

Judy McMullen

When I became involved in road running

I started in my mid-twenties @ RRC (there was an indoor track) then started running the MB Marathon. I must admit that since my mid-thirties, I have become a sporadic runner; I will prepare for an event but do not have the dedication of the runners that I have encountered at the MRA.

I think I started on the MRA Board in 2009 as Treasurer at least that is as far back as I can trace on the computer file on the Financial Statements that I have. Lol memory not so good anymore.

Why I become involved?

Throughout my life, I had always been involved in community volunteering. Treasurer for Roblin Park Community Centre for 10 years, along with many other volunteer positions. I had just finished a 5 year volunteer stint with the inauguration & stabilization of the MWJHL (MB Women's Jr Hockey League). I was between volunteer positions at the time when Janie Parson, the MRA Treasurer was resigning. I was in a running group at RRC with James Slade, who was President of the MRA, and he finally convinced me to volunteer as Treasurer.

My most satisfying achievement

For me there is no specific achievement but I am very proud of my participation in the MRA, an organization that has successfully survived for 50 years through ups and downs. I worked with and met a lot of great people and was continuously learning along the way. During the Covid Pandemic, we worked really hard applying for grants and I feel that, as I left the MRA, it was financially very stable.

My favourite memories

5km – Participating in the Beaumont School Running Club with all 3 of my children. Amazing teachers Bob Dawson, Kim Burnett, Kathy Issac & Cathy Jakanowski who organized morning runs, practices and registration into numerous local 5 km events such as Physio Fit, Headingley Fire Fighters, MB Marathon etc.

Half marathon - Running with my daughter, who I eventually encouraged to go for a better time as I was holding her back.

Marathon - Completing the MB Marathon several times. The 2nd time with a much better time than the first.

Other – Ran my first race with my Granddaughter in 2020 – Run for your Cause. My plan is to run again this year with my 3 Grandchildren, here's hoping that it can be done, but who knows right now with the Pandemic.

My favourite race - I loved the Women Running for Women, it was nice to do with my daughter. Run For Your Cause is a very classy experience all the way around.

For me though, it is the location or scenery. I liked running along Wolseley, Palmerston, Wellington Cres, by St Vital Park in the Marathon & ½ Marathon, training on the Harte Trail, variety of terrain.

My worst experience - RRC often had a MB Relay team. I must have run at least 10 times. One year the person I was to hand off to didn't show up and I had to run the two relay spots. It isn't the distance that

was the issue, but you are running faster to get a better time, so in your 5 km you lay yourself out and then you have to slog through the next 5 km because you don't want to disappoint the rest of the team.

My Volunteer Work

As mentioned a few times above, I have been Treasurer in many clubs that I was involved in, including curling and golf. I sat on the RRC Daycare Board and was an active volunteer in any school or community event.

In closing I just want to say how inspirational I find the Hall of Fame Banquet. Each year I am so impressed with the speakers and the runners that are honoured. As well, this year through the pandemic I found the Award Banquet via Zoom was amazingly well organized and done, by Derek, Krista & Kathy. Overall, the MRA Board has been so well run with a lot of dedicated Presidents, VP, Secretaries & board members and I am proud to be part of that group.