

Dick Scott

People in the legal community, and in the general Manitoba community, know Dick Scott best as the man who served as Chief Justice of Manitoba on our Court of Appeal for 23 years. People in the running community know him as one of the age class stars of the 1980's. Dick entered a MRA 10 km on a whim in 1980 and ran into a fellow lawyer, David Newman, and the 2 of them had a friendly competition that gave Dick the "bug" to see what he could achieve as a road runner. David and Dick went in the 1981 Manitoba Marathon and Dick ran 3:13 and David 3:20. Dick joined up with Doug Sammons' running group and enjoyed the camaraderie of a group with diverse abilities and backgrounds. Dick lowered his time to 3:10 in 1982. By then the training group lost Doug Sammons but had Doug Cable take over as the unofficial coach for the group. George Chapman joined in 1983 and he and Dick have been exercising together, running and then walking, ever since. The standard cycle of workouts included a run from the Duck Pond in Assiniboine Park on Saturday mornings and interval workouts at Garbage Hill on another day. The friends pushed each other to bring out their best. Dick had one week where he ran 97 miles. He got his 10 km time down to 39:02 and his most satisfying race was his PR 3:04 Twin Cities Marathon in 1983. He was fit to go faster in 1984, but cold conditions limited him to a 3:06.

Dick's favourite memory of his running days was not a race but those workouts with his buddies and the friendships they built. His favourite race remains the Twin Cities Marathon, although his worst experience in a road race was in that event when his quad muscle failed him at the top of the steep hill before Summit Avenue and after running a career best 2:15 at 20 miles, he finished in 3:13.

Dick's best 5 km was just over 19 minutes; best 10 km was 39:01; best marathon was 3:04, all in the mid-1980's. Now 83, Dick still walks three times a week with George Chapman and John Guy, all prime examples of sport for life.