

Nick Paulet

I have been involved as a Race Director since 2003 when a team of us created the Winnipeg Police Half Marathon. I was/am our founding director and we still have 3 others who are part of the original team. I have long believed in the importance of supporting our running community as demonstrated through our event's support of the MRA regardless of membership status.

The running community is only as strong as all the pieces combined. We can have larger events that can attract a lot of the attention but the reality is other elements of the sport need to be nurtured. This includes youth programming, age specific events, competitive elements with standards and the ability to fall within the national structure for events like provincial games or championships. The MRA accomplishes this and they need the support of the larger events like ours.

The idea for the event came from a round table type discussion with my wife and a couple of others. It was going to be a one-time event and we are now into year 18. The race came first, then the membership or association with the MRA. In fact, at the start we caused a bit of conflict as we tried to find a weekend we could fit into. But although there was conflict, it also opened the doors to communication and we were able to push the performance of all events to a higher level with the introduction of event t-shirts for all and medals for every participant. We've kept raising the bar ever since. This has forced other events to keep up, and has made for a better experience for the participant all around.

My most satisfying achievement without a doubt is as a Race Director. I have lots of history athletically, having completed 9 Ironmans and 30+ marathons, including Boston and New York. But nothing makes me prouder than leading this team for the WPS Half Marathon. We have not only created a staple in our running calendar but have raised over \$2.2 million for the Canadian Cancer Society while doing it.

There is simply not one favourite memory. The experiences that keep me motivated usually revolve around individuals' or families' cancer journeys. Hearing stories from finishers who have beaten cancer, are fighting cancer or unfortunately in many cases, running for someone who has not made it.

My best running times: 10k - 34:45, Half marathon 1:27 and the full marathon 3:08

My favourite race was Ironman Canada in 2004 side by side with my wife. We finished together in 16:52:48-which meant we made it my 7:12. This was so special because it was her very first triathlon and she did it 22 weeks after giving birth to our oldest son. I loved Ironman Canada in the Penticton days, but doing it with her that day is a memory that I cherish. I am not sure she remembers it all though! Haha! We are a good team.

My worst experience?

I am really not sure I have had one. I learned lots of lessons along the way about nutrition, hydration and training but I have nothing but fond memories.

My volunteer work for the past 18+ years revolves around the Winnipeg Police Half Marathon and the Canadian Cancer Society. I also volunteer for the Air Cadet League of Manitoba as well as some work with TOBA Center for Child Protection.