

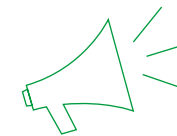


Kartus

SOCIAL
MOVEMENT

MADE IN CANADA





A WORD FROM OUR PRESIDENT

You must be wondering why we have sent you this magazine. We are hoping to spark your interest with our new unique product that spreads joy to all its users. We aim to make outdoor activities more accessible and be more socially inclusive of people with reduced mobility.

Since Kartus was founded, we have witnessed some incredible stories: funny, moving, and nothing short of inspiring. We have a wide range of clients: specialized care institutions, organizations for people with disabilities, families with disabled loved ones or suffering from degenerative diseases. They all share something in common: Kartus brings them great happiness. We are now seeking partners to help us make this a worldwide social innovation!

We also want to offer an exciting and dynamic alternative to seniors who may not be as fit as they once were, but would still like to spend quality time with their loved ones. Taking a stroll or co-running can create lifelong memories.

The Kartus community was built from these very stories, and it all started with our wheelchair adapted for the outdoors. My team and I would be honoured to have you be part of this growing initiative. Seeing the smiles on our customer's faces has become our daily source of motivation to continue innovating and showcasing this unique activity. We are proud of our product and hope that this magazine speaks to you in some way: note that all stories and testimonials are true. If this magazine is not for you, we kindly ask that you share it with a colleague or an acquaintance that may be interested.

Best regards,

PHILIPpe OLIGNY
PRESIDENT AND FOUNDER

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KARTUS IS A WHEELCHAIR
DESIGNED FOR OUTDOOR
RUNNING AND STROLLS.
BUT ABOVE ALL, IT IS
A SOCIAL MOVEMENT.

KARTUS IS A WHOLE COMMUNITY.

PEOPLE OF ALL AGES CAN DISCOVER
THE JOYS OF OUTDOOR RUNNING
AND GOING FOR A STROLL.



HERE ARE THEIR STORIES.



MARIE-MICHELLE FORTIN & SÉBASTIEN ROULIER

SÉBASTIEN ROULIER

Sébastien Roulier is a doctor and passionate ultramarathon runner. His goal is to share this passion with as many people as he can, so he became a Kartus ambassador in 2017. According to Sébastien, "The simple gesture of pushing someone to go beyond their own expectations creates that shared sense of happiness." Meeting Marie-Michelle in 2018 was a turning point for the multiple record-holder and racing veteran. Together, they broke two Guinness World Records: a half marathon in 1:30:37 and a marathon in just 3:01:24! According to Sébastien, Marie-Michelle's enthusiasm and devotion completely changed his perspective on running. An exceptional encounter and blossoming friendship, all thanks to Kartus.

MARIE-MICHELLE FORTIN

"Kartus changed my life! I was born with spastic quadriplegia, a type of cerebral palsy, a condition that affects your arms and legs. I've always had to find my way around in a wheelchair. I've never been able to walk. About a year and a half before finding out about Kartus, I first discovered running by flipping through TV channels. From that very moment, a passion was born. There's no better feeling than putting your running shoes on for the first time. Pure magic. Running isn't just a source of well-being for me, it's an open door to freedom. None of this would be possible without Kartus."

KARTUS MEETS SÉBASTIEN ROULIER

K: TALK TO US ABOUT YOUR RUNNING BACKGROUND.

S: I started running marathons in the year 2000 after a friend of mine completed his. I realized that marathons weren't just for professional athletes. Little by little, I signed up for more marathons throughout the year, adding up to around 7 or 8 per year. To make the marathon running process a bit easier, I decided to train to run up to 70k. That's when I signed up for my first 80k trail running ultramarathon. It turned out to be a revelation! My 2012 calendar became filled up almost exclusively by trail running. Over the years, I tried longer ones to complete several 160k races, until my longest race to date, the 250k Spartathlon in 2018. It was a privilege to represent my country at the World Trail Championships in 2013, 2015, and 2016, completing 100k in 2014 and then a 24-hour long one in 2019. Since then, I have won many awards and accolades in addition to winning a few of those 185 races.

