

## Athlete Profile

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### Mike Patenaude



**Sport:** Running

**Occupation:**

Detective with the Sûreté du Québec



Photo courtesy of Ultimate XC 2010

If there is such a thing as a natural runner, Mike fits the profile. He started running in late 2007 but then kicked it into high gear in 2008. Encouraged by his girlfriend Karine, Mike has completed several full and half marathons, including the London Marathon this summer, and many other short distance races. His results have been steadily improving, particularly during the 2010 season.

“Last year in Ottawa I ran a 1:37:04 half marathon and this year I ran 1:29:29. I also established 10K and 5K PR's... on track for Boston... eventually!”

As he prepares for the upcoming Chicago Marathon in October, he credits his Yoga practice for helping him stay strong, healthy, and focused. Mike has been taking Yoga for Athletes classes with The Centered Athlete since September of 2009 and has noticed significant improvements in his running form and performance. He attributes most of the progress in his running to the leg strength and flexibility that he has developed through his Yoga practice.



Follow Mike on his *Travelling Runners* blog where he shares his passion for running:

<http://www.coursedenosvies.blogspot.com/>