

No.	Nominator	Nominated	Sweetness Award
1	Mary Supplee	Tom Chaves Donna Radl George Hughes	<p>I have to acknowledge the support and friendship of the best running buddies I've ever known. Last year at this time I missed the club dinner because I was waiting for a best friend to pass away. Soon after that was over, I started to meet up regularly with the morning group at the church at Valley Forge Park. They welcomed me and motivated me more than anyone ever has. Their friendship helped me through that time more than they know and helped me achieve my best year of running yet. While the group has several other members that join us frequently, there are three I'd like to acknowledge that have come to be my regular group. I even got a reserved parking space. Thank you all for being there every morning. I no longer like to run alone with my ipod.</p> <p>Tom Chaves - the kindest runner ever; he never leaves anyone behind and makes sure they all make it back, even if he has to get in his car and drive off to find them</p> <p>Donna Radl - she is such a supportive friend and sympathetic ear and is always willing to try to meet you whenever and wherever you need to run</p> <p>George Hughes - he has challenged and motivated me every day to push myself harder and faster (at least until it's warm enough for Gwen to join us again and then I'll never keep up).</p> <p>I hope to make you proud at Boston and thanks for helping me get there.</p>
2	Andi Lieberman	Brian Roberts	
3		Megan Morris	

4	Thuy Tran	Kathleen Iacobucci Harry Rimmer Terry Dixon Terry Kirkwood Karen White Christine McGovern David Chu Linda Nelsen Tracy Tesfaye	For being wonderful running buddies. Their dependability, flexibility, and friendship not only made training through the frigid winter mornings possible but enjoyable.
5	Karen White	Harry Rimmer	Harry Rimmer— Being a great friend and running partner. Plus for coming to Washington DC to run me in on
6		Thuy Tran	Thuy Tran—For getting me out and running. If it wasn't for a great friends like these I would be running today.my second marathon.
7		Terry Kickwood	Terry Kirkwood—For getting me out and running. If it wasn't for a great friends like these I would be running today.
8		David Chu	David Chu—For getting me out and running. If it wasn't for a great friends like these I would be running today.
9		Cam Ho	Cam Ho—For getting me out and running. If it wasn't for a great friends like these I would be running today
10		Terry Dixon	Terry Dixon— For allowing me to carry his jacket back to the picnic table then he would like to fun further
11	Bobbi	Keith Straw	I would like to recognize Keith for inviting me to Death Valley and offering me the experience of crewing with Team Tutu and massaging an always gracious and often exceptional athlete. Thanks, Keith
12	Terry Kirkwood	Robnin McMonagle	Robin McMonagle – got me thru my 1st half! Could not have done it without her!!!
13	Martha	Mary Reith and Susan Guenzer	I would like to nominate Mary Reither and Susan Guenzer for being the sweetest, best, most encouraging partners to run with at a track workout and always keeping it fun and also listening to my long sagas on our long runs..
14		Stacy A.	I'd also like to nominate Stacy A for her knack of always being so inclusive of everyone and making sure no one ever feels left out

15	Susan Arnold	Laura Kepich	To Laura Kepich-You took the time to race my 5 year son after an evening track workout. Going around the track he kept checking back on you to make sure you were still behind him. You graciously let him win! Thank you for building up the self confidence of a child. He still talks about it! From- Susan Arnold
16	Carly Smith	<ol style="list-style-type: none"> 1. Tom Chaves 2. Mike Harkness 3. Nilesh Kulkarni 4. Bill Frawley 5. Terry Dixon 6. Julie Abraham 7. Bob Acuff 8. Jim Donaghy 9. Karen White 10. Robin McMonagle 11. Brian Roberts 	it's the Radnor Red Run race committee, and our esteemed Fast Track president and VP. Without all of their help, there is no way I could have become the race director and done a a good job. I truly credit the committee with coming together to do good work and keep all the tasks moving and getting done all the way up to the race day
17	Yuri	Stacy A.	I hope you're doing well. I nominate Stacy Antoniadis for spending two years convincing me to return to training and competing versus "jogging" recreationally
18	Harry Rimmer	Michelle Freund	Michelle Freund – helping me through the long runs when training for the Hat Run
19		Nilesh and Brinda	Nilesh and Brinda – at the Hat Run
20		Terry Dixon	Terry Dixon for patiently waiting for me on every Mon/Wed run
21		Karen White and Linda Nelson	Karen White and Linda Nelson - stayed with me for every long walk/run every Saturday
22		28 people	The 28 people who came my home to move a couple of tons of Rock
23	Donna Radl	Gwen Goldberg	To: Gwen Goldberg. Gwen is a sweetheart for resurrecting the Tuesday, 10-mile Audubon loop at 5:30 am. It is still our favorite run of the work week!
24		Brian Joffe	To: Brian Joffe. Brian is a sweetheart for being the only club member capable of persuading my husband Chris to run with Fast Tracks!

25		Mary Suplee	To: Mary Suplee. Mary is a sweetheart for being the most considerate, consistent and reliable running partner even when she kicks my butt every morning, she does it with consideration!
226		Tom Chaves	To: Tom Chaves. Tom is a sweetheart for being the rock of the 6:00 am Morning Group for over seven consecutive years!
27	Heidi Simon	Regina Dorrell	Why: She did 20-mile training runs with me for the Pitts. Marathon last year, when she was only doing the half herself. I couldn't (and wouldn't) have done it without her. A sweetie indeed!
28	Terry Dixon	Michele Freund	I would like to nominate Michele Freund for be willing to run back, find me and somehow get me to the finish of the Poconos Marathon last May. The heat was brutal, my knee hurt and without her, there would have been no way I would have finished the race. Thanks, Michele. You are a good friend!
29		Harry Rimmer	I would also like to nominate Harry Rimmer for all the work he has put in to getting a group of use trained up for the B&A half later this month. Way to go, Harry!
30	Brian Roberts	Andi	Andi L- B&A and Steamtown marathon support last year
31		Gene D	Gene D- Steamtown marathon support last year
32		Michele Freund	Michele F - Long distance training support
33		Megan Morris	Megan M- Steamtown marathon support last year
34	Tracy Tesfaye	Betzwood Morning Crew - Captain Harry Rimmer, Thuy Tran, Terry Dixon, David Chu, Christine McGovern, Linda Nelson, Kam Sun Ho, Terry Kirkwood, Kathleen Iacobucci, Karen White	Thanks for welcoming me back.
35	Terry Dixon	Thuy Tran	I'd like to nominate Thuy Tran for being willing to go for training runs on odd days, for agreeing to run the Poconos relay with me and for always being so sweet about everything!
36	Karen White	Bill Dalton	For running with me on all my long runs this past year, when I was training for my marathon