

**Most Improved  
Runners of the  
Year (2 recipients)**

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

*Lisa Depres and  
Ron Chase followed a*



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similar path to their respective improvements their running careers. Both Lisa and Ron faithfully participated in the weekly training sessions in Auburn with Bob. During those sessions they pushed themselves beyond their comfort zones, and they both benefited from the camaraderie and support of the entire group. This hard work yielded positive results: this season Lisa ran the Eliot 5K with a time of 22:06, the North Yarmouth Mile race in 6:30 and the PT 8K in 38:07. Meanwhile Ron ran the PT 8K in 39:33, the Portland Trails 10K in 50:14, and the Memorial Day Mile in 6:57. Based on Lisa and Ron's improvements, it seems that we all should sign up for Bob's training for next year. Congratulations on your fabulous season, Lisa and Ron.

DepresLisa ChaseRon 0304 2005