

## Jack Dubnicoff

My interest and love of running goes back to the good old days of track and field at St. John's High School where I competed in the running events.

I have continued running over the years at different levels of participation. I joined the MRA in 1978 and I have participated in many sanctioned events since then. I joined because I wanted more challenges and variety in my running. I was also looking for more socializing and comradeship through participation.

My first run was April, 16, 1978 in St. Vital Park in a 5000 metres race. My time was 20 minutes and 29 seconds. The support and encouragement I received from other participants encouraged me to continue with the Association.

I have wonderful memories of being part of the Manitoba Marathon and the Grand Beach Sun Run.

I have run at Bird's Hill Park, and eaten pancakes following the Winnipeg Police half-marathon.

I have received beautiful hand made medals at the Run For Your Cause to support Haiti.

I have also run the Duck and Run at Oak Hammock, the Canada Day Run in East St. Paul, and the Ten and Ten in front of the Golden Boy.

I have done the Resolution Run and I have practiced my French at the Festival du Voyageur Sentier d'Hiver Run and I received a complementary message at the Andrew Dunn.

I experienced a true Winnipeg winter experience at the Frostbite Run along the frozen Red River.

I have done the Prediction Run and the Air Force Run with my daughter.

I also ran the HBC Run for Canada.

For several years I participated in the Commit to Get Fit Run sponsored by the Wellness Centre.

I am proud of my accomplishments in the MRA Classic Race Series and I enjoy watching my points grow on the MRA web site.

I am supportive and appreciative of the many volunteers and fellow competitors that I have met over the years.

Some of my best times and distances are as follows:

3 km 12 min. 22 sec.

5 km 21 min. 33 sec.

10. km. 58 min. 1 sec.

Half-Marathon. 2 hrs. 17 min. 15 sec.

My favourite run has always been the Frostbite River Run in mid January. All participants are there for the challenge of running in below zero with frost covering your balaclava and eye lashes.

One of my worst experiences was stepping in a hole and spraining my ankle when running in a field. That was painful and it kept me from running for a while.

I have supported other runners by handing out water at the stations and directing traffic to keep the runners safe.

Besides running I enjoy swimming, golf, and curling. I have been a member of the Wellness Centre for twenty years where I use the fitness equipment. I plan to continue working out there for many years to come.

I will be inducted into the MRA Hall of Fame when COVID restrictions are lifted. I am thankful to the MRA for the great work that they do and for giving me the opportunity to be active physically and socially.