

TRAVERSÉE DU LAC TREMBLANT

Three Distances, One Challenge for the New Year



High resolution pictures available [here](#), ©Jean-Sébastien Abel

Mont-Tremblant, January 28, 2019—The fourth edition of La Traversée du Lac Tremblant, an event that has become one of the premier long-distance swim competitions in Canada, will take place August 2 to 4, 2019. 100 experienced swimmers will take on the 12K point-to-point distance, and two additional distances will now be offered to athletes, as well as exclusive seminars and workshops with international elite swimmers in this new, expanded 3-day program.

Three distances:

- **Desjardins 1K:** An excellent initiation to open water events, the 1K race provides a great first experience for amateur swimmers and is the perfect length for intermediate or advanced swimmers to set a personal best on race day. Ages 11 +.
- **Go4Fund 3K:** A serious challenge for more experienced swimmers. Ages 14 +.
- **12K:** One of the few point-to-point open water endurance swimming events in the country, the Traversée du Lac Tremblant is a challenging event for experienced swimmers. Participants will be vetted by the event producer and must submit an application that confirms their ability to swim the distance in five hours or less. Each swimmer must be accompanied by a kayaker for safety, fuelling and direction. Swimmers may provide their own kayaker or secure one through the event producer. Ages 18+.

Pre-registration is now open for 2018 participants. General registration will open on January 30, at 10 a.m. Complete details available at www.traverseelactremblant.ca.

Magali Tisseyre, the event's spokesperson, who took home the gold last year as the first female out of the water in just 2:36:20, will be returning in 2019 to defend her title. "The Traversée du Lac Tremblant is unique in many ways. The point-to-point swim is exhilarating, and

Commanditaires :



HUUB



Partenaires :





the partnership between each swimmer and their personal kayak guide offers a great opportunity to bond with nature while undertaking an amazing challenge,” explained Ms. Tisseyre.

Ranked number one in Canada and third in the world, marathon swimmer Xavier Desharnais will be returning in 2019 to take on the Traversée du Lac Tremblant once more, looking to beat his record time of 2:12:40 set in 2018. “It’s an amazing venue and a challenging event,” remarked Desharnais, who will also be a guest speaker at this year’s event.

A Unique Venue

Held in picturesque Mont-Tremblant, the Traversée du Lac Tremblant is the only event of its kind in the country that offers an array of hotel accommodations, dining, entertainment and tourist attractions directly on-site. From five-star hotels to family-friendly burger shops, Tremblant has everything needed to please both competitors and their families—and it’s all within walking distance.

Centralized Headquarters—The Traversée du Lac Tremblant Village

Central, on-site event headquarters will ensure easy access for the athletes, as well as their families. Athlete kit pickup, race day briefings, seminars and workshops, as well as an exhibitor village will all be housed in one central area just a few steps away from the lodging offered at the resort, allowing competitors and spectators to walk to and from the event with ease.

Desjardins’ Youth Program

Desjardins’ Youth Program allows athletes between the ages of 11 and 17 who are participating in the 2019 Traversée du Lac Tremblant races to receive a refund for their registration fee at participating Caisses Desjardins.

La Traversée du Lac Tremblant would like to thank its sponsors and partners: Huub Canada, Caisses Desjardins, Go4Fund, Magasin de la Place, Polar, Tourisme Mont-Tremblant, Tremblant Resort Association and the Fédération de natation du Québec.

About the Traversée du Lac Tremblant

For Catherine Lévasseur and Stéphanie Deschamps, summer would not be complete without a swim across Lac Tremblant. Two girlfriends, one lake, and one long swim. Year after year, the two friends would make the 12K swim across the lake. Then, four years ago, the two girlfriends’ personal challenge grew into the Traversée du Lac Tremblant as a dozen brave souls set out to cross the lake with them. In 2019, just four years after the first organized group swim, the challenge is now an international event covering three days and three distances: 1K, 3K and the crown jewel of the weekend, the 12K crossing of Lac Tremblant. It is a challenging and exhilarating experience, where swimmers and Mother Nature work together to achieve an almost impossible feat. It’s an epic adventure. It’s the swim of a lifetime. It’s the Traversée du Lac Tremblant.

—30—

Source and Information:

Annick Marseille
Public Relations
514.266.5342
annick@traverseelactremblant.ca

Commanditaires :



HUUB



Partenaires :

