

## **Billy MacDonald**

### **2012 Sporting Intentions Male Roadrunner of the Year**

The 2012 Sporting Intentions Male RoadRunner of the Year is presented to Billy MacDonald!



In the last year or two, Billy has really stepped up his game and is now clearly one of our best elite runners. We heard a few of his accomplishments in the earlier presentation. Billy had a 15K in less than an hour, a 25K trail run in Brookvale in just over two hours, and Billy finished 2<sup>nd</sup> in the Prince Edward Island Marathon in a time of 2:43. As most of you know, Billy is also

an accomplished triathlete!

Billy also gives back to the Club. He is co-race director for at least two runs ... the St. Patrick's Day run and the Mount Edward Grocery run.

He trains as hard as anyone out there ... and is always very helpful and obliging, when asked for the secrets behind his results. Proper nutrition is a big part of it, and his cooking skills

... as evidenced by his FaceBook posts ... make most of us jealous ... and hungry.



Ask the other elite runners in the Club, and they can tell you that there is no “quit” in Billy. If they don’t bring their “A-game” ... they are done ... because Billy doesn’t leave anything in the tank at the end of a run!

Congratulations Billy, on winning the 2012 Sporting Intentions Male RoadRunner of the Year. It is **well deserved!**

