

## Glenn Reimer

I started to run in 1979. That was the year of the first Manitoba Marathon, so along with many others, chose to prepare for the Marathon. Needless to say, on race day, I was vastly underprepared.

I ran for 33 years and then had to give it up due to knee surgery. I ran a total of 4 marathons. When I became involved as a running club coach for my school, I ran a leg in numerous Manitoba Marathon Relays as a member of one of our school teams. Our school ran in the Physio Fit run every year as well as the Run for Light, until it folded. Our school, as well as many other schools from our division, ran in the Headingley Fire Department Run for Wishes every year.

I became involved in running as a result of all the hype surrounding the first Manitoba Marathon in 1979. I then became a dedicated runner for the next 33 years until my knees gave out. From 1980 to 2008 I was involved in school running clubs, and eventually took over leading running clubs in the 2 schools I taught at, River West Park and Pacific Junction. I did that until 2008, the year I retired. I became a member of the Headingley Fire Department in 1993 and in 2001, our department made the decision to create a fund raising event in the form of a 5K run and a 3K walk. The Headingley Fire Department Run for Wishes was born. It was named as such due to the fact that during the first few years, our main donation was made to the Children's Wish Foundation. In 2003, we decided to support the needs of one of my students, Amy Cummins, in an effort to help purchase a physio-therapy vest to assist her in dealing with cystic fibrosis. That purchase was made through the Children's Rehabilitation Foundation and we have been supporting them ever since. Since then, our donation to the CRF has supported many children with mobility issues with the purchase of specialized mobility devices. Five years ago, we decided to support the Canadian Mental Health Association. Our donation every year has allowed them to create and run a support program for people in Emergency Services who are suffering from mental health issues as a result of the service they provide.

I have enjoyed a number of satisfying experiences over the years. In 2005, I ran in my last Manitoba Marathon with my son. That was certainly a gratifying experience. Watching my running club teams compete at the Manitoba Marathon Relays was also very rewarding. That was Father's Day for me every year. In 2012, I was selected as our community representative to run the final leg in Rick Hansen's Canadian Tour. Probably the most gratifying experience of all would be on race day when we provide the mobility devices to our children recipients with mobility issues. The presentation is made with all our runners and walkers in attendance. I'm also proud of the fact that our event has been able to raise more than \$300,000.00 over the past 21 years. That money has

done so much good in helping others. Our department makes donations to a variety of charities over the course of the year, as well as to individuals who are experiencing financial stress due to tragedy or illness.

My best time was 3:24 in the 1983 Manitoba Marathon. Other than that, I didn't really focus on times.

I'd have to say, selfishly, that my favourite race is our own. It has provided our department with the ability to raise so much money and help so many people.

Probably my worst experience in my running career was "hitting the wall" at mile 24 of the Manitoba Marathon in 1979. I did, however, get through it by walking for a mile, slowly working back into a run and finishing in a sprint to the cheers of an amazing crowd. That was definitely an experience ranging from extremely low to exhilaration.

My volunteer work would probably fall into 3 main categories. School coach in running and curling, Volunteer Fire Department and Race Director for the Headingley Fire Department Run for Wishes. Lots of other stuff over the years, but those are the main ones.