

# Stephanie Roberecki

I have been the Race Director for the Physio Fit Run since 1980,...31 years-2020!

I got involved in road running after I ran in the Vancouver Sun Run in 1989 and loved it! At that time Manitoba had races but no recreational running events. As the chair of the Sport Physiotherapy Division, I thought we should start a running / walking and roller blade event to encourage participation for all! The week before the event the race director quit because she could not handle the stress. I have been the Race Director ever since! I suppose it is fitting since I was the one who wanted to do it !

At one point we had 2000 participants! We have raised thousands of dollars for various charities and had hundreds of kids participating from schools as far away as Pine Falls. Seeing them all in their Physio Fit Run t-shirts on race day with big smiles really is a special feeling and then to be inducted into the MRA Hall of Fame as a Race Director was a huge honour.

Over the last 30 years we have had many challenges. Floods , snow , torrential rain ,medical emergencies (requiring a fire truck and ambulance on the race course), course changes, runners being marshalled in the wrong direction, no finish line gantry .. you know, regular race challenges!

The worst story is the year we ran out of race bibs on race morning. Instead of closing registration we improvised and wrote the race number with a sharpie on the participants arms. A great idea until it rained! You can only imagine how that ended!

Personally I have been a runner before I could walk, or so my Mom used to say. I have always loved it and run mostly for that reason, participating in many events. My obsession with qualifying for Boston led me on a path that made me truly believe that you can do anything if you set your mind to it and will not stop until you achieve it! Boston and New York are my favourite marathon memories .

Treating and educating runners is my favourite part of being a Physiotherapist and I love helping people achieve their running goals. I have made so many friends through running and love the local running community. So you can see that running is a huge part of my life and always has been. There is a really good chance that it always will be!

I am a regular recreational runner who just loves the running community. I have run well over 50 half marathons , 13 fulls including Boston in 2015 and 2017 , a handful of 10k and I think 2 5k races. I have run the half marathons in Maui twice and won my age category in Maui once. I have won my age category at the WFPS half as well. I have also completed 5 Ironman triathlons and 8 Half Ironman triathlons. I won my age category at Superior Man half Ironman in Duluth! I also did the relay at the Canadian Death Race in Grande Cache Alberta.

I also came last in an Olympic Distance triathlon in Pinawa after having an anxiety attack during the swim and taking my wetsuit off during the race.

So far I have NEVER quit a race that I have started. There are times I wanted to for various reasons but I can say with certainty that I have finished every race I have ever started!!