

# NOMINATION FORM FOR MRA MALE OR FEMALE ROAD RUNNER OF THE YEAR AWARD

**PLEASE TYPE OR PRINT**

I hereby nominate \_\_\_\_\_ for  
the MRA Road Runner of the Year. (Name of Nominee)

Male \_\_\_\_\_ Female \_\_\_\_\_

This nomination is made with the understanding that the final selection process is the sole responsibility of the Members of the Board of the Manitoba Runners' Association, who will verify that the nominee is eligible for nomination as outlined in the official criteria below. Deadline for consideration is **January 21st** of each calendar year. Please return this form to the Manitoba Runners' Association by mail: **Box 34148 Fort Richmond, Winnipeg, MB R3T 5T5, or e-mail: office@mraweb.ca.**

**NOMINATOR:** (Must be a current MRA member) MRA NUMBER \_\_\_\_\_

NAME: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ DATE \_\_\_\_\_

**NOMINEE:**

NAME: \_\_\_\_\_

EMAIL ADDRESS (if available): \_\_\_\_\_

PHONE (if available): \_\_\_\_\_

**SUMMARY OF ACHIEVEMENTS:** (attach a separate page if necessary):

Please provide as much detail as possible, including accomplishments, dates, recorded times, etc for the specified year.

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## **Criteria for the Manitoba Runners' Association Male and Female Road Runner of the year:**

- **The nominee must be a member of the Manitoba Runners' Association in the award year.**
- **The nominee must have demonstrated personal performance worthy of recognition by their fellow members. This performance may take the form of achievements in road running competition and/or personal improvement in our sport.**
- **The nominee should demonstrate the qualities of good sportsmanship in their conduct, showing fairness, respect for other road runners, and graciousness in winning or losing. They should be role models for the road running community.**
- **The nominee should show commitment to the sport by supporting the growth of road running in Manitoba. This "giving back" to the road running community could be demonstrated by freely helping others to enjoy the sport of road running, coaching, volunteering at road race events, volunteering at fund raising events for the MRA, etc.**