



## **New edition of the Deux-Montagnes Challenge Running together for a healthier future**

The Deux-Montagnes Club Ventus DXM invites the young and not-so-young, experts and novices, to the fifth edition of the Deux-Montagnes Challenge to be held Sunday, June 12. This family-friendly foot race aims to promote the physical, mental and social benefits of sports and physical activity. This year's Deux-Montagnes Challenge welcomes talented mogul skier Audrey Kingsbury as Honorary President.

Start time is 8:45 a.m. at Deux-Montagnes Central Park, rain or shine. Participants can choose from among several routes—1 km, 2 km, 5 km (run or walk) or 10 km—that wind through the city's streets. Registration is free for children under 12 and seniors 65 years and over. Registration forms are available at City Hall, the public library, Café Lola, La Farandole restaurant, elementary schools, etc. You can also register online at [www.ventusdxm.org](http://www.ventusdxm.org), or in Central Park the morning of the event.

Through this event, the Deux-Montagnes Club Ventus DXM seeks to demonstrate the benefits of physical activity to young people, and thus support schools in their efforts to raise awareness and involvement. This family-oriented outdoor activity is a fundraiser. Receipts will go to various area schools for extracurricular activities. Club Ventus has raised over \$32,000 since the first Challenge in 2007, enabling schools to provide children with a regular source of physical activity to encourage them to adopt a healthy lifestyle.

Gifted mogul skier Audrey Kingsbury agreed to be Honorary President of the 2011 Deux-Montagnes Challenge. Following in the footsteps of her brother Mikaël, Audrey is a very promising young athlete and sports enthusiast. Her latest achievements include gold and bronze medals in the Provincial Circuit, 7th and 12th place in the Canadian Circuit, and 4th at the Canadian Junior Championships. *"Sports has always played an important role in my life. I hope to inspire everyone, especially young people, to become more active!"* said Audrey Kingsbury.



*Mogul skier Audrey Kingsbury is Honorary President of the 2011 Deux-Montagnes Challenge*

The Deux-Montagnes Club Ventus DXM thanks local businesses for their encouragement and support.

For more information, go to [www.ventusdxm.org](http://www.ventusdxm.org) or write to [info@ventusdxm.org](mailto:info@ventusdxm.org).

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