

Athlete Profile

Eric Vanasse

Sport: Running

Occupation: Business Owner

Residence: St-Lambert, Quebec

Major sporting accomplishment:

Finishing the 2011 Boston Marathon



Eric started running – *seriously*, 10 months prior to the 2010 Ottawa Marathon. In July of 2009 he felt physically and mentally ready to take on the challenge of long-distance running. His regimen of three gym workouts per week over 25 years, which always included 30 minutes of cardio in some form or another, set a solid foundation. A good friend convinced him to take his cardio activity outside and since then he has never looked back.

With a time of 3:29:12 at the 2010 Ottawa Marathon, he qualified for the 2011 Boston Marathon! But to whom much is given, much is expected. And along with this new goal came the responsibility of trying to maintain balance in his already demanding schedule that included business, family, training, and his artistic passions.

As a reflection of his discipline and commitment, he has run a total of 3,293 km since July 2009. Throughout this period, he never encountered any injuries. "I never had a sudden increase in mileage and for me that was one of the critical factors in avoiding injury."

His advice for runners who want to stay healthy and injury-free? He offers 3 simple suggestions:

- (1) Keep monthly mileage increases below 10%.
- (2) Give as much focus to recovery as to training:
Include passive recovery (rest) and active recovery (weight training or Yoga).
- (3) Learn to listen and respect your body (Yoga really teaches you to do that).

By following his own advice and by wisely managing his day-to-day responsibilities, Eric finished the 2011 edition of the famous Boston Marathon in 3:22:11. So what's next?

Eric plans to start up another business, to continue running for about an hour three times per week, and to keep everything else in perspective.