



2020 HALL OF FAME INDUCTEE

JACK DUBNICOFF - ATHLETE

Jack turned 82 years old on July 4, 2019. He is from Whitemouth, located in Eastern Manitoba. He is married to Carol, a father of three and grandfather of five.

With a strong work ethic, talent, and dedication Jack found a rewarding career in the food service sector that included progression to a Red Seal chef. Being a chef is not for someone who likes to plod along in the slow lane. His pace was hectic. He had to think on his feet, be creative and wow diners with amazing food. His culinary ability included a high level of activity, fitness, mental acuity and a healthy lifestyle.

Some of that vitality is no doubt due to a little nudge from genetics, good fortune and a loving and supportive wife. He focuses on maintaining an active lifestyle, eats a well balanced diet, stays socially connected and eliminated smoking from his life 40 years ago. Jack has been a lifelong follower of these ideals, and his commitment to them has been enhanced by his membership to the Manitoba Runners' Association (since 1978) and Wellness Institute at Seven Oaks Hospital.

Jack has contributed time promoting road running for seniors in Manitoba. If you want to see dedication of an aging runner, look no further than Jack. He has shown there is no age restriction when it comes to running. For Jack, racing is the fun part; it's the reward of all the hard work. He loves to run when he can, walk if he has to, but he never gives up!

Since joining the Wellness Institute 19 years ago, Jack has tried out and mastered almost every piece of fitness equipment on the floor. He established a weekly regimen and will faithfully alternate between cardio and weights. He has passionately taken up the sport of pickleball. Jack has worked very hard just staying fit. Between five to six days a week, he can be found at the Wellness Centre challenging himself. Jack strongly believes that he is capable in doing a little bit more. Some days, he may feel tired but he purposefully says to himself, "Just do it."

Jack makes a point of stimulating and challenging his mental faculties with word puzzles and other related activities. He also socializes and interacts with others on a regular basis - at the curling rink, on the golf green, travelling with his wife, watching his grandchildren at their activities, taking his furry grandbabies for walks and of course on the track and in the locker room at the Wellness Institute. On a crisp Sunday morning, summer or winter, you can find him running at Kildonan Park or along Scotia Avenue with his running friend.

Jack Dubnicoff's Records of Outstanding Results in Manitoba Road Running

June 1954	St John's High School Field Day 1 Mile	5:29
May 7, 1978	3K	12:32
February 1979	Cargill Games Masters Men 1500M	5:31:38
June 20, 2004	Manitoba Marathon Half Marathon	2:17:15
January 1, 2006	Resolution Run 5K	33:00
May 2012	Commit to Get Fit 10K	1:08:05
2013	RCAF Run 10K	1 st Male 70+
January 2014	Frostbite Run 5 Miles	1:13:15
May 25, 2019	Headingley Run for Wishes 5K	39:52