

Sandy Stewart 1999 Most Improved Runner



(Bernie LeFort, 1998 Most Improved Runner, presents the award to Sandy Stewart)

The Awards Committee had a difficult time in selecting the winner of the Most Improved Runner, and for good reason. There were a number of our runners who have shown significant improvements over the past couple of years. After much consideration, Sandy Stewart was selected as our 1999 Most Improved Runner.

Some may be surprised that a runner of Sandy's caliber could be selected as most improved but I think that after we review some of his times you will all agree that Sandy is a deserving winner. The selection criteria for this

award involves comparing race times over the last two years.

Sandy competed in 5 races in 1998 and in 8 races in 1999. His two 10K times in 1998 were 37:21 and 38:53, while in 1999, Sandy had three 10K times all of which were between 35:31 and 35:44, shaving almost 2 minutes off his previous times. In the shorter races, Sandy cut 53 seconds from his 5K time in the Seaman's Run and 11 seconds from his time in the ADL Golden mile, dropping his time in the mile from 5:17 to 5:06.

I think we all recognize that when you are running at the pace that Sandy runs at, it becomes harder and harder to shave additional seconds off your time. We were impressed enough by his fast times and the magnitude of his improvements, but the fact that he is making these strides while in the 40 plus age category made Sandy's choice as winner of this award unanimous. He is an inspiration to us all.

We would like to acknowledge Sandy's hard work, dedication and determination by awarding him the Most Improved Runner for 1999.