



2019 MRA FEMALE ROAD RUNNER OF THE YEAR

Melanie Morris

Melanie is a mother, Métis, a pediatric surgeon, associate professor, environmentalist, humanitarian and ...runner. Although she always loved running, she started her racing career late in life and raced her first marathon when her first and only child was 9 months of age, finishing Ottawa 2017 in 3:15. At 41 years old she went to Boston and raced in the worst conditions/hurricane since 1976 and finished in 3:19. However, it was in 2019 in her 3rd consecutive marathon that she started to see success finishing Grandma's marathon in Duluth in 3:02.

Between marathons Melanie raced local races, and participated many times in the Manitoba Half Marathon. As a masters athlete and mother, in 2019 Melanie accumulated personal bests of 40:37 (Physio Fit); 71:11 (Islendingadagurinn) and 1:26 (half-way at Grandmas!). In 2019 she essentially went undefeated in all of her races. One of her favorite races is the first one of the year, the Frost Bite River Run, for which she was the reigning champion from 2019 to 2021 only to have missed the 2022 virtual race because of work! However, she hopes to race again in 2023 in the coldest/warmest race in Winnipeg.

Her last race was the race hosted by the Manitoba Aboriginal Sport and Recreation Council for Murdered and Missing Indigenous Women. Melanie hopes to do more to support Indigenous Sport. She very much enjoys racing locally, although the last few years in the pandemic, and with increasing work responsibilities, her racing has been limited. She looks so forward to joining the running community in person soon as she enjoys the comradery, and is grateful to the MRA for organizing so many awesome races, along with the amazing running community as a whole.