

## **Manny Costain**

### **2010 Proude's Shoes Most Improved RoadRunner**

The RoadRunners Club is pleased to present the 2010 Proude's Shoes Most Improved RoadRunner to Manny Costain.



This award looks for consistent improvements over the past three race seasons, and Manny has certainly demonstrated improvement over that time. I don't think anyone has worked as hard as Manny over the last couple of years to improve their times.

In those races where we could compare 2010 to 2008 results, Manny took just under 7 minutes off his Dunk River run time, 11 minutes off his Farmers-Helping-Farmers run, and an amazing 8 minutes off his

Clark's Toyota run time. If you think about the distances of those races, it means Manny was running between 1 minute and 1 minute-and-half faster per mile, going from just under 8 minutes per mile in 2008 to roughly 6:30 per mile in 2010!

There were a number of races where we could only compare Manny's results with his race from the year before. In one year, Manny took 16 minutes off his Fulton Campbell time, finishing the half-marathon in 1:30. In the tough Harvest Festival 25K run, he also lowered his time by 16 minutes finishing just under 1:51. At the marathon distance, Manny ran a 3:13 marathon at the Prince



Edward Island Marathon, chopping 10 minutes off his previous time, and just missing his Boston qualifying time!

We are pretty sure Manny set new PBs at all of his race distances this year. For those of you who are friends with Manny on FaceBook, you know why Manny has seen significant improvements.

Here are just a few of his status updates from FaceBook:

- **No energy this morning. Only a 16km run.**
- **First run of 2011 out of the way. 25km then another 40 minutes on the spin bike.**
- **Half marathon distance in the cold on an icy road this morning. So darn cold that my water bottles froze inside my jacket**
- **stubbornness = going out to run 25km through snowbanks, slush and water then doing an hour on the spin bike. That makes up for the lazy day yesterday.**
- **Core exercises including 195 push ups, 100 hindu squats, 180 leg lift planks then 12.5km run with 10 by 500m and 5 by 250m speedwork and then 1 hour of spin bike work. That makes up for last night's laziness!**

- **Does running hurt? It does if you do it right**

Manny, it gives us great pleasure to acknowledge your hard work, and dedication, and award you the Proude's Shoes Most Improved RoadRunner award. Keep up the good work!

Congratulations Manny!

