

**Rod Gallant**  
**2012 Proude's Shoes**  
**Most Improved RoadRunner**

The RoadRunners Club is pleased to present the 2012 Proude's Shoes Most Improved RoadRunner award to Rod Gallant!



Rod has only be running for a few years, and in 2011, he probably just blended in with the pack. But in 2012, things began to change. At the beginning of the year, a few more experienced runners notice that Rod would be in front of them as the race began, but they would catch and pass him relatively early in the race. However, as the season progressed ... it took them longer with each race to catch and pass Rod. And here is why ...

Rod improved his times at all distances. His 10K times went from between 50-53 minutes in 2011 to between 44-47 minutes in 2012. His Clarks Toyota 5 miler improved by 9 minutes.

Rod's 1/2 marathon times improved by 15 minutes dropping from 1:58 to 1:42 He also knocked almost 15 minutes off is Harvest Festival 25K time. It seems to be a trend ... as he also cut 15 minutes off his TOSH Farmers-Helping-Farmers 10 mile Run.





Those more experience runners better prepare themselves, because in a race in the not too distant future ... they are not going to catch and pass Rod!

It gives us great pleasure to acknowledge your hard work, and dedication, and award you the Proude's Shoes Most Improved RoadRunner award.

Keep up the good work! And congratulations Rod!