K: MARIE-MICHELLE FORTIN SEEMS TO PLAY AN IMPORTANT ROLE AS YOUR CO-RUNNING PARTNER. COULD YOU TELL US WHY THAT IS?

S: Marie-Michelle and I worked together to bring co-running into the public sphere. We had an interesting first encounter. The Kartus team contacted me in April 2018 asking me if I would volunteer to be the partner of a co-runner who wanted to participate in the Lévis half marathon. I accepted right away, knowing I had an 80k run in Vermont the day before. Sometimes you just have to seize certain opportunities. It's a true pleasure to share the joys of running with someone. Despite her disability, Marie-Michelle is always smiling and gets as much out of it as any other runner. Not only did the half marathon win us a Guinness World Record, but it was the beginnings of a beautiful friendship. What also stuck with me was how grateful Marie-Michelle's parents were. The simple act of running and encouraging someone in the process has a positive domino effect on many individuals, myself included. Shared races are certainly not every co-runner's walk in the park. Marie-Michelle was already interested in running before finding out about Kartus. It's pretty extraordinary to witness someone's experience who has never walked a day in her life. She teaches

us a very important lesson: when life gives you the chance to break down barriers and further push yourself, you do it.

K: HOW IMPORTANT WOULD YOU SAY THE RELATIONSHIP BETWEEN RUNNER AND CO-RUNNER IS?

S: Just like in any running club, we develop friendships and bonds through training and the people we meet. Co-running bonds are built over time and distance. Whether we are participating in a race or doing a recreational activity, that special moment we share should not be taken for granted. Co-running breaks all barriers because at the end of the day, we are all runners.

K: CAN YOU TALK ABOUT YOUR BOSTON MARATHON EXPERIENCE?

S: It was exceptional. An American man, who gave Marie-Michelle a Marathon jacket, referred to it as the "marathon of kindness".

I can relate it to my own experience perfectly. Although at first glance it seems I'm the one offering this gift to Marie-Michelle and that she is just benefiting from my generosity, the act of giving and receiving is a two-way street here. These kinds of experiences are really important to me. It was a sincere pleasure to get to rediscover the Boston marathon under a different light than last 12 times I've run it. The crowd cheered. 42k of screams and smiles. In those moments, you forget the pain. And to see the smiles on Marie-Michelle's parents' faces... it drives me to introduce the Boston Marathon to other co-runners.



STORIES

PHILIPPE
DELISLE
&
NICOLE
DUCHARME

Philippe Delisle and Nicole Ducharme met 27 years ago. Both big lovers of the outdoors, they soon shared their passions for camping, canoe-camping, kayaking, hiking, biking and cross-country skiing with each other. In 2017, after undergoing a cardio-vascular accident, Nicole was confined to a wheelchair. Faced with this new reality, she missed outdoor activities: it was much more difficult to get around in a wheelchair.

When the couple gave Kartus a try at the Sherbrooke Shared Runs, Nicole's whole world changed. She soon saw the chair as a companion rather than a burden! Not long after, they purchased their own.

Since then, Philippe and Nicole have been going on regular outings with the Kartus chair, both on paved paths or less accessible ones (stone dust, forest trails, lawns, etc.).

To quote Philippe, "Nicole can now reconnect with nature, and she says it's been "feeding her soul."



KARTUS IN
LONG-TERM
RESIDENCES



In recent years, Kartus has been featured in several long-term residences throughout the province of Quebec. You don't have to be an athlete to take this running chair around, anyone can do it, thanks to its easy maneuverability. People can enjoy the scenery at their own pace, always in pairs!

The Federation of Quebec Alzheimer Societies (FQMAMA), in Saint-Jean-sur-Richelieu, has also purchased Kartus chairs by the dozen, aiming to bring the joys of an active lifestyle to people with these diseases. A group of volunteer runners joined the initiative to spread the word about the project. Throughout Quebec, many long-term residences choose Kartus for its undeniable benefits of well-being, health and overall quality of life.

