



PARTICIPANT GUIDE

AT HOME CHALLENGE

LES BEAUX 4 HEURES FONDATION MARTIN-MATTE 2026

When: From January 7 to Saturday, February 7, 2026

Where: Wherever you want!

Concept and Challenge

Les beaux 4h Fondation Martin-Matte is a major fundraising event—and four hours of fun! You're invited to form a team of 4 participants and take part in 4 hours of physical activity. You can sign up with family, friends, or colleagues, and each team member can choose a different activity. The goal is for the team to collectively complete 4 hours of activity and raise as many donations as possible.

Each participant must pay a registration fee of \$30 (or \$25 if registered before midnight on December 19, 2025) to confirm their participation.

In addition:

- Adult teams must raise a minimum of \$1,300, which includes \$325 per participant (registration fee included).
- Youth teams (ages 12–17) must raise a minimum of \$700, or \$175 per participant (including the registration fee).

Participants will receive a participant box by mail, which includes the official event hat. Share your challenge on Facebook or Instagram using the hashtag #LesBeaux4h, wearing the official Beaux 4h hat. To amplify the #LesBeaux4h movement, tag your teammates in the comments!

Your fundraising efforts will help the Martin-Matte Foundation improve the quality of life for people living with a traumatic brain injury or physical disability. Donors will receive a charitable tax receipt for any donation of \$20 or more.

This friendly challenge is accessible to everyone!

Register before midnight on December 19, 2025 to benefit from the early bird rate and be automatically entered into a draw to win a pair of Raccoon skis.

Key Dates

- Registration deadline: February 2, 2026
 - Donation deadline: February 7, 2026, at 3:00 PM
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Objective

Raise \$750,000 to support projects that improve the quality of life for children and adults living with a traumatic brain injury or physical disability.

Teams

Teams consist of up to 4 participants, including a team captain responsible for finalizing the team. You can register with family, friends, or colleagues. Activities are performed individually, but the team must accumulate a total of 4 hours of activity.

You can also add up to 2 supporters per team. Supporters can help collect donations but will not receive a participant box. To add supporters, please contact the Martin-Matte Foundation at admin@fondationmartinmatte.com.

Hybrid teams (with members participating at Sommet Saint-Sauveur and others at home) are allowed. Each participant must follow the rules of their selected participation type.

Minimum Fundraising Requirements

- Adult teams: Must raise at least \$1,300, including the registration fees (\$30 per participant, or \$25 before December 19).
- Youth teams (ages 12–17): Must raise \$700, including \$175 per participant.

The total team fundraising goal is based on the age of each participant. For example, a team of 2 adults and 2 youth participants will have a goal of \$1,000.

Donation Race

The team that raises the most donations will be crowned the grand winner of the 11th edition of Les beaux 4h Fondation Martin-Matte.

Only donations received and recorded by 3:00 PM on February 7, 2026, will count toward the competition. Donations received afterward will still benefit the foundation but won't count for the race.

Cash or cheque donations are accepted and must be sent to:
3095 autoroute Jean-Noël-Lavoie (440), Suite 302, Laval, QC, H7P 4W5

Contest

Register a team before December 19, 2025, on the Les beaux 4h Fondation Martin-Matte website for a chance to win a pair of Raccoon skis.

Awards

Prizes will be awarded in the following categories:

- Best Adult Fundraising Teams
 - Best Youth Fundraising Teams (ages 12–17)
 - Best Individual Adult Fundraiser
 - Best Individual Youth Fundraiser (ages 12–17)
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Grand Finale

Join Martin Matte at Sommet Saint-Sauveur on Saturday, February 7, 2026, at 8:00 PM for the announcement of the winners and the closing show. Expect a night full of laughter and emotion!

Information – At-Home Section

Rules:

- Adult teams: Must raise a minimum of \$1,300 (including registration fees).
 - Youth teams (ages 12–17): Must raise a minimum of \$700 (including registration fees).
 - Teams with fewer than 4 participants must still meet the minimum fundraising requirement of \$1,300.
 - There is no age limit to participate in the challenge.
 - For the fundraising competition, online donations will be counted up to 3:00 PM on February 7, 2026. A screenshot will be used to validate totals.
 - The event Les beaux 4h Fondation Martin-Matte will take place rain or shine, so participants can choose any time between January 7 and February 7, 2026, to complete their activities.
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Cancellation and Refund Policy

Registrations close on February 2, 2026, at midnight. After this date, no new registrations will be accepted.

Registration fees are non-refundable, and donations cannot be refunded under any circumstances.