

# Émilie Massé

Trampoline Coach and Trail Runner

This active woman has mostly practiced acrobatic sports in her life: trampoline, gymnastics, mountain bike, alpine skiing... Over the last 2 years, a transition occurred and aerobic sports charmed her. Émilie noticed the beneficial effect of running on both her physical and psychological state. She now wants to share that passion with people around her and inspire women to move and get out of their comfort zone.



“In general, women since childhood were less encouraged to develop their physical talents. If we didn’t have the chance to experience a passion for sport when we were kids, taking that habit once we’ve grown up is a substantial challenge.” says Émilie.

Running helped her to grow and overcome the effects of a depression. The first time she ran a 5km was at Mont-Tremblant Half-Marathon in 2015. Two years later, in Fall 2017, Émilie will complete her first 15 km and her first 21.1 km half-marathon. Since she recently started training on her road bike, she wishes to do triathlons in 2018. What a great progression!

Living in Ste.Adele, Émilie likes to get involved into sport events in the Laurentians. She volunteers for Ironman Mont-Tremblant, Mont-Tremblant Half-Marathon, 24h Tremblant and Grand Tour à vélo Banque Nationale. Between her jobs as a customer service and a trampoline coach, she finds time to enjoy trail running at Mont Chanteclerc.

*Meet our ambassador at our next race [Girls Run Tremblant](#) on September 10, 2017 at Domaine Saint-Bernard and at [Girls Run Montreal](#) on October 1<sup>st</sup>, 2017.*