

Paul Johnston

2004 Most Improved RoadRunner



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2004 Most Improved Runner

Selecting the “Most Improved” RoadRunner is usually a fairly difficult task for the Awards Committee. However, this year one RoadRunner stood out from the crowd. Paul Johnston is a very deserving winner of the 2004 Most Improved RoadRunner.

This award looks for improvements over the past three race seasons. In 2002, Paul took part in four races. His average pace was 9.3 minutes per mile. In 2003, it was 11 races, with an average pace of 8.1 minutes per mile. This past season (2004) Paul competed in 10 races with an average race pace of just 7 minutes per mile. Paul cut almost 2.5 minutes per mile off his pace over the three years. As an

example, his 10K times have dropped from 55 minutes in 2002, to 41 minutes in 2004.

Paul once had the distinction of finishing last in one of our races. He was running with a relative from out-of-town, and being a gentleman, he allowed her to finish ahead of him, with the result that he finished last. Unfortunately for Paul, it was the only time that the Guardian chose to print the results of ALL 125 participants. Paul’s co-workers took great pleasure in razzing Paul about finishing dead last.

Paul, we hope this award will stop the teasing!

Paul, it gives us great pleasure to acknowledge your hard work, and dedication, and award you the Most Improved RoadRunner for 2004.

Congratulations Paul!