

Catherine Goulet-Paradis

Triathlete and Sport Event Coordinator

This former competitive swimmer is now a triathlon addict. In all her free times, she chooses to practice a sport rather than sit down. Swimming, running, biking, skiing, snowshoeing, walking her dog... She's just so passionate about aerobic sports and outdoors. Nothing better than a good hike to replenish her energy and take in as much fresh air as she can!



Not only does she participate to races, but she likes to organize them! Catherine currently works as an event coordinator for *Quebec Snowboard Association* and as a run course coordinator for *Subaru Ironman Mont-Tremblant*. Because sport events are joyful gatherings of healthy people, she volunteers on the swimming course of *Montreal International Triathlon*. She also took part in a 192-km relay in Saint Lucia to raise funds for local children's education.

By becoming a *Girls Run* ambassador, Catherine wishes to inspire more women to choose sport as a key to health and joy. "I think we should encourage more girls and women to get outside and participate to sport events. A feeling of unity and confidence must be developed." says Catherine. Her next challenge: to complete a full Ironman triathlon in November 2017. She's now training for this new experience, knowing that the human body can always get stronger and surprise us.

You can meet our ambassador at the women-only race [Girls Run Montreal](#) on October 1st, 2017 at Pointe-aux-Prairies Park where she'll run 10 km on beautiful trails.