

# 2019 MRA MALE ROAD RUNNER OF THE YEAR

## BOB COX



Bob grew up on a farm on the shore of Lake Huron in southwestern Ontario and has been a runner for 45+ years, first as a track and cross country runner and later as a recreational runner for his entire adult life. A lot of his formative training runs were along the lake, running up and down the cliffs and trudging through the sand. He still has his 1977 t-shirt from the WOSSAA – Western Ontario Secondary School Athletic Association – cross country championships. He ran his first marathon in 1982, up and down the hills and over the cobblestones of Quebec City. He has run marathons since then pretty much everywhere he has lived and he has lived in many places, some of them twice – Ottawa (twice), Toronto (twice), Cobourg, Ont., Guelph, Ont., Winnipeg (twice), Regina and Edmonton. Such is the life of a journalist. There was a point a few years ago when he thought his running and racing days were behind him. Family and work responsibilities made consistent training impossible. He would jog down Wellington Crescent, slowly, and get passed by pretty much every other runner out there. And he would think: “I used to do that.” Then one of his knees would flare up and he would stop. With his children grown, he joined a CrossFit gym, lost weight and started to gain all-round strength and fitness. One day he went out and ran 11 kilometres through Assiniboine Park and realized he could run again. That is when he became more involved with Manitoba races and the Manitoba Runners Association. He loves to run and race, usually entering 25 or so races a year. He is married and has two daughters, one who lives in Gothenburg, Sweden, and one who lives in Grand Falls, New Brunswick.

## **2019 RACES & RESULTS:**

Frostbite River Run, Jan. 27  
Fort Whyte Frozen Fiver 10 km, Feb. 11  
Hypothermic Half Marathon, Feb. 17 (1:37:41)  
Assiniboine Park Polar Bear Run 10 km, March 3  
Patrick Riddell April Run Series #1, 5 km, April 7  
Patrick Riddell April Run Series #2, 10 km, April 14  
Patrick Riddell April Run Series #3, 15 km, April 21  
Go For The Burn Run, 5 km, April 27  
Winnipeg Police Service Half Marathon, May 5  
Physio Fit Run, 10 km, May 11  
Manitoba Marathon Beer Run 5 km, May 16  
Headingley Fire Department Run for Wishes, 5 km, May 25  
RCAF Run, Half Marathon, May 26  
Stockholm Marathon, June 1 (3:21:59)  
Manitoba Marathon, June 16 (3:26:38) – also on relay team CrossFit204, 6<sup>th</sup> in mixed open category (3:30:28)  
Canada Day Super Run, 5 km, July 1  
MEC Trail Run, 15 km, July 21  
Islendingadagurinn Run, 10 miles, Aug. 4  
Manitoba Marathon Beer Run, 5 km, Aug. 22  
Winnipeg 10&10 10 km run, Sept. 8 (41:14)  
Beer Run 5km, Sept. 12  
Fort Garry Rotary Run Half Marathon, Sept. 15 (1:29:52)  
Run 4 Your Cause 5 km, Oct. 6 (20:35)  
Chicago Marathon, Oct. 13 (3:14:23)  
MEC 10 km Oct. 27