

## Paul Carr

Paul Carr grew up in Thunder Bay in a large, active family that valued participation in sport. He is the fourth child of 5 and when he went out to cheer his eldest sister, Janine, to success in a feature cross-country race in the Lakehead, it got him interested in running. By Grade 4, he was allowed to participate in running competitions and he soon realized that he liked to race, and that he was good at it.

After Grade 8, Paul got a chance to attend the Peace Garden Track Camp. A local Legion representative in Thunder Bay offered financial support to local athletes to go to the camp. Paul loved his first ever camping experience, and was motivated to train for the camp. He went for four consecutive years, and made many running friends, most of whom were from Manitoba. When Claude Berube offered him a scholarship to come to U of Manitoba to run cross-country and track, it was very appealing as a chance to continue to train with the friends he had made at the Peace Garden, and to have a coach who really wanted him as part of his team.

Before he arrived in Winnipeg for his first year, Paul was selected to compete for this region (Manitoba/North West Ontario) at the Legion nationals under 18 track competition. When he was picked at the track camp, he had no idea he was being considered and got on the bus for home when the selections were being announced. One of the camp counselors had to find him to tell him that he had been selected. The competition itself was humbling, as he and a friend from Thunder Bay took the last 2 positions in their race, but that just stirred Paul's competitive spirit even more, and he vowed to do better. He certainly did!

Paul did a few road races in Thunder Bay when he was in high school, but did more road races after moving to Winnipeg. He placed well in the WPS half marathon and in 2019, he placed third in the Manitoba Marathon in a personal best 2:37. While this was one of his most positive running experiences of his career, the Manitoba Marathon also produced one of his worst running experiences.

In 2013 or 2014, Paul entered his first marathon and he did not listen to the Walkers and Mike Booth and Bradley Keefe who all told him he had to do more mileage to be ready for the marathon. He says he was "arrogant" and believed that if he had the quality and speed in his workouts, the distance would fall into

place. He had one 18 mile training run a few weeks before race day and that was about it for distance preparation. He ran the first half in 1:15 (with a half marathon PR of 1:11) and then his body started to shut down. He had cramps in his calves and was generally exhausted. He walked intermittently and generally suffered. When he got to the final stretch on Chancellor Matheson, his younger sister begged him to run to the finish. It was too tough. Still, he finished in 2:50, but was soured on marathon running for some time after. For the first time since Grade 8, he went 3 months without running.

It was only when he moved to Kamloops for work a few years later and was coaching athletes from Thompson Rivers University that his passion for running was rekindled. He completed the Portland Marathon in 3 hours and felt much better and prouder than after his 2:50. A move to Winnipeg ensued to set up his physiotherapy business and to get back into training and the end result was that excellent race in 2019 in which he placed third with his 2:37.

Paul has run the WPS, the WFPS, Ted's Run and the 10 and 10 among his Manitoba road races. His favourite remains the Manitoba Marathon, for its festivities, excitement, collegiality and energy. Seeing the excitement of all these people who have trained for 6 months for this one performance is something special. Paul's proudest achievements are a PR 3:52 in the 1500 and making the all-Canadian team at the USport nationals in his final year at U of M, finishing 10<sup>th</sup> in the country. You can see Paul at Paul Carr Physiotherapy in Winnipeg.