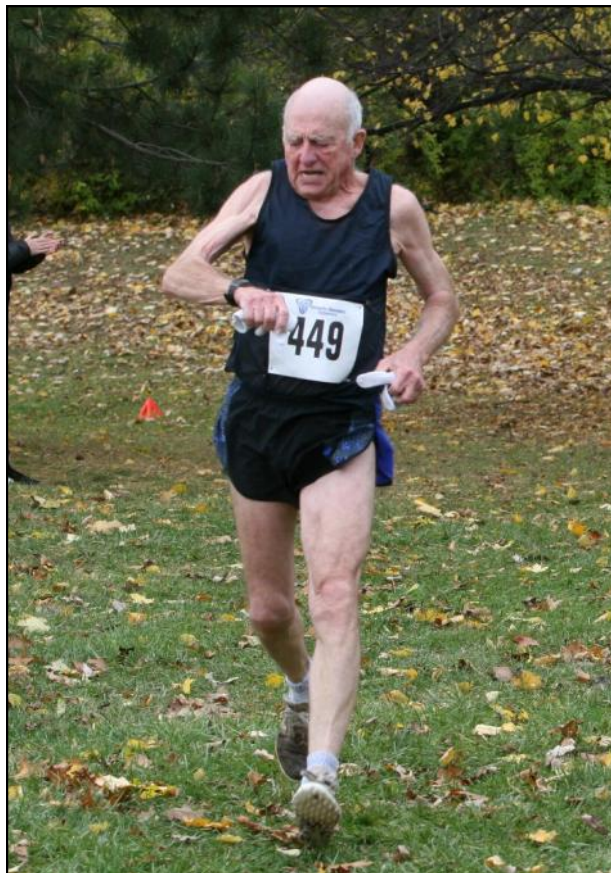


## Ralph Lang



Ralph finishing the Sunnybrook 8K Cross Country in 2009

Ralph Lang's name is already listed on the Hall of Fame website as a member of the organizing committee for that first World Masters Championships in 1975. He'll now also be listed individually, along with Don Farquharson and Brian Oxley, as leaders whose contributions to CMAA continued long after the meet was over. His participation as a masters athlete began before 1975, when he met Don Farquharson at a Springbank Road Race in London, and was recruited by Don to be one of the original 36 members of CMITT – the Canadian Masters International Track Team. CMITT evolved into the CMAA, and Ralph was the first editor of *The Bulletin* – later *The Masterpiece*. Although he eventually gave up editing, copying and mailing the magazine, he has never given up his role of helping out wherever help is needed, particularly in setting up the race in Don's name, and other events. He also gave up training and racing on roads, but not on cross-country's softer surfaces. He's the current Canadian cross-country champion in M80, still exhibiting his well-known finishing sprint. Thanks to Ralph for all those years of "being there", a well-deserved member of the Canadian Masters Athletics Hall of Fame.



Citations for Athletes inducted into the Canadian Masters Athletics Hall of Fame 2010 were presented at the gala Awards Banquet in Toronto on July 16th.

Joan Christensen presented the Citation to Ralph