



GOLDEN SHOE AWARDS

Role Model

DAVE REED (1954–2008)

By Nancy Tinari

DAVE REED WILL ALWAYS be remembered for his infectious enthusiasm for running. Although he was a superb athlete in many sports – some of his favourites being hockey, downhill skiing, baseball and golf – running was the leading passion of his life. He never quite made it to the top as an open competitor, but instead blossomed as a masters runner. Among Reed's top achievements as a master were a 2:00 800m, masters victories in prestigious races such as the Hamilton Spectator Games 3000m and the U.S. 5K Road Race Championships, and repeated wins and top-three performances in the Ambleside Masters Mile road race in Vancouver. He still holds the course record in the latter event, a time of 4:17 for the downhill mile. As a "young" master, Reed ran many 5Ks in the 15:10 to 15:40 range, and he also achieved sub-4:30 times in legitimate mile races.

Those of us who knew Reed understood that he was a big kid who never entirely grew up. He had a child's ability to get lost completely in the joy and excitement of a moment of play, and he relived the high moments of races with the single-mindedness of a kid. He was legendary for his ability to relate, in detail, every split time of his own performances, as well as times of other athletes he supported and admired. Reed was always enthusiastic about helping other talented runners achieve their goals. He also loved working with kids, and gave his time generously as a sports mentor and companion to the children of his running friends.

All of us who raced against Reed on the road will remember his love of running with the lead pack, even if he could only hold on for the first mile or so, at his favourite race distance, the 5K. Speed was Reed's forte, though, and he was an inspirational figure on the track, with a smooth and graceful running style. He never lost his ability to "switch gears" and put in a cunningly planned surge.

In life, Reed sprinted to the finish too soon. He died at the age of 54 on November 20, 2008, at Vancouver General Hospital, of complications from a staphylococcus infection that rapidly attacked his body. He will be greatly missed by his many running friends in Vancouver, Victoria, Toronto and places beyond. ☐

Nancy Tinari knew and trained with Dave Reed for 30 years. She lives in Coquitlam, B.C.

Canadian Running's First Annual

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Terry Fox's Marathon of Hope was not about the running as much as believing he could do something that would make a difference, and today staff and volunteers at the Terry Fox Foundation continue to come up with new ideas to raise funds for cancer research, while championing the sport of running. "We are comprised of hundreds of thousands of Terry Fox fans who further his dream by participating in foundation events raising funds for cancer research," Darrell Fox says. "I am one of Terry's fans."

And we're big fans of all the volunteers who help run the Terry Fox Foundation. They inspire us all to become heroes in our own right.

Linda Wagar is the publisher of Canadian Marathon Stories, a fundraiser for Canadian athletes in Vancouver 2010.