

## **Bridget Robinson**

When I was a kid hiking breath-taking mountains with my Dad, he taught me that “nothing worthwhile is easy”. I ran my first race in 1986 aged 18, loved it and thereafter flirted with running for about twenty years, enjoying it, but never quite believing I could run more than a half-marathon. Finally, when I was 37 my dear friend Lisa inspired me to run the Paris marathon with her in the spring of 2005. After that affirming run, I’ve been fortunate enough to run at least one marathon a year, experiencing many joyful adventures in beautiful parts of the world; and running the Comrades ultra-marathon back-to back. My Dad’s running advice was: “Do your best and have fun” and that perfectly captures the spirit of running for me.

I’ve benefited greatly from running and I’m very motivated to share my love of running with others. In 2012 some friends and I started the Point Douglas fund-raising fun run; the focus of which is camaraderie and the joy of running. September 11, 2021 is the 10th Annual event. 100% of the profits go to the valuable local community centre’s: the North Point Douglas Women’s Centre; Graffiti Art Programming; and Norquay Community Centre. The captivating route starts and ends in the beautiful Michaëlle Jean Park and crisscrosses the Red River passing by many historical points of interest, including the childhood home of Sir William Stephenson (Intrepid), and Barber House (one of Winnipeg’s earliest buildings).

Needless to say, the Point Douglas Run is my favourite race; the race committee is super busy running around but not on the course. My favourite run was the Polar Bear Half Marathon in Churchill. We ran in a blizzard and it was bitterly cold, but it was a ridiculous amount of fun and we all bonded over our shared crazy passion for running. One of my fellow runners lent me his spare toque when mine wasn’t warm enough, assuring me that the toque he’d knitted from his Newfoundland dog’s hair was very tasty.

My most challenging run was the 60 km training run for my second Comrades ultra. “Running is 90% mental and the other 10% is mental too.” At 40 km the scent of hot dogs wafting from a cart in the park suddenly took the wind right out of my sails. I walked 4 miles home, had a hot shower and was relaxing, eating a marmite sandwich on the couch, when I had the horrible realization that I couldn’t not finish my training run. I forced myself out the door and grudgingly put one foot in front of the other, until I’d painfully completed the last 20 km.

I’m a firm believer that running is a team sport and the very best part of running for me is sharing it with others. Rosemary Wavinya my fabulous running friend, and I are continuing to run strong and socially distanced throughout the Pandemic. It never fails to put a spring in our step and lighten the load. My wonderful husband Kent has run two marathons with me and has always very cheerfully been at the finish line with a huge smile and warm hug for the rest. I’m very grateful to the MRA, the running community, volunteers and spectators.

“Long may we run” and continue to enjoy the fantastic gift of running.

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