

## Mary Ann Rolfe

As you can see by my certificate, I completed the Learn to Run clinic in 2003.

We had just adopted an extremely active 4 year old lab named Marvin, & I decided that running would be good for the both of us. My hubby was a member of Ground Search & Rescue, along with Leslie who happened to be heading up the clinic that year. She suggested to him that I join the L to R clinic.



Anyway back to my story, my run leaders, Sam Knowles & Lynn Fox humoured me & encouraged me from the get go. This turned out to be such an amazing experience for me that I then volunteered along with Sam & Lynn for the next 5 years as a RUN LEADER in Level 3. Sam & I have become really good friends now (Lynn too) & I really looked forward to our Sat. A.M. groups for 10 weeks every New Year.

As you can see by the bunny pic, I also really enjoyed hamming it up & proudly volunteered to be a Race Bunny for the 5km. race at the finale of each clinic.



So on that first day of the L to R clinic in 2003, I showed up with Marvie & have never regretted that decision!!!

*Note:* Thanks in part to Marvie, dogs were discouraged later on from joining the clinic as they truly are potential hazards!



I've gone on to become the Socials Gal for CVRR, & my hubby became a runner thru the clinic as well. Marvie is now 12 yrs. old & no longer runs much, but in his day he did complete a couple of Miracle Beach 10 k races & was the 1st dog across the finish line at the Blackberry Run.

I've been on the podium myself a couple of times, most recently for the Yeti snowshoe race. I'm presently training for Kusam & have become more of a trail runner!

I decided to retire from my position as a Run Leader this year, but constantly bump into runners who were part of Sam's & my Level 3 group. I have so many fond memories of my clinic days! The clinic exposed me to a whole new world full of fun & healthy people.