not ice
- **Thermos 500 ml** : For soup, tea or hot drink during the day
- **Whistle** : Similar to Fox-40 (for safety in case of whiteout)
- **Headlamp**
- **Spare batteries for headlamp**
- **Swiss knife**
- **Picture camera**
- **Hand warmers or/and feet warmers** : You need 3 mandatory. They are really useful if your hands or feet get cold during the progression on the ice.
- **Sunscreen** : Snow and ice reflects the sun rays. Bring a small bottle, it is mostly for your face
- **Hand cream** : Hands tend to get dry in cold environments
- **Wipes** : Like Wet Ones, they are use to clean yourself.
- **Hand sanitizer** : Purell
- **Lip balm**
- **Toothbrush and toothpaste + all your personal essentials**

Notes



AND NOW?

We wish you success in your fundraising and we cannot wait to meet you! Your involvement greatly helps the On the Tip of the Toes Foundation to achieve its mission, enabling many young people with cancer to experience unique therapeutic adventures throughout Canada.

Thank you for your support!

Coordinator

Double défi des deux Mario
Julien Choquette-Daigneault
doubledefi@pointedespieds.com

438 408-6364



Contact info :

Fondation Sur la pointe des pieds
1200, boul. du Saguenay Ouest, Chicoutimi (Québec) G7J 1A6
Tél. : 418 543-3048 – Sans frais : 1 877 543-3048 – Télécopieur : 418 543-9912
info@pointedespieds.com

