

## ***SHELDON REYNOLDS – ATHLETE***

### ***2024 MRA Hall of Fame Inductee***

Sheldon began running x-country and track at John Henderson Junior High and River East Collegiate, coached by Brian Zimmer and Ed Gilroy respectively. From 1971-75, Sheldon ran for the University of Manitoba Bisons coached by Jim Daly. The Bisons won many U.S. university x-country races, including Grand Forks, Bemidji and Fargo, and placed second at the Canadian University Championships in 1974/75. Chris McCubbins coached Sheldon and the Yellow Snow Athletic Club founded in 1976. That same year Sheldon raced the Canadian Olympic Marathon Trials in Ottawa and finished 9<sup>th</sup> (**2:22:56**).

Sheldon was National 25k Co-Champion with Karl Sproll in 1977 (1:22:44). In 1978 he was National 25k Champion (1:21:14). That year he also won all three April MRA 10k races with a seasonal best of 31:08. He shared the title of Champion and the prize of a trip to the Boston Marathon at the Regina Molson Golden Marathon with Grant Towns (2:30:17). In 1979, Sheldon won the Festival du Voyageur 5k, the Joe Keeper 10k, the April Fools' Day 20k and the first ever Winnipeg Tribune Run for Fun 10k (30:59). He placed 2<sup>nd</sup> at the Canadian National 20k Championships in Saskatoon (65:33) and was the first Birds Hill Nike 20k Champion (64:09). In 1980, he was Co-Champion of the MRA 15k with Gregg Gemmell and finished 8<sup>th</sup> in the Manitoba Marathon with a time of **2:22:27**. Sheldon was MRA Road Runner of the Year in 1976/77/78 and MRA Athlete of the Year in 1979. Sheldon raced in the Boston Marathon and Seattle Marathon 1979, the Vancouver Olympic Trials Marathon and Montreal Invitational Marathon 1980, the Manitoba Marathon 1984/2011, Fargo Marathon 2010 (3:29:00), and the New York Marathon 2013 (Age 60-3:35:50). He also completed Ironman Wisconsin 140.6 in 2010 (age 57-12:56:04).

Sheldon's personal bests are:

**TRACK:** 1500m-3:58.5; 3000m-8:26.3; 5000m-14:48.2; 10,000m-30:23.6; 1 hour track run-18,977m

**ROAD:** 10k-30:59; 15k-47:52; 20k-64:09; 25k-1:21:14; Marathon-2:22:27

Sheldon coached running at General Byng School, AA Leach Junior High and Whyte Ridge Elementary. He initiated the first Puma Series in 1979, the Run at the Ridge 2005-08 and the HSC Leukemia Fundraising Run in honour of Chris McCubbins, with Karl and Dianne Sproll in 2009. Sheldon's success in running is shared by his supportive wife Karen and encouraging children Graham and Kristin, and their families.