



MASTER OF CEREMONIES

MIKE COOK

We are proud to introduce Mike Cook as Master of Ceremonies for the 2024 Manitoba Runners' Association Hall of Fame Banquet.

Mike is an avid road runner, skilled running coach and longtime member of the Manitoba running community. He has run 30 full marathons, countless half marathons and has recently tackled the ultra-marathon distance. Additionally, he is an active member of the 1000 MILE Club.

This affable and skilled communicator found his stride when he discovered a love for coaching. Tapping into his wealth of experience and desire to motivate others, Mike uses his leadership abilities to help others achieve their running goals. He has coached 10k, half marathon and full marathon clinics since 2013 and has never missed a training cycle. In 2018 he founded the QUADS OF FURY (QOF) RUNCLUB where countless runners have benefitted under his tutelage, many of whom still continue to join the group runs. When COVID forced a pause for group runs from the Running Room, Mike moved quickly to find an alternate meeting place for LSD runs (where PHO allowed). He continued to mentor and motivate the group through an active social media presence. Using his undeniable sense of humour and love of people, Mike found ways to forge bonds and to encourage everyone. In 2021/2022 he set up virtual races complete with water stations, volunteers and a roving treat truck.

The Assiniboine Park old zoo parking lot became the new gathering spot and continues to this day. Everyone is welcomed no matter where you are in your running journey. Sundays 0830, Tuesday/Thursday 1800.

Mike's community activism is palpable, in his work as a criminal defence lawyer (Smith Corona Van Dongen Cook) he became aware of the need to assist those dealing with addictions. Many of the residents don't have appropriate clothing for court appearances etc. Mike approached the directors of the BRUCE OAKE RECOVERY Centre with an opportunity. Through this collaboration QOF now routinely donates gently used clothing and shoes to the centre.

Mike enthusiastically accepted our request for MC and looks forward to celebrating with all of the award winners and 2023 HALL OF FAME INDUCTEES.