

Shawn McCardle

2006 Wally Rodd Male Roadrunner of the Year



The 2006 Wally Rodd Male RoadRunner of the Year is awarded to Shawn McCardle.

Shawn is being recognized this year for his role in raising the profile of running on PEI. He has accomplished this in at least two ways this past year.

Firstly, Shawn completed the Vermont 100-Mile Endurance Event this past July, where he finished 37th out of 152 finishers. Shawn's time in this event was 22 hours and 45 minutes, and Shawn received a lot of media coverage prior to this run.

Secondly, Shawn is being recognized for his efforts as the senior athlete of the year by Sport PEI.

We couldn't ask for a better spokesperson for our sport. Shawn is articulate and passionate about the running. He is also extremely humble. If it weren't for a few keen eyes and our message board, we might not know about Shawn's selection as Sport P.E.I.'s senior athlete of the year because he wouldn't mention it unless he was asked about it.

Assistance with Club Activities:

Shawn has always been an active member of the RoadRunners Club both on and off the roads. He currently sits on the Executive as the Past-President of our Club.

His training this past year kept him from going in a lot of the Club runs. In those runs where he did compete, his times did not tell the true story as he typically ran our runs as the end of one of his long training runs of 60 to 70 kilometers. Many of us passed him in our cars as he (and usually Francis) ran to the start of the race.

Training, racing and improvement:

If you can complete a 100 mile run, I don't think any more needs to be said about Shawn's dedication to training and self-motivation. It takes a brave man to test his own physical and mental limits with such an attempt. While not many of us will attempt such a run, his example makes it easier for the rest of us to tackle a mere 26-mile marathon.

To recognize Shawn's efforts, the RoadRunners Club is pleased to award Shawn with the 2006 Wally Rodd Male RoadRunner of the Year.

Congratulations Shawn!