



Resiliency Award

This award is given to a runner in the Rochester area community 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.

Resiliency Awardees

2022 Gordy Strickland

2023 Dale & Megan Pfrimmer