

## Daniel Heschuk

Daniel Heschuk grew up in Neepawa. In Grade 4, his teachers started getting the students to run from the school to Highway 5 and back, every day. Daniel was one of the few who could run the whole way. He loved this recess activity and started running trails in the Neepawa vicinity, with the bird sanctuary as a personal favourite. When the Trans Canada Trail came through town, that made the runs even better. In high school, Daniel joined the cross country team and was coached by Bryce Koscielny. After success in high school running, Daniel was recruited by Claude Berube and Chris Belof at U of Manitoba. He had not made any previous plan to pursue university sport but saw this as an opportunity to continue his running career. He accepted the offer and ultimately studied genetics and specifically mosquitoes! He is now pursuing his Master's degree.

Daniel completed his university competitive eligibility of 5 years in 2019. He had run a 38 minute 10 km when he was 14 years old in 2011 and ran his first half marathon in 2013 at age 16 in 1:16:07. He was pleased that as a high schooler he had beaten some of the members of the Bison track team. He has improved his half marathon time each year, culminating with an impressive 5<sup>th</sup> place finish in the Canadian Championships that were part of the Manitoba Marathon in 2019. In that race, Daniel ran 1:07:48.9, after going through the first 5 km in 15:40, trying to stay with Canada's fastest, who set a torrid pace. No one younger than he finished ahead of him.

Daniel's best 5 km so far was a 15:17 in the 2017 Canada Summer Games. He did one of the Physiofit Runs in 30:50 for 10 km. He hasn't attempted a full marathon yet, but watch out because he has done some 20 mile training runs, and is training in some fast company with the likes of Simon Berube and Matthew Van Schepdael. Daniel could be one of the first stars of the second 50 years of the MRA!