

## MARILYN "MOUSE" FRASER

I started running cross country in high school at Isaac Newton Junior High. It seemed like fun in grade 8, so I joined the Winnipeg Wings track club out of St John's high school.

I have had many satisfying achievements during my many years involved in road running. To mention a few;

- Running My second full marathon, the Twin Cities marathon, and finishing with a personal best time of 4:21.
- All the clinics that I instructed at the Running Rooms in both Winnipeg and Regina.
- Race Director for the following;
  - Winnipeg's first Bonnie Bell run.
  - Grand Beach Sun Runs with co race director Randy Bodner.
  - Athletes Wear Run for Fun.
  - Islendingadurinn run from Winnipeg Beach to Gimli.
  - Ron Melinchuk Tri Park series which ran in Kildonan Park, St Vital Park and Assiniboine Park.

I have many fond memories and have seen so many changes and advancements in the running community over the years. As I reflect back, I remember how great it was getting to know the MRA members at the year end awards. I liked it when it was a sit down dinner with dancing afterwards, seeing runners in other than their running attire, getting to talk with them and getting to know their families.

Meeting the media when taking results to both the Tribune and the Winnipeg Free Press. Being able to say that I was involved with the Manitoba Marathon from it's conception, and I made it to them all, every year until Covid hit and there was no travel. Being one of the original members of Coach Ken 's Road Kill group.

Taking the Trudge and Tour bus trip to the Twin Cities marathon.

Seniors on the Run trip to Thompson.

Run for the Mouse.

Part of the Rick Hansen Man in Motion, running down Portage Avenue in a snow storm.

Being Inducted into the Canadian Road Running Hall of Fame in 1992.

I have so many favourite runs, but the one that stands out was my first ever Islendingadagurrinn run. I was the only female.

While the runs may end the friendships will last a lifetime

I have always had a strong commitment to supporting the running community and always found ways to give back .

I proudly served on the MRA board \*\*\* Yeah I did this a few times, I was the first female president, something that I will always be proud of. I also held other positions; Secretary, Vice President, President, and Newsletter Editor.

A Member of George Tanners Flying M team.

Ran for Galaxy under Scott Radley.

Track and Field Official for over 45+ years

Triathlon Manitoba Board member

Inducted into the MRA Hall of Fame in 2006

Being inducted into the Sport Manitoba Hall of Fame in 2020