



MEMBERSHIP PR

Ameloot, Ron
Ameloot, Julie
Benn, Keith
Bourhis, Ellen
Burgess, Janna
Burgess, Leean
Carson, Stephanie
Childs, Mark
Childs, Josh
Cogghe, Jason
Cogghe, Sarah
Cowden, Bryan
Cuhna, Grace
Cuhna, Jorge
Dodman, Kris
Eddleston, Karen
Foster, Lee
Foster, Owen
Formosa, Kari
Fournier, Anne
George, Donna
George, Mathew
George, Michael
Gonyou, Caitlyn O'Meara
Haggith, Dana
Horrobin, Beth
Horrobin, Brian
Horrobin, Tori
Hubert, Teena
Hudson, Cory
Jackson, Deb
Jackson, Lacey
Jeffs, Andrew
Kallies, Flora
Kearns, Ericka
Kearns, Louisa
Kearns, Steve
Lauwereys, Dana
Logan, Deb
Logan, Eryn

Logan, Pinky
Lozon, Kyle
Mayo, Robert
McCaughrin, Barb
McCaughrin, Dave
McCaughrin, Johnathon
McDonald, Shannon
McFadden, Linda
McGregor, Krista
McPhail, Ashley
McPhail, Lynn
Murphy, Eric
Murphy, Kelly
O'Connor, Kevin
Oxley, Donna
Parsons, John
Perry, Joe
Perry, MJ
Poirier, Kathy
Richie, Alex
Richie, Matt
Roe, Barbara
Roegiest, Leon
Ross, Emily
Ross, Greg
Ross, Shirley
Ross, Steven
Rottier, Katie
Sheeler, Leah
Stewart, Kara
Taylor, Cassie
Teahan, Mary-Anne
Timmermans, Steve
Vercauteren, Jeff
Vercauteren, Wendy
Michael Verstappen
Walter, Jason
Walter, Tiffany
Walter, Reg
Wills, Sherri-Anne
Young, Marilyn

NAME: Ellen Bourhis

BIRTH DATE: October 27, 1959

CITY: Wallaceburg, ON

YEARS ACTIVE AS A RUNNER/WALKER: 3 yrs

HOBBIES AND INTERESTS: Jogging, Walking, Biking, Gardening, hiking, Trying new recipes, Playing guitar, Reading

FAVOURITE TEAMS: Toronto Maple Leafs, Detroit Tigers

EVENTS THAT YOU HAVE COMPLETED:

Law Enforcement Torch Run
Wambo River Run
St. Clair River Run
Terry Fox Run
CIBC Run for the Cure
Relay 4 Life

PERSONAL INFO:

I'm a goal setter; 3 years ago, I stood on the sidelines watching runners, joggers & walkers in the St. Clair River Run. I thought to myself; I could do that; so the next year I signed up for my first 5km run. I love to participate in these runs. If I set a goal for myself, it gives me something to focus on and work towards. I'm especially looking forward to participating in the Couch to 5km at the end of this month. Once this is accomplished, I'd like to try the 10km runs.

NAME: Leanne Burgess

BIRTH DATE: December 29, 2003

CITY: Wallaceburg

YEARS ACTIVE AS A RUNNER/WALKER: 2

HOBBIES AND INTERESTS: violin, swimming, figure skating, geocaching, curling, badminton, drawing, tennis, soccer

EVENTS THAT YOU HAVE COMPLETED:

Terry Fox Run
Neon Nights
St. Clair River Run
Wambo Run
Fisherman's Fun Run

NAME: Janna Burgess

BIRTH DATE: December 30, 1982

CITY: Wallaceburg

YEARS ACTIVE AS A RUNNER/WALKER: 9

HOBBIES AND INTERESTS: cycling, geocaching, anything outdoors, gardening, spending time with Leanne

EVENTS THAT YOU HAVE COMPLETED:

Bulldog triathlon
Bright's Grove duathlon
Terry Fox Run
Trot to the Beach
Fisherman's Fun Run
Neon Nights
St. Clair River Run
Wambo Run



Janna pictured with her daughter Leanne.

NAME: Mark Childs

BIRTH DATE: August 3, 1960

CITY: Wallaceburg

YEARS ACTIVE AS A RUNNER/WALKER: On and off again for 40 years

HOBBIES AND INTERESTS: writing, reading, cycling, swimming, working out at the Power Attic, hiking, hanging with the grandkids.

