

## Don Bevington

Wow. A biography! Okay, first of all, when did I get old? Looking back, running started for me in 1979 with a teacher who ran 5k every lunch hour and invited anyone in the class to join him, so I did. I knew I would always have running in my life, and it would be part of my conditioning for other sports I was involved in.

It was a year later that I watched Terry Fox dip his leg in the Atlantic Ocean. Fast forward six months and, by sheer luck, I was in Thunder Bay to witness the last mile of the Marathon of Hope. This moment in time was so powerful for me, it changed something within me. No matter how rough a run has ever been, how long, how drained my body, through injuries or harsh weather, Terry Fox has been the inspiration to me in those moments to not quit, to stop the whining, to dig deeper, go a little further, to push harder... to try.

In high school I met another person who would inspire me... A teacher, Tom Podruchny, who has run every Manitoba Marathon to date, and we would compare running shoes and training. In 2003 I would see him again for the first time in 18 years at the Manitoba Marathon and every year since I have made it a personal tradition to make sure I see him at the start line. I had joined the MRA in the 80's for couple of years but life has a way of changing directions and wouldn't find my way back until 2003.

Since '03 I've been running 1 mile races, 5K, 10K, 10 milers, half and full marathons, My best times are 30+ years ago, though, and I find now I'm driven more by competing against myself and enjoying the freedom and fulfillment that running brings all of us.

One achievement that's been over 10 years in progress is to run 1 mile on every highway in the Province of Manitoba, and my total to date is 404. It's more of a personal "bucket list" goal that has no medal at the end, but it's something I've enjoyed immensely and am looking forward to the satisfaction of seeing how many more I can add to my total.

When thinking about my favourite race, I'd say there's a tie of three, all Manitoba made. The first is the "Awesome Twosome" (now renamed "Run For Your Cause") and the great job Krista and her team do bringing MRA members together to team up. Secondly, "Ted's Run For Literacy". Michael and his team's vision for carrying on in Ted's memory has made it a really enjoyable event for a wonderful cause. Finally, the "Point Douglas Run"

with Bridget and her team. They have created a fun run throughout Point Douglas that will leave you smiling.

For me, a "worst running experience" is difficult to label because every training run or running event I've been a part of, no matter the outcome, I have never quit - which would be, to me, the worst experience. Here I would quote Jeff Vince: "Today I ran my PW (Personal Worst) and that's still a good run." Right, Jeff?

I know this is a biography, but being a part of the MRA and to share in some of these past 50 years, has been a privilege that has had a huge impact in my running life, as well as my feeling of community in the sport. It's people, like Marilyn (Mouse), Jeff, Leni, Kathy, Aldo, Mwaka, Tim, Andrea, Dreena, Georgine, Ray, John, Leon, Jack, Ami, Murray, Steve, Bob, Jonas, Rachel, Terry and Brenlee, whose dedication to and passion for the sport, have made being part of the MRA such a memorable experience.

In closing, I would say the greatest lesson running has taught me, is to always push forward, to never quit, especially in the most difficult times.

Regards Don Bevington