

## Dreena Duhame

I began running on May 9, 1979. At the time I lived on Wolseley Ave. I would see a few people out running in our area and thought "I could do that", so I did. I went to my first road race in September 1979, the Bonne Belle 10k. I went to the Bonne Belle cosmetics counter at Eatons Department Store down town to register, I finished in the magnificent time of 58:56. My first thought was "Wow, I finished in under an hour", second thought, "how much can I take off that?". Yeah, I was hooked, the next year I joined MRA.

My most satisfying event was being on the Jasper Banff Winnipeg Women's relay team in 1985. I ran the 14<sup>th</sup> leg. A real adventure. Also, Norman Bugge and I held the record for over 60 mixed team marathon distances at Northland Races. Another was the Thunder Bay 10 mile run; in May 1990 I broke the existing record for women 50-59. Whee!

My favourite race would have to be the Chiropractic 10K which started just north of Polo Park went over the cloverleaf and then Wolseley and Wellington Cr. Sure beat going twice around Assiniboine Park. My worst experience would have to be a 15K in Assiniboine Park where we got rained on, hailed on and had to wade through pools in the parking lot. Ugh!

I have participated in so many events over the course of my long running career that it is hard to single out just a few to highlight and too many to mention.

My best times were

- 5k - 21:42,
- 10k - 43:45,
- 1/2 marathon - 1:40:56,
- marathon - 4:38

I have always had a passion for running and always giving back. I have many fond memories of volunteering, but one of my favourites is at the Manitoba Marathon as a course marshal at the corner of Wolseley & Ashburn, because I know so many of the runners I get all kinds of sweaty hugs, I need a shower when I am through!

I joined the MRA board and became secretary. Being on the board certainly gave me an appreciation for how much of a working board it is, it was much more than simply attending meetings. I enjoyed the many years I was on the board and

helping to give back to the running community through attending events, i.e. the Marathon expo etc. Also, when I was part of Prairie Sky RR I helped organize the Birds Hill 20K, being in charge of registration.

I loved running as a child and to rediscover it at 43 was extraordinary. I love the people I met as a runner. Always remember: Running isn't everything—it's the only thing.