LeaderImpact Podcast – Episode 36 - Carol LaFayette-Boyd - Never Give Up

Release Date – May 31, 2023

Episode Summary:

For the second time in her Athletic career, Carol LaFayette-Boyd of Regina has been named the World Masters Athletics Female Athlete of the Year. In 2022, Carol broke six world records in the women's 80+ age category. In total, she has 17 world age group records to her name. To put her astonishing athleticism and talent in perspective, Carol ran a 16.23 second 100 M race. The fastest woman ran a 10.49 seconds 100 m.

A retired social worker, Carol did not start running until her late 40s and didn't win her first competitive track event until she was 50. This great-grandmother of four has no plans to slow down or hang up her spikes; she plans to continue running for the rest of her life.

Carol's key to longevity is her passion for staying healthy which keeps her training at her best. She says she is inspired by the women who are competing in the 100+ age category. She says she has lots of time to do that and for right now she would just like to stay healthy and do better in her times in all events.

How to Contact Carol:

- www.sachm.org - email and phone number are on the website

Show Notes:

0:00 - Show introduction

0:43 - Carol's introduction

2:25 - Carol growing up and a life lesson she learned at a young age

- 3:08 - If anyone called her a name it is because they feel bad about themselves
- 3:42 - If you can't say anything good about anyone don't say anything at all

4:46 - Her parents would invite people to their house

- 4:56 - A story of a man who was not welcome into the homes of most people in town and how her parents welcomed to their house

6:28 - Life going to school as the only African-Canadian family

- 6:46 - attended a one-room school, the moved to the school in town
- 7:24 - moved to Regina and knew just one other African-Canadian woman

8:25 - How it was going to high school as a minority

- 8:40 - missed her friends.
- 8:57 - had a great teacher and coach and her classmates were very welcoming
- 10:35 - good at athletics

11:07 - Her work as a social worker and how she maintained her mental health

- 11:29 - she believed in herself and her faith helped her
- 12:28 - she thoroughly enjoyed her time as a nurse
- 13:50 - how she dealt with a difficult patient

15:00 - Affirmations Carol uses

16:07 - How Carol defines professional success now

- 16:33 - meeting the goals of the organization

18:36 - Carol's athletic success

- 19:34 - how Carol started in Masters athletics
- 20:00 - Canadian Masters Games were being held in Regina, where she lives, and she entered the track meet

23:50 - Lessons Carol has learned from competing around the world

- 24:05 - She hasn't met anyone at her meets that is competitive to the point of being mean.
- 24:45 - a competitor from Germany has helped coach her in the long jump.

"A setback is a setup. It is an opportunity to trust God that things will get better."

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26:28 - Will she ever stop competing?

- 26:35 - there are some athletes who are still competing at 107 and 106! She wants to keep following them

27:00 - Loss Carol has experienced and how she has gotten through those losses

- 27:40 - she knows they are in a better place

28:35 - Rituals Carol has

- 28:47 - she has a morning routine of reading her Bible and exercises she does
- 29:57 - she says a verse when she gets down in the blocks for a race and as she gets ready for a jump

30:28 - Disciplines Carol has had throughout her life

- 30:46 - she was not always disciplined

32:01 - Times when Carol wanted to give up

- 32:05 - wanting to give up on her first marriage

32:22 - How she has dealt with setbacks

- 32:46 - thinks of setbacks as setups for God to do something better
- 33:18 - tough times at work for how she was treated and how she has helped others through similar situations

34:25 - What Carol would like her faith legacy to be

- 34:38 - a person of faith, and integrity, walked in love and cared about others

34:55 - What brings Carol the greatest joy

- 34:59 - her family

38:00 - Show closing

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