

# affirmations

A man wearing a white cap and a grey and black jacket is running through a shallow stream. The water is splashing around his legs. The background is a wooded area with brown leaves on the ground. The overall tone is adventurous and focused.

FEAR

for Logan Beaulieu is not being able to run. Coming dangerously close to that realization has kept him focused on success by Joel Perrella

# Imagine the excitement within Moe Beaulieu, when his son Logan completed his first ultramarathon. It was only four years prior that doctors told him that he might not walk again. Now running is not so much a part of his life as it is his life.

As a young man growing up in Prince George and later on in Penticton, British Columbia, the outdoors was never too far from Beaulieu. Encouraged early on in life by his father, (nicknamed Moe the Eagle in the ultrarunning community) a former race director and accomplished ultramarathon runner himself, Beaulieu would attempt to make running on cross country trails a part of his lifestyle; one that has radically changed since those early days.

In elementary school, Beaulieu ran shorter distance races of two to three miles and took pride in the fact that at nine years old he placed fifth in the B.C. Cross Country Championships. Since the age of 12 he and his family began running with the Penticton Pounders Running Club, a group created by the profound race announcer Steve King. This included running the Okanagan Race series which featured a series of events that were held all over the Okanagan Similkameen. So running for Beaulieu, was in his blood. Now, an accomplished ultrarunner and motivational speaker Beaulieu has completed a remarkable 47 ultras and 3 marathons to date. His feats of physical endurance and his soft but powerful words have empowered people to get active and feel better about their life.

But this success did not come easily to him. Newspaper articles and a number of magazines have all told the story of Beaulieu's dark day when he was only 16 years of age. A near fatal car crash left him in a coma for 17 days. His best friend lost his life. Success for Beaulieu would be a very

long, rocky road.

"Only those who have had a personal experience with this type of trauma would truly understand, the road to recovery is long and arduous... physically, mentally and emotionally," says Beaulieu. And it was.

"My father has been an inspirational coach and running buddy throughout my life. He encouraged and motivated me along the way and continues to do so today. He was an incredibly determined, persistent and relentless coach and played the largest role in pulling...or was it pushing me through. My mother, when she was alive, gave me the will to enjoy life and cherish every moment of it," explains Beaulieu

People who knew Beaulieu were amazed at his accomplishments and will power. "But that is not to say that all of us don't have the will, courage and strength within to overcome obstacles and to achieve amazing things. I am awestruck by many people in this world who have made such remarkable recoveries and incredible comebacks. There are so many 'unsung heroes'. They are all around us," exclaims Beaulieu.

## Realizing Your Fears

When faced with life challenges, the really hard ones, the ones that present that undesirable fork in the road, many people hook on to something that helps them decide what path they will follow. For Beaulieu he hooked on to running.

"My greatest fear is being unable to run or participate in any sort of physical activity. My life would be so unfulfilled, my circle of friends would change, and I cannot imagine how I

would find a substitute or replacement for the passion I have for running and being active," says Beaulieu. His passion for running has been a beacon of hope and perseverance; it has helped him deal with moments of self-doubt and despair after the accident. "Running saved me. Instead of turning to negative habits or other vices, I chose running. It helps clear my mind and ground me," he adds. Although Beaulieu's left side is still weaker than his right, every day is a reminder of how precious life is. Understanding this has fueled the desire to inspire and empower the people around him and therein lies the story of his success.

## The Power of Introspection and the Written Word

Forcing too many expectations on oneself can be a recipe for disappointment. While Beaulieu tries not to place the bar too high, he is also a firm believer in that persistence pays off as does the willingness to train and work hard. "I believe the most successful athletes are relaxed and grounded. I like to practice affirmations to keep myself focused. My father would repeat affirmations

Being successful in life is determined by the efforts made toward ones chosen endeavours.

aloud to me and he encouraged me to repeat affirmations myself even while I was in the hospital bed. He would write affirmations down for

Bob Higashi





**“We take on the strength of that which we overcome.”**

me to review. These were the first exercises...for the mind,” says Beaulieu.

Another success strategy for Beaulieu is learning from others. “People are fascinating; I like to think of a quote that I once heard: ‘I’ve never met a person that is not a master at something.’” So Beaulieu will take what he’s learned and try to piece it into his life to be as successful as possible. He cautions that there is a learning curve involved for this as well. “I try my best and I accept that it is my best, rather than look back with regret at a race and think I could have done better. I look forward to the next race and know that not every race can be a personal best.”

Beaulieu also believes that a person gains knowledge by reading. “My entire family encouraged me to read years ago. It teaches us about people and ultimately, about ourselves. I have to admit that for a long time I was not reading as much as I should have, but now realizing the value in it I am reading regularly again. Lately Beaulieu has been reading a book by Dan Millman, titled ‘The Warrior Athlete,’ suggested to him by his father. “A book that I will read next is, ‘Change Your Brain, Change Your Life’ by Daniel Amen. I enjoy reading self-help books. I believe they are not only important for everyday life, but that they can help with respect to running and racing.”

