

# Francine Plante

Teacher, Mother and Pace Bunny

This strong woman in her mid-fifties succeeded to stay fit and to accomplish her daily commitments as a high school teacher and mother. Not only does she find time to train, but she also volunteers in race events of her region, Mont-Tremblant. This year, she was a pace bunny at *Mont-Tremblant Half-Marathon* where she guided runners to complete 21.1 km in 2:00 hours.



Francine really prefers to train with a group, where she can receive and give motivation. That's why she joined a running club and a biking club. To inspire the young girls at the school where she teaches, Francine coaches on the swimming team and the sport club *Les Voyageurs*. In her free times, she also appreciates going outdoors in the mountains to do some hiking or skiing.

Francine wishes that more women feel the multiple benefits of sport, which are much more than only weight loss. « *Sport is a simple mean, free of discrimination, for self-realization. It largely contributes to a better self-esteem, a better health and a better balance. Sport brings a feeling of well-being for women and they can themselves become an inspiration for the people around them* » she explains. Francine is indeed a great example of someone who takes words into action.

Meet our ambassador at our next race [Girls Run Tremblant](#) on September 10, 2017 at *Domaine Saint-Bernard*.