

2012 Ewen Stewart Inspirational Runner Award

The Ewen Stewart Inspirational Runner Award is sponsored by the Prince Edward Island Marathon. (bit of a pause)



It gives us great pleasure to present this award, in recognition of his remarkable tip-to-tip (Tignish to Elmira) run this past summer to **Michael Gaudet.**

To put it in context, a little history lesson in distance running is needed.

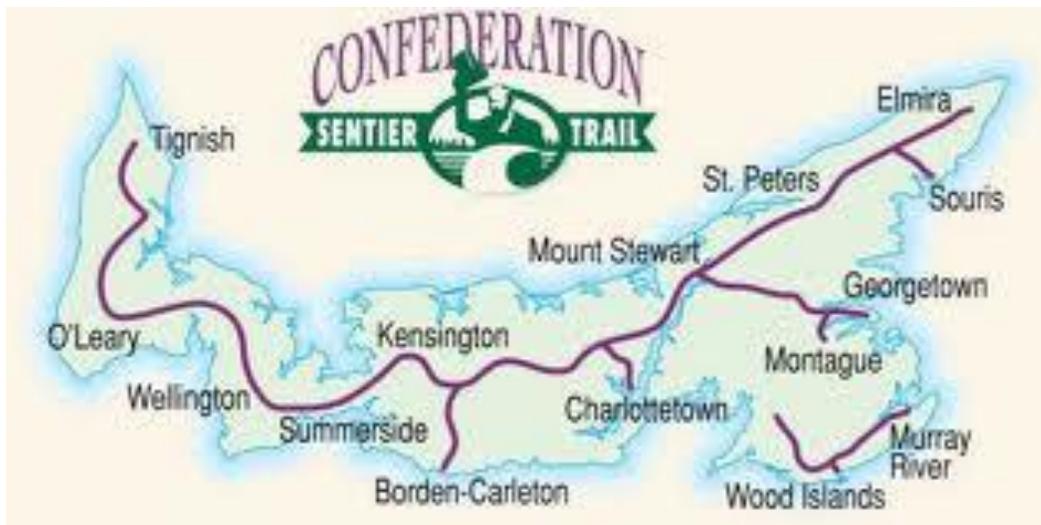
Most of us have heard of the 1st marathon finisher who ran from the plains of Marathon to Athens to warn the city of an impending attack. Fewer people are aware that days previous, the same man

ran 225 K from Athens to Sparta in 36 hours to ask for assistance from the Spartans in battle..

This is close to Michael's pace, only Michael ran 50 K farther.

That is a continuous ... 275K run!! His previous longest run was only 75K! Michael wasn't the first to do it. Jeremy Bradford, a very accomplished 100-miler ran the trail in August in a time of 46 hours and 26 minutes. Michael beat this time by more than **four hours ... finishing in 42 hours and 18 minutes.** In the press coverage Michael was quick to deflect the attention away





from himself and say that it was a team effort ... crediting the support of his wife, the running community on the Island, and all those individual RoadRunners who turned out to run portions of the trail with him. Michael indicated that the first 240K weren't too bad ... but the last 30K were tough!

It was a year of self-sacrifice for Michael. He only participated in three RoadRunner races in 2012! ... Knowing that his competitive spirit, and speed ... would ruin the “long and slow” training required for his run.

(Nodding our heads)
We have to feel a bit sorry for Faye (his wife) because we all know how much Michael loves to talk to other runners. It could be about nutrition, interesting web sites he



has found, Chi running, or philosophical approaches to life! He must have talked Faye's ear off when he got home.

(Shaking our heads) Faye must have missed him when he did his "long, slow, training runs".

I should mention another run Michael completed. On April 12th, Michael retraced the path of one of his hero's Terry Fox, running from Borden-Carleton to Charlottetown as part of a nationwide project to pay tribute to Terry Fox.

Michael, the PEI RoadRunners Club would like to recognize your cheerful demeanour, your knowledge of the sport of running, your zest for life and indomitable spirit, and your contributions to the running community on PEI. We present you with the 2012 Ewen Stewart Inspirational Runner Award.



Congratulations Michael !!

