

SCOTT MUNN – BUILDER

2024 MRA Hall of Fame Inductee

This is a recap of a wonderful human being from Winnipeg, Manitoba that has achieved so much in such a short time, not only as a role model to many, but also to help so many, young and old, Indigenous, and other ethnicities of people across Canada and the US.

Scott Munn's passion to promote Marathon participation in Manitoba, Canada and International destinations are second to none.

Below are some highlights of his achievements over the years. He is a doer and a builder:

-Scott Munn has run over 20 Marathons world-wide in cities such as Winnipeg, Fargo, Las Vegas, Minneapolis, Rome, and others.

-He has participated in many half marathons which includes the annual Winnipeg Police Services cancer run in which he never missed a year since it began. He even completed it virtually during COVID years.

-Completed 5 full Ironman races and 3 half Ironman's. Numerous local sprint and Olympic triathlons.

-Previous member of Triple Threat Triathlon club and was race director for their annual race at Birds Hill Park for 2 of those years. Also volunteered at other triathlon events.

-Participated in the Canadian Death Race twice.

-Race committee member for Team Diabetes event in MB for 3 Years.

-Trainer for 3 International destination marathons for Team Diabetes in ICELAND, AUSTRALIA, and PORTUGAL, plus co-trainer for many more, such as Disney, Hawaii.

-Ran in 2006 as a Team Diabetes participant from the North West Company.

Scott was a Coach and Trainer for Team Diabetes and then Healthy Horizon Foundation destination marathons. Healthy Horizon is a registered charitable department of the North West Co. with the funds raised going toward helping northern communities. For Scott, the focus was to encourage community members to adopt a healthy life style through running. An interested person would receive training, event registration, travel and accommodations, and would receive detailed hand holding through the process; from agreeing to participate, to returning home to their community, to being a poster child for what can be accomplished. Where in Canada can you find a person to take on these challenges? The logistics alone present a major challenge, plus the training limitations, weather, lack of roads, animals, etc.

Scott helped raise over \$2.5 Million for the Canadian Diabetes Association and an additional \$500K for Healthy Horizon Foundation over the last 13 years. A total of over \$3 Million Dollars for good causes while increasing awareness about healthy living.

Scott was a trainer for over 508 participants in over 76 Communities across Canada and US. Approximately 300 participants from 62 Communities were indigenous youth / adults.

The training programs, travel, motivation, etc. required to have a person in one of our northern communities complete a marathon in the south is unlike anything experienced by coaches, trainers and participants in the south, but Scott persevered and did it.

Scott Munn has encouraged and coached (followed up diligently) with many northern community members with health challenges and or other personal struggles, to make sure they reached their goal of completing a marathon. The time commitment and challenges that were involved in helping so many achieve this life time goal were enormous. Scott Munn's motivation and determination was all with good intention to assist in a healthy lifestyle change!

Personal Note:

I know Scott and how committed he is. The amount of work and hours Scott has spent annually on this program is unprecedented. Scott served on my committee when I started the Run for Diabetes, and accompanied me and assisted me when I was a CDA trainer; for the south and north plus the NWC program. I was there and did that and so fully understand what is involved. Plus, I can separate what a coach and trainer does in the south verses the north and unless you have done it, you will have a hard time understanding the complexities and the learning curve required to be successful. I have a tremendous respect for people that not only except the challenge short term, but stay with it for years.

I don't know or have heard of anyone who has done more to promote running. Scott simply can't be replaced.

John Murphy
MRA Past President