

Shelley Borschawa

My running journey started in 1994 when a co-worker invited me to join the team for what is now, CIBC Run for the Cure. My co-worker, Susan, was an accomplished endurance athlete in running the Puma/Timex series of road races, 800km bike rides and swimming. She was who inspired me to start running. So when she asked me to join the team, I gave a typical response....I can't run! You play basketball, she said. You can run. So, I agreed. She gave me an easy plan to follow and I was so proud of myself being able to jog 5k. That was, until a very tall man WALKED past me!

The motivator for my first marathon, was in memory of my mom, dad and uncles who died of leukemia or lymphoma. I joined Canada Virtual Team in Training, and raised money for Leukemia and Lymphoma to run in San Fransico Nike Women's marathon 2007. The medal was a sterling silver Tiffany necklace. It is still my favorite medal as I can wear it anytime. Then in 2010, my co-worker and friend, Susan, asked to train with her to run a Boston qualifier marathon. Again, I doubted myself. My one and only marathon was 4:55 and she wanted me to run a 4:10!! We ran STWM (Toronto) in 4:25! Not a BQ but 30 minutes off my PB. I now believed a BQ was possible. 5 marathons later, I did qualify for Boston in 2017 with a 4:15:23 in Fargo. I ran Boston in 2018, in the some of the worst weather in the Boston marathon history.

My best times are:

5k -24:39-

10k-51:56

10 miler- 1:26:19

Half marathon- 1:58:43

Marathon – 4:10:09

My favorite running memory was in 2018 when I ran the Manitoba Marathon with 3 friends. One was running her first marathon. We got separated at mile 15. I caught up to the 1st time marathoner at mile 20. At the Pembina Highway Bridge, just over a mile from the stadium, we were taking a walk break. The policeman on the other side got on his megaphone and gave us the best encouragement ever! NO WALKNG ON THE BRIDGE!! We laughed and started to run. The smile on her face to complete her first marathon was the best!!! So rewarding to help someone achieve their goal.

Running has given me life experiences that I never would have had without it. I have met so many inspirational people. I became a co-race director for CIBC Run for the Cure for 3 years and on the committee for 7 years. Gone with running friends on a cycling holiday to France. I have been a clinic leader, clinic instructor for clinics from the Breast cancer survivors, learn to run up to the marathon distance and a pace bunny. So rewarding to help others on their running journey. Running has also given me my 2nd career, in the sport I love, as manager at the Running Room helping fellow runners.