Recreation technician Élise Beaudet says: "I'm always looking for new projects to better meet my clients' needs, and I first discovered Kartus at a symposium. I immediately knew I had to include it in my list of activities because our "Outdoors" category hadn't really been explored.

The Kartus running chair is exactly what we need. Getting involved in the community, that sense of acceptance, belonging, freedom, all lie in the power of an outdoor stroll. Since the addition of these strolls and running outings, the residence's program has been completely transformed.

The resident's newfound sense of well being is just as important to me as the experience of sharing the outdoors. I love working with Kartus because I also happen to get a lot out of it: the fresh air, sunrise, being in nature and just getting out of your comfort zone is so refreshing. All our senses come alive, you can use just about any excuse for a conversation when it involves getting some fresh air.

Families and volunteers can also enjoy intimate moments with the residents outside the facility, which allows for major bonding time. Residents feel heard and can forget about their illnesses for a while. One man even told me that he was delighted he could rediscover his old neighbourhood, just like when he was a kid riding his bike! That's what the Kartus experience is all about."

SHARED RUNS

The **Shared Runs** movement started in Sherbrooke a few years back. Neurologist and passionate advocate for running Marc Therrien noticed a social issue: people with reduced mobility didn't get that same "runner's high" from sporting events as everyone else did.

From his observations, he came up with the concept of sharing the pleasure of running in pairs. A need to break this isolation gave birth to **Shared Runs**.

Events are now held every week in Quebec City, Saint-Jean-sur-Richelieu, Gatineau and Sherbrooke. It is a growing community where ties are getting stronger, and we are looking to expand the movement even further. The number of participants increases with each race: we're waiting for you!



THE SAGUENAY SHARED MARATHON: A TEMPLATE FOR FUTURE EVENTS!

The *Saguenay Shared Marathon* aims to encourage inclusion within the race. The first 2019 edition was a huge success: the fifty or so participants, including runners and co-runners, finished and came out of the race with flying colours.

According to the organizer, Dave McMullen, "Giving these people the thrill of being in a race is priceless. At the ultramarathon, we let them join in on the last kilometre and today, here they are doing the entire 42k! We as runners are secondary. This marathon is dedicated to them."



THE KARTUS

MKII

1 – DOUBLE BRAKE LEVER WITH PARKING BRAKE

The brake lever provides perfect stability when the wheelchair is in stationary position, in addition to keeping it in place during transfers.

2 – SEAT

To ensure comfort, the seat can be adjusted to three different settings designed to respect each user's specific needs, including a harness among other accessories. Guards attached on each side at the back of the chair are designed to prevent things getting caught in the wheel's spokes.

3 – DISC BRAKES

The Kartus chair's 160mm high-performance disc brakes offer a sense of control like never before. Having been tested on all kinds of road conditions, their exceptional response time and power guarantee great reliability and safety.

OUTSTANDING DESIGN.
UNBEATABLE ERGONOMICS.
THERE'S NO MATCH.

