

**Les MacKay -
The Gemini Screen Printing & Embroidery
Volunteer of the Year**

The Gemini Screen Printing & Embroidery Volunteer of the Year award for 2010 is presented to a very deserving winner ... Les MacKay.



Les has become a key race organizer for our Club. When the 30-plus year tradition of the DQ Bunny Hop was in jeopardy because of the lack of a race director, Les stepped forward and took on the responsibility for one of the largest runs that we have. He didn't stop there!

Les is a teacher at Charlottetown Rural High School, and it is obvious that he

cares about all facets of his students lives. Les also organizes the Rural Raider Run for Healthy Eating. In addition, Les tries to interest his students in physical activity and encourages them to exercise, and to stay in shape. He has aided in the development of a wellness room at Charlottetown Rural while also helping to start fitness classes for students and teachers at that school.

The third run that Les organizes is the Bluephin Run that raises funds for equipment for the Bluephin swim team. And this year, Les has added his fourth run, “Run for Rapha House”. His motivation here was to help two students at his school who were trying to raise funds for this charity that rescues, and provides homes for children that have been subject to slavery and sexual exploitation in Southeast Asia.



In addition to his race organizing efforts, Les is also a runner! He has recently switched his diet and training regimes to become a leaner, faster runner, cutting back on his weight

training and adding more cardio. He trains with and encourages his son to follow his example, and is proud that his son recently has started to beat his father’s times. Les gives back in this area too. Les was a Pace Bunny for the PEI Half Marathon, and trained for many weeks prior to the event to ensure he could get his runners in at their “goal” time.

We have only listed Les’ volunteering efforts related to running. We know Les also volunteers in other areas outside of running.



But Les never looks for any personal recognition or personal gain from his volunteer efforts. He puts in large amounts of time and effort solely for the personal satisfaction of knowing that he has helped his family, his students, his school and the sporting organizations with which he is involved.

Les, it gives us great pleasure to award to you the 2010 Gemini Screen Printing and Embroidery Volunteer of the Year Award, and to provide you with some much deserved public recognition for all that you do!

Congratulations Les!