

Marathoner Dr. Patrick LePage: Running for the money

by NICK MAYES

ST. LAZARE — Dr. Patrick Lepage has been running for as long as he can remember, but for the past three years he's run for money.

This Sunday, the well-known local chiropractor is heading to Ottawa to take part in the annual ING Ottawa Marathon and half marathon. His objective for Sunday's marathon is to break the 21.1 km record in less than two hours — as well as to raise funds for the Comité Jeunesse la Presqu'île.

This is the third consecutive year Lepage has been participating in marathons and raising money for this worthwhile cause. Through fundraising efforts leading up to last year's Montreal marathon, Dr. Lepage managed to raise \$1,000 for the Comité Jeunesse la Presqu'île, which works to curb juvenile delinquency and youth related crime and \$2,000 the year before that.

Fundraising for youth initiatives is just a part of the reason Lepage runs marathons. He says he enjoys the challenge and explains that it's part of his greater mission to encourage his patients to include physical exercise in

their lifestyles. Lepage says he considers his involvement in the marathon circuit for the past three years as part of a larger goal to promote health and activity outside his clinic.

It's also about setting an example for his patients. Lepage says a good deal of his work as a chiropractor involves counselling his patients on the importance of living an active and healthy lifestyle. He consults with his patients on how to handle stress levels, diets and sleep habits and recommends to each of his patients, no matter what their age, to do at least three 30-minute sessions of cardiovascular activity a week.

He says he's often asked, after insisting that a patient adopt an exercise plan, whether he himself is as active as he recommends. Because of all of the training he does to prepare for the marathons, he can proudly say he does. "If I didn't do it myself I can't be telling people they should," he said.

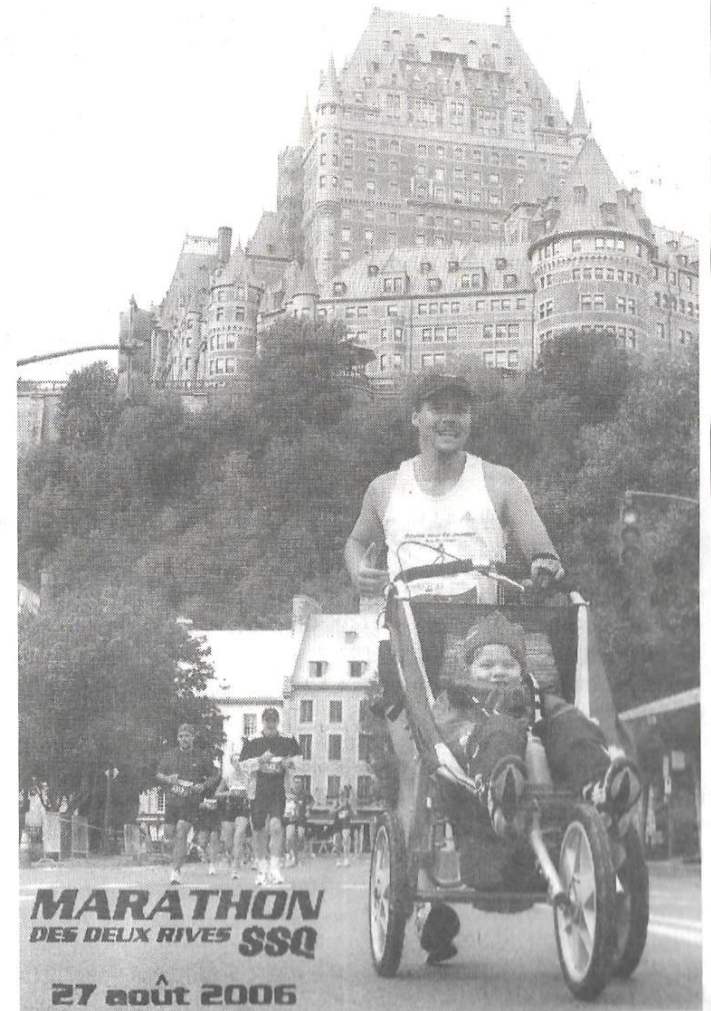
Lepage has a running partner in his marathon pursuits: his daughter Juliette, who is just about to turn three. This weekend, she'll be riding in style and comfort in her chariot walker.

According to her dad, she finds the marathons fun, especially the big ones, where there are lots of people to look at.

Lepage says he's learned from running several marathons now that it usually takes him about six weeks to train. He describes it as the hardest part of the challenge, even harder than running the marathon itself. "It's harder to be on the starting line than to be approaching the finish line," he explains.

Lepage will be organizing another fund raising initiative, either later this year or in early 2009 in preparation for next season's marathons. He has yet to choose a worthy recipient for the money he raises and says he's on the lookout for a group or organization he feels would benefit from the funds he raises.

Lepage says he plans to run more marathons in the future, perhaps even outside of the country. "There are a multitude of extraordinary marathons all over the planet," he explains, adding that running the Paris marathon or along the Great Wall of China are just two of the ideas he's got in mind for the future. "Every one of them gives me a different motivation."



Dr. Patrick LePage with daughter Émilie at Quebec City run.