

Stage Direction – Black text is the straight woman

– Red text is the comedic foil

Blue is (not spoken) additional stage direction

2011 Ewen Stewart Inspirational Runner Award

The Ewen Stewart Inspirational Runners Award ... (“Sponsored by the Prince Edward Island Marathon!”) (excitedly spoken)... is again presented to a duo in 2011. But this time it is a husband and wife team! The award is presented to the Van Ekrisesss (have difficulty with the name) ... Shouldn't that be the Van Ekrii ?? ... Well I don't know ... let's just say to John and Loretta!!



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For those of you who do not know their story ... you will be amazed and inspired by what this couple has accomplished in just a few short years!

Taking you back several years ... John and Loretta were living with their children on their dairy farm in Covehead. At some point they looked at each other and realized ... **they were NOT living "THE DREAM"** (said in a depressed state). The pressure, stress and constant work of running a farm in today's economy were taking its toll! Despite being constantly active running the farm, (by their own admission) John was 50 lbs heavier and smoking two-packs of cigarettes a day, while Loretta was 30 lbs heavier and smoking a pack-a-day. ... **Something had to change!** ...



During their slow season, the winter ... **Is there such a thing on a dairy farm?!** (Quisical)... they bought and started to use a treadmill. Liking

the results that came from this, they took to running outside in the spring. Liking it even more ... they made a few additional changes. *They quit smoking!* ... They signed up for one of Stan Chaisson's running clinics, ... *They sold the farm!* ... and, they retired ... *to become professional athletes!!*

Well not quite ... but what they have accomplished is quite remarkable. It is too bad we can only list a few of the things during this short presentation tonight.

Both progressed quickly, running 5Ks, then 10Ks, Halves, and then full marathons on the Island, and throughout the Maritimes. They also combined their love of travel with their love of running and competed in marathons in the southern US and just recently in a marathon in Ireland for Loretta, and a race in England for John!



Loretta had enough sense to stop when she got to 50K races! ... *yah ... Loretta always was the sensible one!* ... But, John kept on going, racing 50Ks, 50 Milers and even 100 Mile trail runs! ... *What?! ... No one can run a hundred miles! ... in a single day???* ... in 22 hours in fact!

Besides their running accomplishments, John and Loretta have made important contributions to our Club. Loretta (*... with John's support! ...*) stepped up and took over the ADL Golden Mile when a new race director was required. And John (*... with Loretta's support ...*) was the mastermind and driving force behind the Terry Fox 50K Tri-Province run that raised more than \$4000 for the 30th anniversary of the Terry Fox run!

Loretta is also currently the President of our RoadRunners Club

Hey ... were on our third page ... we gotta wrap this puppy up!

Well, I guess so ... we'll conclude by saying that we are certain that the changes that the Van Ekrises (*... the Van Ekrii ...*)(*said with derision for having to correct her again!*) have made will add years to their lives, and even more certain that those changes will add QUALITY to those years!

(Both in unison) We aspire to be like the ... *(one says)* ... Van Ekrises ... *(at the same time, the other says)* ... Van Ekrii *(then elbow each other and give each other a disdainful look!)*

(Both in unison) Congratulations John and Loretta on being awarded the 2011 Ewen Stewart Inspirational Runner(s) Award!!



Unfortunately ... John and Loretta can't be with us tonight ... *"They are ... LIVING THE DREAM!"* ... they are spending their winter living, training and racing in Florida. We'll see that they get this award when they return to the Island!

