

RESILIENCY AWARD

- ❖ This award goes to a runner who inspires the local running community for admirable persistence and/or recovery from an injury. The person consistently shows up with a smile, a positive attitude and the willingness to help others even as they are overcoming a running set-back.
- ❖ RRC membership is not required but the person should be a member of the Rochester area community.
- ❖ Nominations are submitted by Rochester Running Club membership. The RRC Board votes for the winner. The award is presented at the annual banquet/business meeting in January.
- ❖ The recipient is not notified ahead of time.