

Mike MacKinnon

2011 Sporting Intentions Male Roadrunner of the Year



The selection of this year's Male RoadRunner of the Year is long overdue. The recipient is pretty low key and humble, and as a result, may have been overlooked in previous years when he could have easily been chosen Male RoadRunner of the Year. So it gives us great pleasure to award the 2011 Sporting Intentions Male RoadRunner of

the Year to Mike MacKinnon!

Mike has been one of the Island's elite runners for a number of years. We heard earlier tonight about his amazing results in 2011. Those who run at the front of the pack will tell you there is no tougher competitor than Mike! Even though his long graceful stride, and his laid back approach make it appear that he does it all with ease!



In many ways, Mike is old school! While the rest of us waste our money buying fancy gear and the latest gadgets thinking they will improve our running ... all Mike needs is an old pair of wool mitts and a \$5 watch, and he is good to go!

In many ways, Mike is also progressive and environmentally minded! He is well known for shunning his car and biking or running to work, or to races. A tank of gas in Mike's vehicle last about a year! (Although his running partner, Scott Clark, claims it is because it is a Toyota!)



Mike has for many years been the race director of a 10 mile race, initially raising funds for the Miscouche Fire Department (where he volunteered) and later switching it to Three Oaks Senior High School (TOSH) where he teaches. Every year, Mike wants the students as involved as possible. He added a 5 mile distance to his race to make it more accessible to students and teachers, and has them involved as volunteers in all aspects of the run.

When asked for advice, Mike is always very helpful and obliging, whether it be a rookie runner or a seasoned veteran who is asking. However, we do offer a word of caution ... do not take directional advice from Mike! He is famous for taking the occasional wrong turn during a race. It started many years ago. In his first RoadRunner race ever, he held a commanding lead in the Colonel Gray SADD run, but missed the last turn down Nassau Street to McDonalds! In one of his more recent "scenic tours", he took a wrong turn in the Bluenose Marathon. This resulted in him running an extra 4 or 5K on top of the

marathon distance ... and he still finished in just over 3 hours!!
He was on pace to break into the 2:30s for that marathon!

Mike, we hope you will forgive us for taking so long to recognize your talent and dedication to our sport, and for your many contributions to our Club, and to your community. The 2011 Sporting Intentions Male RoadRunner of the Year is well deserved! Congratulations Mike!

