

Ron Latter

Ron was always interested in track and field while growing up, but did not start running until the 70s, when he decided to quit smoking and started to gain weight. He felt that he had to do something, so he decided to give running a try. Ron started on his own without a trainer or program, and always said he could not run between 2 trees when he started. He persevered and continued on his own, working his way up to 5 km, and now he was hooked. Running would now be an important part of his life as he continued to train and participate in events from 5 km to full marathons.

Ron always enjoyed and treasured the many friends he made along the way; he was always willing to help others when required, which included coaching for a short time at his grandchildren's school.

Some of Ron's favourite events were:

- YMCA Family Run in Brandon: a 20 km and later a half marathon.
- Memorial Day Cross Country 5 km in Grand Forks. Ron was good friends with the Race Director and would meet at his home for dinner before returning to Winnipeg.
- Minneapolis could have been his favourite marathon. In 1990 he ran it in a time of 3:54:28, but in 1998 he also had his worst experience in Minneapolis when it took him 6:16:15, but he finished!
- He also enjoyed the Edmonton Marathon, the Gasparilla Classic, and the Strawberry Classic in Florida.
- Seniors on the Run to Thompson was another a great experience for him.
- Ron's best time was at Birdshill in 1986 when he ran a 2:45 - and was 1st in 45/49 age group.

Ron was a recreational runner, who not only enjoyed participating in events, but was also a strong advocate for the sport. In 1984, along with Dr Craig Hildahl and Pat Riddell, they started the Grand Beach Sun Run. He was race director for this event for 16 years. Ron was very proud of that event, the community got really involved and appreciated what Ron was doing. The proceeds from the event were turned over to the park and helped provide the showers on the beach, development of the Spirit Rock Trail, as well as other projects. In 2007 he was honoured to be named a Legend of Grand Beach.

He was a contributing member of the MRA board in 2013 - 2014 and resigned for health reasons.

Ron's family should be very proud of his contribution to the positive advancement of recreational road running in Manitoba.