

LORRAINE WALTON – 2025 MRA PRESIDENT’S AWARD

“Mom, maybe you should try running.” These wise words spoken by her son would be the impetus of a new journey for Lorraine, igniting what has become a lifelong pursuit. 25 years ago, she joined a Learn to Run clinic at the Pembina Running Room eventually leading to a career as manager of the Kenaston Running Room. For 12 years, she and her team of staff and clinic instructors introduced 1000’s of runners to the sport establishing the store as a destination for fitness, fun and community.

Throughout that time, she formed strong collaborative bonds with race directors, community groups and volunteers. Many in-store special events soon expanded to include volunteer work coordinating pace teams, committee involvement with many smaller races and fitness/ health clinics in the workplace.

Now retired, she continues in her role as volunteer coordinator for the Manitoba Marathon (course marshal team), Run for Women, Hypothermic Half Marathon and Wpg 10 & 10.

“The success of these events and many others are due in large part to the leaders who work tirelessly with their teams to deliver events that are safe and fun for all. I am continually buoyed by the generosity that I have witnessed. It is community in its truest sense; joyful, selfless, generous and humble.” LW

Lorraine believes that the Manitoba Runners’ Association has a strong role to play in our province as it carves a path of health and fitness for future generations to come. As an active MRA Board Director, she enjoys committee work, planning and executing large events (MRA Awards Celebration & Hall of Fame Banquet) and Ice Cream Runs.

She has run countless Half Marathons and 10 Full Marathons including Boston, New York, Chicago, Minneapolis and Manitoba and is a member of the Quads of Fury Run Club.