Beaulieu also suggests a book edited by Steve King and Dan Cumming titled, “Running in the Zone.” Logan’s father, Moe the Eagle wrote a chapter in this book.

## Making it Life

Each day Beaulieu starts out by running before work. If that’s not possible he finds comfort in winding down a hard day at work with a run. Yet knowing that running alone is not the only aspect of a complete workout he will incorporate a variety of high repetition weight training exercises as well as chin ups, push-ups, planking, abdominals and core strength exercises into his routine.

“Everything I do is for self-improvement concerning my running

and to better myself physically, mentally and emotionally. I hear from those around me that I am somewhat of a fanatic...I know this is true,” says Beaulieu.

In addition to routines, keeping a strong set of life aspirations helps him to stay focused. The Tour de Blanc in France is a race that he has added to his life list to complete. Numerous races in the US recommended by his father have also been added to the “to do” list, including: Western States, in California and Old Dominion in Virginia. “HURT in Hawaii and Bad Water in Death Valley are races that I would like to have under my belt eventually too,” he adds.

Not all will be solo however, “We (Beaulieu and his father) plan to travel to various destinations and enter various ‘relay ultras’ and run as a father-son team, including, Javelina Jundred (a 100 mile race in Fountain Hills, Arizona in November). ‘Moe the Eagle & Logan’s Run,’” exclaims an excited Beaulieu.

Of course not all of his chosen destinations are a great distance away from his home, now in Edmonton, Alberta. The Alberta Ultra Series are a regular occurrence on his list. “I have fond memories for each of these races and I feel a strong connection with the ultra runners that I’ve met. I enjoy traveling to races but I also enjoy local races and the Alberta ultra community, a very close knit group of people.”

With more than enough personal goals to keep him active, he manages to put it in perspective by focusing on one race at a time. His long-term goals are to run smart and injury free and attempt not to take on too much as he

wishes to be running ultramarathons well into his later years.


## More on Goals

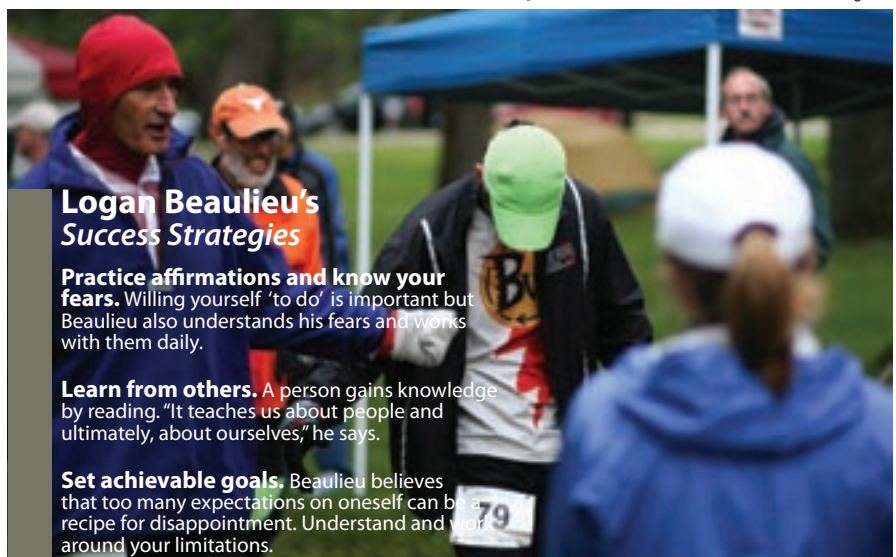
Public speaking for Beaulieu is about helping others who need support and guidance, as well as inspiring them to see that each and every person has the strength and courage within themselves to overcome obstacles and get past barriers that prevent them from moving forward. Understanding all too well what it’s like to have to rebuild one’s life, he is committed to continue speaking in front of a variety of groups from schools and hospitals, to small businesses and corporations.

“I want to share the message of hope, perseverance and constant struggle to overcome obstacles and achieve. Sometimes we all need a pick-me-up and a pep talk for the everyday challenges we all face.”

For Beaulieu, being successful in life is determined by the efforts made toward ones chosen endeavours. “If I threw in the towel or gave up I wouldn’t be where I am today. I believe that we take on the strength of that which we overcome. Everyday is a challenge and every moment of life is to be cherished. I like to say that, ‘Running is my life, my life is Running’, and this is how I choose to live my life; or as Dan Millman says, ‘Rather than dedicating our sport to our lives why not dedicate our lives to our sport.’” And this is what Beaulieu has done “I have never stopped running nor have I given up, despite facing the biggest challenge of my life.”

[for more visit: [www.logansrun.ca](http://www.logansrun.ca)]

An exhausted Beaulieu hangs his head for a moment's rest.  Bob Higashi



### Logan Beaulieu's Success Strategies

**Practice affirmations and know your fears.** Willing yourself ‘to do’ is important but Beaulieu also understands his fears and works with them daily.

**Learn from others.** A person gains knowledge by reading. “It teaches us about people and ultimately, about ourselves,” he says.

**Set achievable goals.** Beaulieu believes that too many expectations on oneself can be a recipe for disappointment. Understand and work around your limitations.