

**Arnie Johnston  
2010 Cox and Palmer  
Rookie RoadRunner of the Year**



Selecting the Rookie-of-the-Year is always a difficult decision. To be eligible, you just have to have joined the RoadRunners Club for the first time. As a result, we can have seasoned road runners competing against complete “newbies” who have just started to run. Both sides have impressive results considering their level of experience. This year we have swayed towards the “newbies” and have selected Arnie

Johnston as the 2010 Cox and Palmer Rookie of the Year.

Arnie exemplifies all the characteristics of what it means to be a RoadRunner. For a new runner, Arnie shows great dedication, commitment, and physical and mental toughness. Arnie took part in at least 16 races in his first season. Included in those are the PEI Half-marathon and the Harvest Festival 25K run. Not many rookies take on

those distances, or the challenge of a tough race like the Harvest Festival in their first year of running.



Arnie had some great times for a “rookie” runner. During the course of his first race season, he was able to shave a minute off his 5K times, and dropped his 10K times from 52:06 at the beginning of the year, to 45:44 at the Wally Rodd 10K. Arnie had a 1:46 Half-Marathon and toughed it out in the 25K Harvest Festival in 2:17 in his first attempt at both distances.

Pretty impressive for someone in their first year of running. And, pretty impressive for someone who races on just a few hours sleep. Arnie often spends his Fridays playing late into the night in the band Junction 722, with another one of our members, Randy Allain.

Arnie may not be at the front of the pack, but those that race beside him know that the competitive spirit is there. He has worked very hard to get to where he is, and he always wants to push himself to do his best.

He showed his toughness in the Great Canadian Goat run. He suffered an injury early on in the race. 99% of us would have packed it in and accepted Roger’s offer to

drive him back to the finish line. But not Arnie! He toughed it out through the pain and hobbled across the finish line, ... because this guy is not a quitter! Arnie is definitely committed ... and perhaps ... at times ... he should be committed!

Arnie has also embraced the social aspects of the Club. Even when he isn't running in the race, he often shows up to see what's going on and to cheer everyone on. Despite his injury and his inability to run late in the season, Arnie showed up again at the Club's Christmas run and party, just to hang out and wish everyone the best of the season!

Arnie is a fine example of a "RoadRunner" ... he is always positive ... always encouraging ... and always gives it his best. And in 2010, his best has earned him the Cox and Palmer Rookie RoadRunner of the Year.

Congratulations Arnie!