

Merrickville Heritage Classic Personal Achievement Award

Sponsored by The Merrickville Legion

Do you know someone special who deserves the recognition as they found the strength to turn aspirations into reality? Did they demonstrate relentless determination and resilience in overcoming challenges and achieving their goals?

- **Purpose:** This award recognizes impressive personal achievements that require discipline and determination to participate in the 5K or 10K Merrickville Heritage Classic event.

- **Criteria:** It is given to an individual who completes a significant feat that stands out. The achievement should be challenging and not easily attained.

- **Examples:** Personal achievements could include completing the 5k or 10k overcoming an impairment or achieving a specific time goal by conquering a difficult personal challenge.

- **Qualities:** Recipients demonstrate commitment, perseverance, and a passion for running/walking, and healthy active living

To Nominate:

Send an email to runmerrickville@gmail.com with the name, age, distance category entry and in a few sentences describe why the nominee deserves this special award.

Award Selection: Will be jointly selected by Run Merrickville and the Legion Representatives.

The award will be presented at morning announcements before the race starts.

Past Recipients:

2024 Inaugural Recipient: Gail Garland – Gail is an annual participant on the 10K route wheelchair assisted and achieved a personal best time.

2025 Recipient: Emily Graham – Emily was nominated for her dedication to recover from an injury that happened the day before the 10k race in 2024. She trained hard to overcome the injury and ran in 2025. Emily is involved in the Merrickville community and sits on the board of the Merrickville Daycare.