

2026 MRA EXCELLENCE IN VOLUNTEERING AWARD

SHELAN ENNIS

The 2026 Excellence in Volunteering Award is presented to Shelan Ennis for her strong and unwavering dedication to the sport of running in Manitoba.

This super charged runner is sought after by many Pace Team Coordinators for her dependable and consistent results as a pacer. In 2017 she won the coveted Manitoba Marathon Golden Carrot medal. (Closest to her anticipated finish time).

With a little uncertainty she joined the Running Room Pace Team in 2007, where she soon discovered a love for the challenge of motivating others to achieve their running goals.

For over 25 years, Shelan has been a consistent and dedicated member of several pace teams in both the Full and Half marathon distances including Manitoba Marathon, Hypothermic Half Marathon, WPS Half Marathon, WFPS Half Marathon, Fargo Full, and Bemidji Half.

In addition to her role as pacer, she has volunteered as a course marshal, coordinated busy water stations and recently lead the Food team of 20 at the Winnipeg 10&10.

Shelan is a hard-working athlete who trains year around and still finds the time to serve her community. She was in training to run her first 100 miler when she was sidelined by an injury which required surgery. Now strong and ready she is ready for the next challenge.

Look for Shelan Ennis on the WPS Half (May 3/26) and Manitoba Half Marathon (June 21/26) Pace Teams.

She is a loved and well-respected member of the running community.
Shelan is supported by her husband Dave and their family.