

## **Good Guys Auto Glass 2010 Female RoadRunner-of-the-Year**

This year we recognize a very important member of our Club with the 2010 Good Guys Auto Glass Female RoadRunner of the Year. We were fortunate this year. When she was filling out the RoadRunner membership form, she signed up the family. That made her eligible for this award. We hope she won't be



upset with us that we went behind her back and lied to her during our awards deliberations on the winner for the Female RoadRunner. We had to ... because she is on the Awards Committee. This year's award goes to Janet Norman-Bain!

### **Interest in Running and Helping Beginners:**

What more needs to be said. Like most good parents ... her interest in running started with desire to help her son. She wanted to do what was best for Alex, and to support his keen desire to run and compete. This meant getting up early almost every Saturday morning in the year and driving to who knows where on the Island.



As Alex's comfort level and confidence with the race scene developed, Janet had more time available and she began to devote this time to helping other runners by taking on a number of different roles at each race event. With her

spot behind the registration desk, she is often the first person runners talk to at our race events. Her positive attitude, sense of humor, her willingness to help, and her knowledge of the racing scene provides a welcoming atmosphere.

Janet takes a special interest in helping, encouraging and supporting new runners, especially if they are young, or are facing some type of challenge in just getting to the starting line. Most of all you see it when there are other autistic runners who join the running community.

### **Assistance with Club Activities:**

What more needs to be said in this category ... What doesn't she do. Every race, she is at the registration table before the race begins. She is at the finish line during the race, and makes us all look good in our finish line photos.

This year she added a new facet, and acted as a co-race director for the new Great Canadian Goat Race with Alex's boss, Em Zember.



Since she is at virtually every run, and has such a unique perspective to view all of the runners as they complete their races, she has also become a valued presence on the Awards Committee, sharing her knowledge and insight when selecting our award winners.



The true importance of one role that Janet now plays probably won't be fully realized for a number of years. Janet is now the "Don Harley" of our time ... the documenter and historian of our Club. In years, to come, when we turn old and nostalgic, we will be able to turn to the archives of the Runman Blog to relive some of our past performances and accomplishments. And like we do with the early running photos from the 70's, new runners at that time will look back and say ... I can't believe what they used to wear!

Janet keeps an eye on us whether we are running here on the Island, in an ultra-ironman in Hawaii, crossing the River Styx in the Canadian Death Race, or celebrating our birthday with a 100 mile trail run in the States. She keeps us informed so that we can be in awe of, and be inspired by, the incredible feats of our fellow members. It also gives us the chance to acknowledge their accomplishments.

## **Training, racing and improvement:**



Most years the winner of this award has a long list of impressive races times that we acknowledge.

With Janet, most of her training and racing is done on her bike as she rides beside Alex whenever he needs support. However, we must acknowledge her performance in one running event this year. After biking beside us, and providing support during the 50K Tri-

Province Terry Fox Bridge Run, Janet dismounted her bike and crossed the Confederation Bridge on foot. And we are thankful to Loretta Van Ekris for being smart enough to be there to return the favour and capture a picture of Janet crossing the finish line.

## **Always gives her Best:**

Janet always gives us her best. She continually finds new ways to help and support this Club, and we would hate to think where

we would be without her involvement. It is for all these reasons that we wish to recognize the contributions that Janet makes to our Club, and name her the Good Guys Auto Glass Female RoadRunner of the Year for 2010.

Congratulations Janet!