

Monique Kaye

2007 Proude's Shoes Most Improved Runner



The RoadRunners Club is pleased to present the 2007 Proude's Shoes "Most Improved" RoadRunner to Monique Kaye.

This award looks for consistent improvements over the past three race seasons, and Monique has certainly demonstrated improvement over that time. Between 2005 and 2007, she knocked more than a minute off her average pace time.

Monique's efforts to improve did not go unnoticed by those closest to her (as the photos displayed a-test to), nor by the Club. Monique was very dedicated in 2007, participating in 20 RoadRunner races. She was also a regular in Stan's training clinics, where she incorporated speed training into her marathon preparations. These efforts really paid off. Over the last three years, Monique has taken four minutes off her 10K times. She was eight minutes faster in the Miscouche Firefighters Run, and 16 minutes faster in the Harvest Festival run. Monique set a 10K PB this season in a time of 53:27

Monique has a quiet determination and focus. The girls she trains with will tell you ... "She is one tough cookie, and more

importantly, is just a fantastic person and a lot of fun!” She is currently training for a marathon in New Jersey this spring, and we know she is going to keep improving in 2008.

Monique, it gives us great pleasure to acknowledge your hard work, and dedication, and award you the Proude’s Shoes Most Improved RoadRunner award. Congratulations Monique!

Unfortunately, Monique can’t be with us tonight. She and Scott are on vacation. I think Monique’s girls will be more than happy to accept this award on her behalf.