



**Carol LaFayette-Boyd (W75), CAN – Women’s #1 Sprints & #2 Jumps**

What does this award mean to you: It means that all the work my coaches have put into our practices has paid off. Also, “I CAN do all things through Christ Who strengthens me”.

What were your highlights of 2017: The highlights were running under 15 in the 100; running under 32 in the 200 and jumping over 4 meters in the Long Jump.

What else, other than Track & Field, do you do: I attend a great church. I am the family genealogist, however haven’t devoted the time I would like since I retired and I do a monthly Family Newsletter which is often very overdue. I am a member of an organization called the Saskatchewan

African Canadian Heritage Museum whose goal is to recognize and educate people about the contribution of people of African ancestry to our province. I am on 3 boards/committees related to Track & Field as I represent Masters’ athletes with Saskatchewan Athletics and Canadian Masters Athletics as well as the Bob Adams Foundation. I am also an advocate for Families and Children when needed.

What are your hobbies: Family Genealogy, reading when find time and of course Track & Field

What did you do for a living: I was first a psychiatric nurse for 10 years than a Social Worker for 33 years.

Where did you grow up: I was born on a farm in rural Saskatchewan (no running water or electricity), lived in a small town and then family moved to Regina when I was in grade 9.

Where did you go to school: I attended a one room school house (Oskaloosa-named after town in Iowa my grandfather came from) and then a small rural school – Anglia, then a school in a town (Rosetown) before moving to city (Regina). I attended high school in Regina and in my first 3 years was the only known person of African Descent in all the high schools. I graduated as a psychiatric

nurse in Weyburn, Saskatchewan then took my social work degree at the University of Regina on a part time basis.

What else is interesting about you: I have 3 wonderful grandchildren Amanda, Cody and Kaitlyn and 2 great grandchildren Haven and Holdyn. I have a great extended family of brothers, sisters, nieces, nephews, cousins, aunt, husband's family and in-laws. They are more excited about this award than I am. I lived in the United States (Virginia, North Dakota and Illinois). I didn't know when I lived in Virginia that my ancestors on my Dad's side had come from there. I am related to the famous slave spy James Armistead LaFayette, but am unable to find the documentation on paper.

I want to credit my coaches – Carla Nicholls, Terry, Arthur, Jesse, Roger, Oak and Chad for their commitment to us Masters. Also my club ExCel Athletika for all their support and encouragement (and my family as well) – and my dear fellow athlete/track partner, Selina Coward who has been with me for 22 years encouraging, teaching, reminding me what the coach said, etc. And most of all none of us would be doing this without the officials and volunteers. We really need them! And of course those coaches who started me out 26 years ago – Mike Zimmerman, Al Seon and Terry Mountjoy (who are still around coaching). Also thanks to young ones Judy Warick, Loretta Amerongen, Muriel Gieni and Sandi Arnason who are always there coaching/cheering me on. I would also like to mention Helgard Houben, masters athlete from Germany who exemplifies a true athlete. When I competed with her in Sacramento and Budapest, each time she gave pointers to me on how to triple jump properly, enabling me to get gold. WOW! So many more – can't name them all. Oh Yes – Doug Smith, Bob Reindl, Donna Dixon, Harold Morioka, Rob Jackson, Vern Christensen and Brian Keaveney who made/make sure I get credit for my events. Thank you MastersRankings and Ken Stone for all you do for us Masters.