

## ***PROFILE – SAM VINCENT***

Born and raised in Manitoba, and after a lengthy track career, I've recently turned to the roads as a more overall focus. Adding in and getting better at applying a new stimulus, I've transitioned to the roads reasonably well.

I've run a 1:04 Half Marathon a couple of times now, and have a potential upcoming race(s) that may showcase how I've built my strength up from my track background. I've run some road workouts that I've never been able to do before, at the cost of some speed of course. But these compromises have to be made for this sport if you're looking to stay as competitive as you can for as long as you can while exploring other distances.

Still some unknowns but it's best to have a bit of a shake-up in outlook and in training to keep things fresh. Working towards the bigger picture!

2024 Times:

10k: 31:14

10 Mile: 50:00:82

Half Marathon: 1:06:55