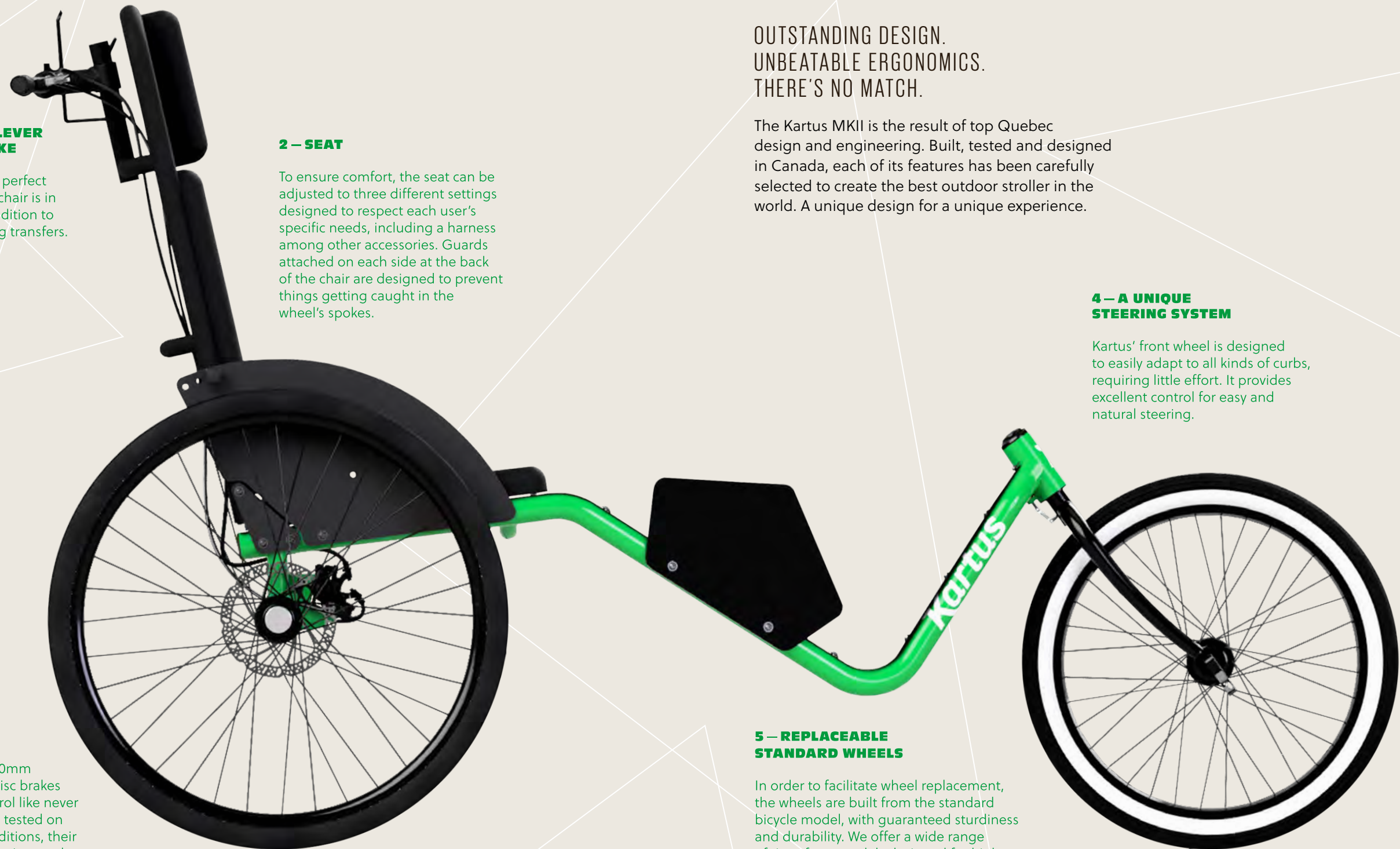
The Kartus MKII is the result of top Quebec design and engineering. Built, tested and designed in Canada, each of its features has been carefully selected to create the best outdoor stroller in the world. A unique design for a unique experience.

4 – A UNIQUE STEERING SYSTEM

Kartus' front wheel is designed to easily adapt to all kinds of curbs, requiring little effort. It provides excellent control for easy and natural steering.

5 – REPLACEABLE STANDARD WHEELS

In order to facilitate wheel replacement, the wheels are built from the standard bicycle model, with guaranteed sturdiness and durability. We offer a wide range of tires, from models designed for high performance, to more heavy-duty ones for tougher roads.

