



## **2023 HALL OF FAME INDUCTEE**

### **AFTER FIVE RUNNING CLUB**

The After Five Running Club (AFRC) was formed in the late 1980s and 1990s. Initial members were Ginny Brown, John Wilcock, Dennis Lang, Tony Sanchez, Dennis, and Linda Affleck. They ran at The Sargent Park Recreational Complex, (now Cindy Klassen Recreation Complex). Club name was chosen since runners met after work, 5 pm. Running became a social highlight as well as a training workout - the only one we knew that boasted a Food Committee!

Membership steadily increased as word spread of the welcoming Club improving both athletic and party skills! Randy Bodner served as Club President for most of its years, being voted in at every Club General Meeting!

Ken Perchaluk was our coach. Along with Ken, Dennis Lang and a small nucleus of performance-oriented runners formed a training group known in the club as the "racing division". Their running accomplishments were epic. Ken and Brenda Michel led both speed workouts and Sunday morning longer distances. AFRC proudly wore their logo-emblazoned blue and yellow wind suits and white and blue singlets.

AFRC members hosted numerous races and supported local charities. Among them: "Debra Supeene Memorial 10K Race and 3K Walk" for Cancer Care. Hennie Van Gerwen/John Wichers - Fund Raiser for the Society for Manitobans with Disabilities (735 kms) in 1999. Leon Clegg, Marilyn Whyte, Ron Latter participated in the "Relay to Thompson". John Wichers cycled from Vancouver to Winnipeg in 2015 for the Rehabilitation Centre for Children. Marilyn Fraser received AFRC Lifetime Membership in 2002 recognizing outstanding contributions to road running.

A premier AFRC event was "The Grand Beach Sun Run" founded by the late Ron Latter and the late Pat Riddell. Ron served as Race Director for 16 years. Some other events: "Turkey Trot," "The Hallowe'en Hustle," "The International 4-Miler" with MC Dennis Lang, held the Tuesday before the Manitoba Marathon and Twin Cities. Steve Gajerski filmed events which were later viewed at Club gatherings.

AFRC members served in leadership positions acting as Presidents, board members and newsletter editors with the MRA. Kathy Wiens continues to serve as MRA Executive Director.

Honoured in the MRA Hall of Fame: Terry Cooke – 2020, Dennis Lang – 2015, Steve Gajerski – 2011, John Wichers – 2008, Ken Perchaluk – 2007, Marilyn Fraser – 2006.

Fond memories remain of AFRC adventures and camaraderie. They were synonymous with bringing out the best of the sport.