

*Most Improved Runner of the Year*

*This award gives special recognition to the runner who has improved running performance through hard work, training, discipline and perseverance.*

*Mark Grandonico* A comparison of Marc's 2003 time to his 2002 time alone qualifies him for this award - in 2002 he ran it in 4:13:41 and in 2003 finished in an amazing 3:36:26. But the



*Mark  
Grandinoco*

improvements were not in the Marathon alone. He shaved almost 2 minutes off his time in the Sea Dogs 5K, and over 2 minutes at the Burn off the Turkey 5K. You must have been doing something really right with your training this year, Mark - perhaps you were inspired because you were elected as the new Vice President of the Club? Congratulations on an outstanding year, Mark.