



## **2022 MRA PRESIDENT'S AWARD**

### **MIKE COOK**

Whether he's in the courtroom as a criminal defense lawyer, or on the road challenging himself to run harder and faster, Mike Cook strives for excellence.

Mike began running in 2001 to relieve the everyday stress of building a busy law practice while raising a young family. He has since completed 40 half marathons and 22 full marathons, and recently rang in the New Year by running a 50k ultra marathon.

In 2013, a Running Room manager recognized Mike's coaching potential, and introduced him to a lifestyle that is now a year-round pursuit. Hugely popular as a coach of both half and full marathon clinics, today over 400 athletes have benefited from Mike's signature coaching style that combines humour, wit, and a genuine interest in seeing others thrive.

Throughout the pandemic, and where public health orders allowed, Mike continued to organize and motivate small group training sessions, as well as virtual races.

Mike remains active in encouraging athletes at the grassroots level, and is dedicated to the growth of road running in Manitoba.