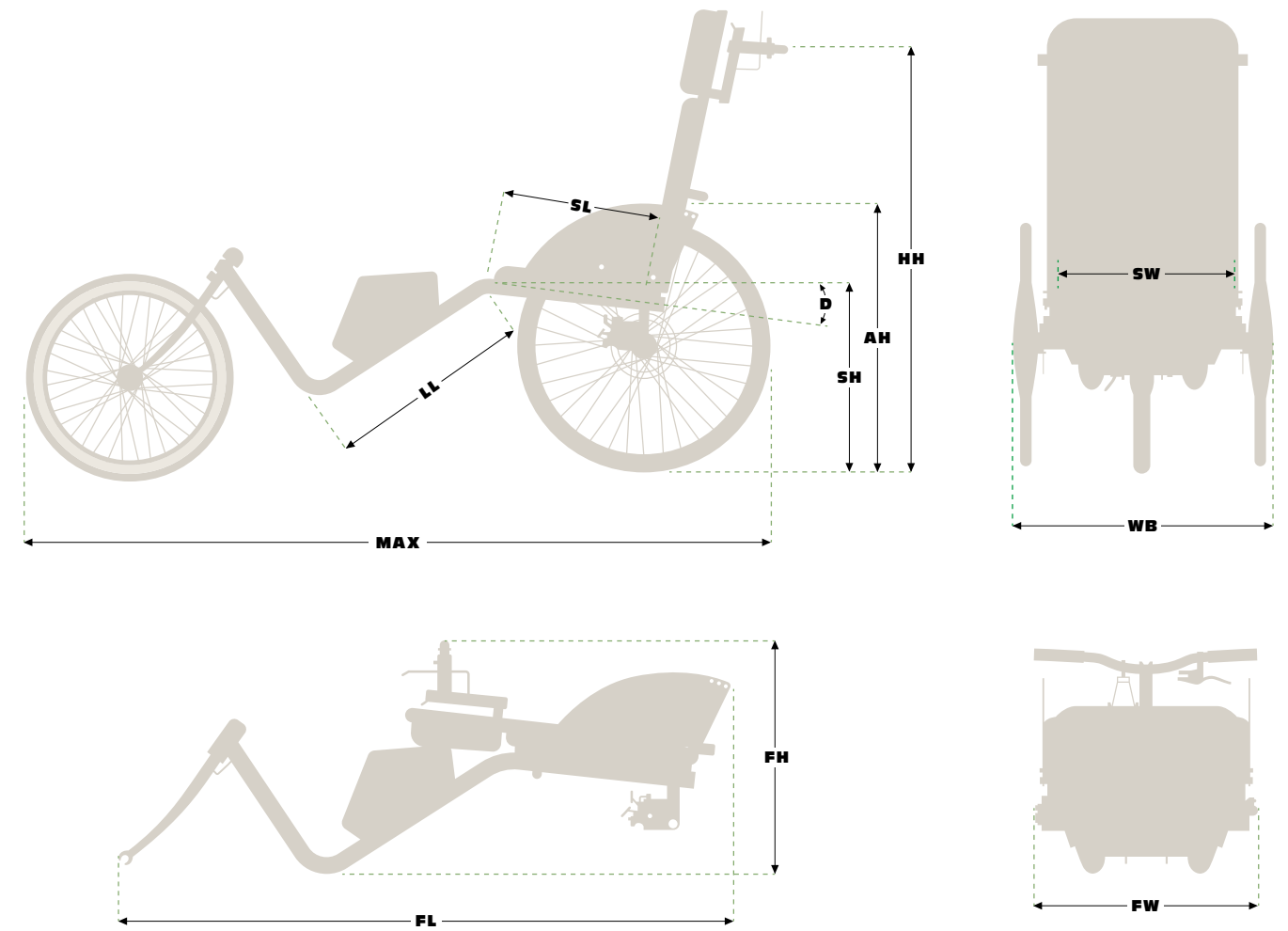


SPECIFICATIONS & DIMENSIONS

PAINT	Kartus green	STEM	EVO, E-TEC, 28,6mm, 110mm, $\pm 7^\circ$, 25,4mm
HEADSET	First 1-1/8", ZS44/28.6 ZS44/30	HANDLEBAR	ZOOM, MTB-110 Black Alloy 25,4mm
REAR HUB	Novatech, DISC 32T, TA \varnothing 20mm	GRIP	Velo, Cork
REAR WHEELS	\varnothing 26" double-wall x 27mm	FRONT FORK	BMX Fork, 1-1/8"
REAR TIRES	CST C1393 26x1.15	BRAKES	Tektro aries \varnothing 160mm
FRONT TIRE	20 x 1,95, Black with white flanks	BRAKE LEVER	Double cable lever with parking brake

NOTE

Some components may change without notice. We are constantly striving to provide the best product, and each component is carefully selected for that purpose.



