

## Cathy Mckay

In grade 4 I used to run around the playground and a boy said to me "you are fast for a girl." This sparked my interest in running. I ran x-country and track meets in Jr high and high school. Mostly 200m and 400m races but also tried 1500m, 3000m. I worked my way up to a few 10Ks in my late teens and the Gimli 10miler.

In my late 30s I decided I wanted to run a marathon before I turned 40 but wanted to train with a group. I discovered Roadkill and all the friendly, hard-working knowledgeable runners led by coach Ken Perchaluk. My first workout with them was a 10K tempo in November 2003. I was slow but I went home feeling elated, inspired and ready to work hard. I trained hard and raced all distances for 10 years. I became involved for the challenge and came away with lifelong friends.

I consider myself an average runner amongst a sea of really great runners in this province. My times were never fast but they were consistent throughout the years.

Best times:

5K-22:23 Puma Series April 2005

10K-45:57 Debra Supeene Memorial Run August 2005

15K-1:12 Puma Series April 2005

10 Mile- 1:17 Manifest 10 and 10 September 2010

1/2 Marathon-1:43 Ron Melnichuk Memorial Run August 2005

Full Marathon-3:36 Charlotte, North Carolina December 2005

My proudest and most satisfying achievement is qualifying for the Boston Marathon 9 times out of the 12 marathons I ran.

When I moved to South Florida for work in July 2006 I continued to race and train. There was a track near where I worked so I did Coach Ken's prescribed speed workout on Tuesdays. It is there I met a kindred spirit who seemed to be serious runner as well. I told him all about Tuesday Torture at the Track and thus began a friendship and a long run partner was born. He told me all the good races to enter. He would laugh when I had to stop at the outdoor showers to cool off on our long beach runs. We would have our post run picnic in the parking lot as we discussed upcoming races or one that we just ran. We were two nerdy runners talking pace, race times and Canadian music. Hill workouts were on the 17th Street Bridge Causeway in Fort Lauderdale. More scenic than garbage hill!

My worst experience in running was at the Palm Beach, Florida 1/2 Marathon. 89% humidity at the start and over 30C. I felt ill the whole time and ran a personal worst although strangely it never crossed my mind to step off the course and call a taxi. Generally, I was a good heat runner but that day something was off.

I was a competitor with the clock whenever I was in a race. Looking for personal bests. Today I let the pace pick me.

My favourite race has always been Twin Cities Marathon in Minneapolis for a number of reasons. All the races you've done leading up to this marathon pay off. The course is stunning and well planned. The road trip with fellow runners and friends Kathy Wiens and Andrea Paci would usually result in hilarity and wine sale shopping.

There are 4 people that have inspired me throughout my running. My sister Bev McKay (who still holds the Manitoba record for women's marathon) and Jan Pickell (my high school phys ed teacher, track/x country coach and accomplished runner) both encouraged, trained and inspired me in my high school years and really planted that seed. I might add my parents prepared that garden by being athletic and outdoorsy themselves. Always encouraging us to get outside and play. Once I joined Roadkill, I did all my long runs with Kathy Wiens. Her knowledge, consistency and pacing always kept me going. Today my Dad at 86 walks 4 miles 5-6 days a week. He is the epitome of health and shows that I have a lot of miles left in me.