

Jamie Kantor

I began running in 2002 at the CVRR running clinic. That same year I also took cross-country ski lessons with the Strathcona Nordics. Because I could only ski on the weekends, my cardio was not improving, so running was a way to increase this. I discovered I enjoyed running and the people that I ran with much more than skiing. I joined the running clinic again in 2004 and began volunteering as a run leader in 2005. I still dust off the skis a few times a year, but now it is called cross training. I ran my first ½ Marathon in 2006 and have done 5 more since then. The CVRR ½ Marathon and the Royal Victoria Marathon are 2 great races. I also did my first Gutbuster (Mount Washington) in 2009.



2004 5 km Fun Run – 23:51

10 km – 48:02 (2002), 46:08(2004), 45:24(2004), 43:21 (2008), 44:04 (2009 – 1 week after ½ Marathon PB)

½ Marathon: 1:42:10 (2006), 1:36:38 (2007), 1:34:23 (2008), 1:31:46 (2009)

Prizes won: running shoes, railroad spikes, binoculars, bath towel, books, socks, and T-shirts.