DESCRIPTION	ABBR.	DIMENSION	DESCRIPTION	ABBR.	DESCRIPTION
MAX LENGTH	MAX	73" (1 854mm)	SEAT HEIGHT	SH	19" (483mm)
LEG LENGTH	LL	19" (483mm)	ARM REST HEIGHT	AH	26,5" (673mm)
SEAT LENGTH	SL	17" (432mm)	HANDLEBAR HEIGHT	HH	37-43"
INCLINE	D	7°	WHEELBASE	WB	26,75" (680mm)
SEAT WIDTH	SW	19,5" (495mm)	FOLDED WIDTH	FW	21,5" (546mm)
FOLDED LENGTH	FL	55,5" (1 410mm)	FOLDED HEIGHT	FH	21,75" (552mm)



WHEEL COVERS

Kartus welcomes you to show your true colors with fully customizable wheel covers! Whether showcasing your sponsors or simply expressing your creativity, Kartus has got you covered. We have collaborated with many organizations for past events: now is your chance to become a proud partner.

Submit your own design or work with our design team: it's up to you. Made from tough vinyl, the wheel cover is entirely tear-resistant, UV-resistant and weatherproof.

ACCESSORIES

These accessories are tools to help you customize your Kartus in a way that fits your needs to better suit your lifestyle.

TRIATHLON HANDLEBAR

The triathlon handlebar accessory is ideal for improving your performance. The two additional push handles allow for a stronger hold during moments requiring sustained effort.

REMOVABLE SKIS

The skis offer an impressive stability on snowy grounds. A must have for any winter sports enthusiast.

BOTTLE HOLDER

Quench your thirst with the Kartus bottle holder. Easy to install and to use, it provides an easy access at any time.



Q: WHAT IS THE ESTIMATED DELIVERY WAIT TIME AFTER PURCHASING A KARTUS?

R: You can expect to have your Kartus delivered within 10 to 15 business days after purchase. It can take up to 6 weeks if it is out of stock. You will be informed of any possible delay throughout the delivery process.

Q: RUN REGULARLY, BUT I'M NOT USED TO IT WITH KARTUS. IS IT DIFFICULT TO USE?

R: Running with Kartus is easy. The front steering wheel design makes the device easy to steer during your run. A smooth ride depends on a variety of factors, such as the passenger's weight or hills you may run into. However, the chair's inertia makes it easier to push on flat surfaces. In addition, the wheelchair is adjustable to any user, with options for handlebar position, brake levers and bottle placeholder.

Q: CAN YOU EASILY FIT YOUR KARTUS IN THE CAR?

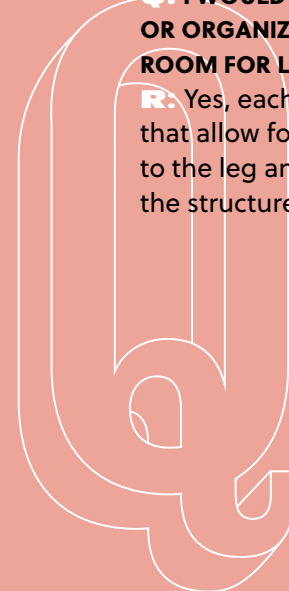
R: Yes, the Kartus chair comes with a foldable backrest and the wheels can be easily removed to fit the size of your vehicle. Once folded up, the chair can easily fit in a hatchback, SUV or minivan.

Q: I DON'T RUN, BUT I WALK AND I PREFER GRAVEL OR DIRT ROADS. DOES KARTUS WORK WELL IN THESE CONDITIONS?

