

Vivianne Courte-Rathwell

Cross-country skier, student and runner

In winter, she travels hundreds of kilometers on her skis. During summer, she puts on her running shoes or her soccer spiked to keep her cardio at the top! Always active and smiling, Vivianne aptly juggles between studies, sports, leisure and work.

Her favourite training ground is Domaine Saint-Bernard in Mont-Tremblant. She appreciates the diversity of trails, the natural setting, the warmth of its staff... and the beach! Her first race was here at *Lola To You* in 2012. She loved the running event so much that she came back each year, increasing the distance progressively.

We saw her compete in cross-country skiing for 7 years, training beside her little brother Parker. To encourage her in this competitive sport, the *Lola Fondation* gave her grants in 2012 and 2013. Today, Vivianne teaches cross-country skiing to younger ones and trains for medium-distance running competitions. For her, running calms her minds and makes her lose the notion of time.

Like her native region, the Laurentians, Vivianne is healthy, natural and dynamic. We are proud of our ambassador of the running events *Girls Run*. And it's a huge honor to welcome her on our work team here at *Productions Out To Play*. With her help, we will inspire other women to run and find a sense of community with other runners.

Meet Vivianne at the registration table of our next races : [Demi-Marathon Mont-Tremblant](#) on August 13, [Girls Run A Toi Lola Mont-Tremblant](#) on Sept. 10 and [Girls Run Montreal](#) on Oct. 1st.