

Clemus Laurila

I have been involved in road racing for 6-7 years. I first became involved in running to keep fit and to meet other people with similar interests.

I started with the Manitoba Marathon Super Run. Then I started running 5 and 10K's. I next moved up to running half marathons, and ran my first full marathon in 2014 in Treherne, MB. In 2018 I joined the MRA.

As a runner my most satisfying achievement to date is running a 50K in under 7hrs, even though it was a virtual run.

Some of my favourite memories so far have been travelling to the western provinces and running a marathon; seeing my family cheering me on from the sidelines in Toronto when I ran the ScotiaBank Waterfront Half Marathon in 2015; the time I ran the Physio Fit 10K dressed as a turtle. I passed a mother and her two children who were having a hard time completing their 3K run. I slowed down so they could catch the turtle. I enjoy helping others finish their race.

My best running times are:

- 5K - 28.9 minutes at the San Jose Rock N Roll half marathon
- 10K - 1h 1min at the Physio Fit Run
- 1/2 Marathon - 2h 11min at the Manitoba Marathon
- Full Marathon - 5h 24min at the Fargo Marathon

I have since started participating in track and field events and have participated in the Boeing Games and Cross Country.

One of my favourite races is the Chris McCubbins Age Group Cross Country Championship held in October. My time is not fast, but I enjoy running that race. It's very challenging, and the course could be muddy or frozen.