R: It certainly does. The wheelchair has been designed to access the outdoors as well as sporting activities, so you can simply go for strolls in pairs. The tires can also be replaced with mountain bike tires, which have better traction and chunk resistance.

Q: I WOULD LIKE TO REACH OUT TO SPONSORS, FOUNDATIONS OR ORGANIZATIONS TO BUY A KARTUS WHEELCHAIR. IS THERE ROOM FOR LOGOS?

R: Yes, each Kartus wheelchair can be fitted with wheel covers that allow for sponsor logos. It is also possible to add stickers to the leg and arm guards, in addition to customizing the structure of the chair.



WE LEFT THE LAST WORDS ...

... TO OUR COMMUNITY.



Kartus lightens and creates special, long-lasting memories for families. One family told us that their grandfather was able to come on their annual family trip. Before Kartus, this simply wasn't possible.

YAN ROBITAILLE

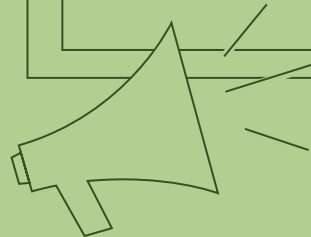
EXECUTIVE ASSISTANT,
PATRO DE CHARLESBOURG

A pure delight that makes nature accessible to older people with physical limitations. The residents and volunteers bond on a more personal level. It's a way to get in shape while making someone happy.

ISABELLE DUFRESNE

RECREATION TECHNICIAN, CIUSSS NIM

TESTIMONIALS



At CAPVISH we had the chance to witness the first Kartus demos. The potential for disabled people is undeniable. It's a way to help with their condition while experiencing the pleasure of the great outdoors. A great feeling of freedom!

SIMON APRIL

COUNSELLOR FOR RIGHTS OF PEOPLE WITH
DISABILITIES FOR COMITÉ D'ACTION DES
PERSONNES VIVANT DES SITUATIONS
DE HANDICAP (CAPVISH)

The Kartus experience changes the mindset on sharing, empathy and the outdoors. As a runner and an active member of the *Quebec Shared Runs*, I've met a community of generous and attentive people. I've seen running in a new light with my running partners, most notably because of their candor and gratefulness. Kartus, it's a sparkle in the eye of everyone who experiences it!

ALEXANDRA CÔTÉ LAVOIE

SHARED RUNS MANAGING DIRECTOR

Running always pushes me to go further. Kartus boosted me. Kartus has made my dream of running come true, and with every run, has allowed me to follow my own path at the same time. So, if you want to challenge yourself, disabled or not, go for it!

MARIE-MICHELLE FORTIN

KARTUS AMBASSADOR AND GUINNESS BOOK
OF WORLD RECORDS WINNER

It's very rewarding to see people with disabilities enjoy an outdoor activity while getting to be a part of it. This product is very relevant and deserves to be put out there. The success and development of shared runs clearly shows how effective and inclusive this product really is.

KARINE PERREAU

PROJECT MANAGER, QUEBEC LEISURE ASSOCIATION
FOR PEOPLE WITH DISABILITIES (AQLPH)

The chair lets us enjoy family activities with our sick son.

Once a great athlete, it now gives him the opportunity to see beautiful scenery and rub shoulders with other sport lovers.

MARIO BÉLAND

WHO RUNS REGULARLY WITH HIS SON DAVID

Kartus made me realize just how lucky I am to be able to run. In fact, it has taken me back to my roots and reignited this passion, which has now become such an integral part of my daily life. I also had the chance to share wonderful moments with my loved ones, including my grandfather and my aunt.

JULIEN PINSONNEAULT

SHARED RUNS PARTICIPANT

It helps break those isolation barriers, make meaningful connections, and has allowed me to reconnect with a friend from High School that I hadn't seen in over 20 years.

MICHEL BÉDARD

RADIO HOST AND CO-RUNNER

KARTUS.CA

SHARE YOUR THOUGHTS

INFO@KARTUS.CA

1 800 470 0216

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