FAVOURITE TEAMS: Washington Redskins, Toronto Maple Leafs, Toronto Blue Jays, Michigan Wolverines

EVENTS THAT YOU HAVE COMPLETED:

Tough Mudder Ohio – 3 times
Tough Mudder Barrie – 2 times (hate those hills)
Guelph Triathlon – 3 times
Lakeside Triathlon – 2 times
Rondeau Triathlon – 2 times
WDSS Tin Man – 3 times
Bluewater Triathlon – 1
Techumseh Triathlon – 1
Bluewater Bridge Run – once in the 70's and again in 2014
Watford Road Race – twice
St. Clair River Run – once
A dozen and a half Chatham-Kent races, ranging from 5k to 16k
Detroit ½ marathon
Amherstburg ½ marathon
La Chocolate ½ marathon
Petroliia Leprechaun Run
Movember Run in Sarnia

PERSONAL INFO:

I run because I can, and I will until I can't.

I don't believe that the early bird gets the worm. I don't like worms. I don't like sleep either.

The couch is an amazing invention, designed for relaxation after a long run/walk.

I consider myself to be 80% optimistic 80% of the time and 70% crazy 100% of the time.

Our club is comprised of some truly incredible people, and I am thankful to be a part of it.

Seven rules I try to live by:

- Never piss off the cook
- Everyone deserves a second chance
- Goals are only attainable if you actually set them (lower sugar consumption??)
- Instead of judging people, try helping people
- All things in moderation except sarcasm and sugar consumption
- Be patient or you'll become a patient
- Be persistently consistent and consistently persistent and anything is possible
-

I work with my sons, Josh, and Jake, a privilege that I thoroughly enjoy 364 out of 365 days. I live with girlfriend Deb, and together, we have four amazing grandchildren that keep us busy. Although I hope to start slowing down at work and to start ramping up on the training, I've learned to balance what I've been given. Life is good!!

NAME: Sarah Louise Cogghe

BIRTH DATE: May 17, 1967

CITY: Wallaceburg, Ontario

YEARS ACTIVE AS A RUNNER/WALKER: 2 years

HOBBIES AND INTERESTS:

Spending time with Granddaughter Alexis, running, crossfit, at home workouts, walking, camping with family, baking, sewing, motorcycle riding, socializing with friends, dragon boat, tough mudder, spending time with husband at nascar.

FAVOURITE TEAMS: Do not really watch sports because I have hard time sitting for that long

EVENTS THAT YOU HAVE COMPLETED:

5k runs
10k runs
Half Marathons
Tough Mudder Ohio 2014
Dragon Boat 2014

PERSONAL INFO:

I am married to Tim Cogghe for 28 years we have 2 very wonderful children. I have worked as a Manager at Tim Hortons for 12 years now, and just completed by HR management and Business Management at St.Clair College. Keysha born 10/10/89 our daughter became a Nurse and works in the Chatham hospital. She is now married and blessed us with our first grand children Alexis born 08/08/13 and is my little love bug. Kyle our son born 03/03/91 works at No Frills and still lives at home (which I love having him home, lol). I got into running because one day I was in the having breakfast and Mark told me I should come out with a group of them that were meeting to run. I said sure and never looked back. I found suffer from depression/anxiety that I enjoy every time that I am out and being with all the wonderful people. It gives me peace!

NAME: Bryan Cowden

AGE: 32

CITY: Wallaceburg

YEARS ACTIVE AS A RUNNER/WALKER: 2

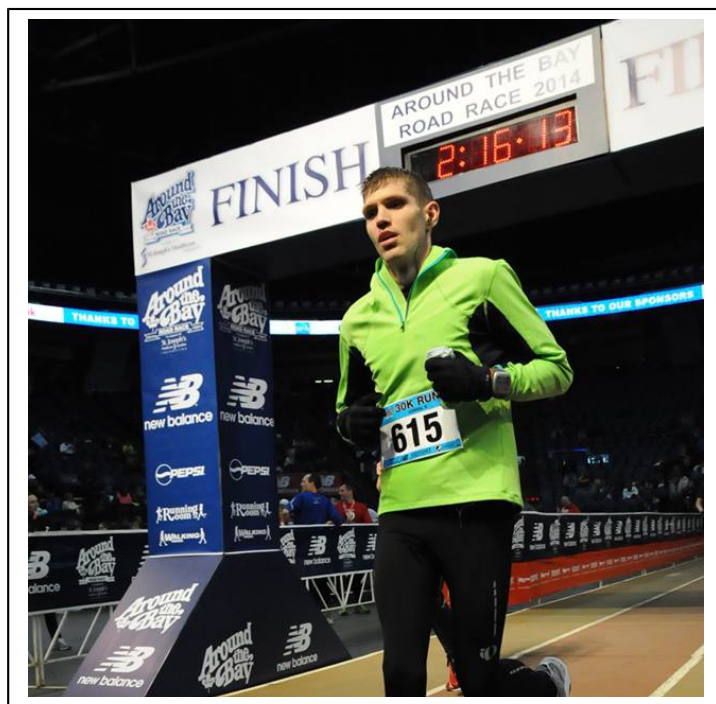
HOBBIES AND INTERESTS:

