

GoodLife Fitness Victoria Marathon
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October 9, 2011

October 7, 2012

Marilyn Arsenault

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

In 2009, at the age of 41, Marilyn's racing season began with the BUPA Great Edinburgh International Cross Country meet in Scotland as well as at the Cross Internacional de Itlica 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 at the CIS Indoor Track Championships and earned a spot on her first National team to compete at the IAAF World Cross-Country Championships in Amman, Jordan.

That same year Marilyn 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.

In the spring of 2010, Marilyn won the Masters division at the Carlsbad 5000 in California and was the third Canadian female and first Masters female in the Scotia Bank Canadian Half-marathon Championships in Montreal.

Marilyn was selected to her third National team to run the Canadian Marathon Championships at the Scotiabank Toronto Waterfront in the fall of 2010 which was to be her marathon debut. A week before the race however, she was admitted into hospital with a serious staph infection which nearly took her life and left her wondering if she would be physically able to return to running. Since then, Marilyn has made a full recovery and is competing once again. While recovering she switched her focus to developing Mindful Strides; running clinics that teach runners how to run with proper technique and efficiency. The increasing popularity of her Mindful Strides clinics has led Marilyn to expand her series. She is thrilled to have the opportunity to teach people the art and joy of running.

**The GoodLife Fitness Victoria Marathon
welcomes Marilyn Arsenault!**

Marilyn joins us for this year's Speaker Series
on Saturday, October 8, 2011.



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 Sport Chek. 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.

Find Marilyn online at:

- Web: <http://www.mindfulstrides.com/>
- Twitter: <http://twitter.com/#!/mindfulstrides>
- Blog: <http://trainharder.com/blogs/divamar/>