



### **Anne MacArthur**

In celebration of this year's 20th annual Prince Edward Island Marathon, we have embraced the opportunity of these articles to bring light to people who inspire us. This week we are featuring Anne MacArthur.

Anne has been a friendly face in the running community for the last 12 years. Anne started running in 2011 after battling some health issues - cancer in 2003 and Hepatitis C in 2010. Anne decided to sign up for the free Running Room clinic to run in the CIBC Run for the Cure. She had been doing UFIT exercise classes for several years and felt strong enough to run. She completed her first 5K in the Run for the Cure in October 2011 and has been running strong since.

Anne completed her first P.E.I. Marathon event in 2012, the 5K. She has now participated in various events in the P.E.I. Marathon weekend every year since and says it is her favorite event of the year. For the past few years she has completed the 5K on Saturday and the Half Marathon on Sunday, and plans to do the same this year. One of Anne's favorite memories from the P.E.I. Marathon is the year she and Anne Ferguson ran the full marathon together. Their friends were waiting at the top of the UPEI hill to cheer them on and run into the finish line with them.

Anne can be found training mostly around Charlottetown, specifically Victoria Park and Brighton. Anne also loves running and walking on P.E.I.'s red dirt roads. Her favorite race distance is the Half marathon. Anne is the current Run Club Leader for the Charlottetown Running Room. She typically plans a 5K running or walking route for the club, which is held every Wednesday evening. Anne also sends out weekly emails on upcoming running and walking events.

Anne runs to help clear her mind and help her feel strong. She has so many reasons that motivate her to run, primarily her health, family, and running friends. Unfortunately, Anne has lost several members of her family to cancer, including her mother, father, aunt, and youngest brother and sister. Prior to his cancer diagnosis, Anne's brother, Hughie, was training hoping to run with Anne. Sadly, Hughie lost his battle with cancer in March of this year and while Anne would have loved to share more cheerful running memories with him, she is determined to stay as active, strong, and healthy as possible, for as long as she can.

One of Anne's biggest running and walking partners is her friend Anne Ferguson. They both recently completed the Island Walk together in September. The Island Walk includes 700 KM of walking trails that loop around P.E.I. with a mix of terrain on the Confederation trail, dirt roads, and boardwalks. The "Annes" completed this walk while both working full time, walking a section or two when they had time. The logistics included either getting dropped off/picked up or each leaving a car at the finish and start of the section. Both Annes carry a little pink turtle figurine that usually hangs on their water packs or bib number. This memorable turtle helps motivate them through their walking and running journeys together.

Although running doesn't always come easy to Anne, she can be found smiling and saying WHOOO HOOOO!! She describes herself as a strong "back of the pack" runner. Anne uses running and walking to help both her physical and mental health. Anne is an inspiration in so many ways, and is proof that you can have fun at any speed of running or walking. Over the last 12 years, Anne has accomplished so much with her fitness, of which her parents and siblings would be so proud. Anne's advice to this year's P.E.I. Marathon participants is to "have fun, and you will win every time".

