



LEFT Logan and Moe Beaulieu racing the 2014 Lost Soul Ultramarathon in Lethbridge, Alta.

All in the Family

The Father-Son Ultrarunners

Two lifelong runners have overcome adversity by going long

By Amy Stupavsky

It's no surprise that as father and son, Logan and Moe "The Eagle" Beaulieu share the same shock of dark hair, tanned skin and lithe frame, but their common passion for running ultramarathons is more unexpected – and further proof that the apple doesn't fall far from the tree.

"It's certainly not the usual father-son hobby, and I don't know of any other fathers and sons who do this together," says Logan of their love for the extreme sport. "My dad was a huge inspiration for me growing up. He ran his first ultra when I was a kid, and taught so much about the sport."

Logan, 42, began running at age 12 when Moe, 70, a veteran runner of nearly 40 years, would take him and his two siblings on runs around their home in central British Columbia. Although the whole family enjoys the sport, Logan was the only child to pick up Moe's ultrarunning habit. At 19, Logan completed his first ultra race.

"My brother and sister always tell me that I'm crazy, just like dad," jokes Logan.

Logan, who runs competitively, believes that eccentric nature has served them well during races in extreme weather conditions and terrain – and it even extends to Moe's unusual moniker. He earned his nickname, "The Eagle," for his uncanny knack for spotting eagles in the wilderness and his admiration for the bird's majesty. "A friend of mine in Colorado used to say that I resembled an eagle – maybe it's my nose?" adds Moe.

The Beaulieus run several ultra races – at least four each – across Canada and the U.S. yearly. They don't race together often, but Logan has paced Moe at three ultras, most recently at the Lost Soul 100K in Lethbridge, Alta., on Sept. 5, 2014 – Moe's 70th birthday. In the ultra community, they've developed a reputation as a father-son running team.

"People are impressed when they find out we're related," says Moe. "Sometimes we're almost too alike, as if we're twins."

Although they now live in different cities, Moe in Victoria and Logan in Edmonton, they touch base regularly about training, upcoming events and their diets. Moe may have been the one to introduce Logan to running, but Logan can take credit for kicking off the pair's veganism. Both attribute their healthier bodies and faster post-race recovery times to cutting out animal products.

Both Logan and Moe also credit running as one of the driving forces behind overcoming personal obstacles.

In 1988, at age 16, Logan was in a near-fatal car accident, which left him temporarily paralyzed on the left side of his body. "Running was a huge part in my recovery," he says. "While I was in the hospital, my father brought me an entry form for the Terry Fox Run. Whenever I was feeling down, I'd look at the form and think about Terry as a brave young man. I couldn't walk at the time, but running helped me to see my potential not just as a runner, but as a person."

Logan now channels the mental strength and physical capability he learned from running into coaching and inspirational speaking engagements.

Moe was diagnosed with stage-four throat cancer in 2011. He beat the odds on a bitter prognosis and was back running within four months. With the cancer now in remission, it's difficult to believe he ever had the disease. He completed Arizona's Javelina 100-miler less than eight weeks after his Sept. 5 Lost Soul race – the only Canadian to do so.

"Logan and I both buy into the power of positive affirmations," says Moe. "Success at running and life is a combination of luck, exercise, diet, attitude and surrounding yourself with good people. If you can cross the finish line, you're a winner." **B**

Amy Stupavsky is a Toronto-based writer.