

MARILYN ARSENAULT

Marilyn Arsenault began training and racing in 2003. Since then, she has emerged as one of Canada's top female distance runners.

Marilyn's 2009 racing season began with the BUPA Great Edinburgh International Cross Country meet in Scotland as well as at the Cross Internacional de Itálica in Seville, Spain where she finished in 19th place in a world-class field. In March she placed 7th in the NACAC Cross-Country Championships in Orlando, Florida, earned a bronze medal in the 3000m event in the CIS Indoor Track Championships and competed in the IAAF World Cross-Country Championships in Amman, Jordan.

That year Marilyn also competed in the Scottish 10km Road Race Championships and was the overall female winner. Personal records followed that fall in the 5km and 10km distances and culminated with a 1:15:39 half-marathon (Royal Victoria half-marathon) setting a new course record. That fall she also defended her title as the overall female winner in the 2009 BC x-country championships and was selected for her second National team competing in the Ekiden Marathon Relay in Japan and competing in the Great Australian run in Australia.

Most recently, Marilyn won the Masters division at the Carlsbad 5000 in California.

Marilyn has been featured in several television sports features, radio shows, Canadian newspapers and running magazines including Canadian Runner and iRun Nation as well as television ads for Thrifty Foods and Sportchek. In December 2008 her on-line blog site for iRun Nation magazine was launched which documents her experiences as a 40+ year old varsity runner. She feels extremely fortunate to be able to inspire women to be active at any age.

Marilyn will join Lucy Smith, Suzanne Evans and Cheryl Murphy on Saturday, October 9, 2010 in a session titled "*Running Into Forty*".