Going to the movies with dad or Alex, Gardening/Landscaping at home, walking trails, running, driving my mustang on a sunny day.

FAVOURITE TEAMS: Anything Toronto especially the Jays and Leafs

EVENTS THAT YOU HAVE COMPLETED:

Tough Mudder Ohio 2013
Muddy River Run 10km 2013
Watford-Alvinston 16km (2013 + 2014)
St. Clair River Run 10km (2013 + 2014)
Maple City Mile 16km - 2013
Canada D'Eh 5k - 2013
Harvest Run 10k (2013 – 2014)
Detroit Half Marathon (2013)
Pumpkin Run 10k 2014
Resolution Run Sarnia 10km (2013 + 2014)
Around the Bay 30km (2014 + 2015)
Holland Haven Michigan Marathon (2014)
Port Huron Hot Cocoa Run 16km (2015)
Toronto Yonge St. 10km (2015)



PERSONAL INFO:

There are many reasons why I love to run. First and foremost is how healthy and great it makes me feel. I have been running seriously for only two years however I've lived a healthy lifestyle for the last 6 years. I was 200 lbs at my heaviest (as a teenager and into my early 20s) and always had problems with my health during this time. I was lazy and ate almost anything and everything I could. After embracing a healthier lifestyle (walking, gym and eating better) all these health problems went away and I haven't had a sick day in the last 6-7 years.

Reason number two. Running always brings a community together. Whenever I meet up with a running club or go to a race, no matter how competitive, the runners and volunteers involved are always so caring and wonderful to be around. You may have a rival out there but you are not enemies. You push and motivate each other. The running community is no other I have ever experienced before. I used to think baseball was my passion since I was 5. I couldn't tell you how many times I dreaded a baseball practice or even having to play a game sometimes. What kind of passion is that? Running is different. I look forward to my scheduled runs, races and that long morning Saturday run. Here's why... Before most of the people I know are out of bed I have already ran about 15-30 km while at the same time watched the sun come up along the river. It's beautiful. Not once do I ever "dread" it. Sure, I have my off days, especially in the bitter cold winter or exhaustingly hot summer days. But who doesn't?

NAME: Karen Eddleston

BIRTH DATE: January 1974

CITY: Wallaceburg

YEARS ACTIVE AS A RUNNER/WALKER: 8 years

HOBBIES AND INTERESTS: Reading, gardening, spending down time with family and friends.

FAVOURITE TEAMS: All things Canadian (and I mean the country not the Habs...) I love the Olympics, Junior Hockey basically anything that I can cheer for Canada!

EVENTS THAT YOU HAVE COMPLETED:

River Run (every year since it began)

Chocolate Run (twice)

Bridge Run (three times)

Disney 1/2 marathon

Terry Fox (sooo many times)

Warrior Dash

Movember Run

Harvest Run (top in my age group!!!)

Alvinston Run

PERSONAL INFO:

I started running after my daughter was born. My sister introduced me to my running career. My incentive in the early days was to run with the other ladies at the front of the pack. I did not like being at the back, I wanted to be up where the good conversations were!! I am very competitive by nature. My childhood was spent in the pool with the Marlin Swim Team, this is where my love of competing started. I had forgotten about that until I started running! It really drove me to try my best and give it that little extra. My running career has not been as successful as my swimming one, but it does satisfy that need to compete.

Running has been a good fit for my lifestyle. I could run whenever I could fit it in, I didn't need any special equipment or memberships, I could just lace up my shoes and do it!

The friendships that I have made along the way are the best part of my running. I run with mostly women, and while we run we "solve the problems of the world". We talk things out, we help each other and best of all we laugh. The bonus is that we are getting in a workout, and modeling a healthy lifestyle for our kids. I am a better parent because I get out and burn off the crazy.

Favourite Running Quote: "The miracle is not that I finished, the miracle is that I had the courage to start." - this quote really helped me when I started running.

NAME: Dana Haggith

BIRTH DATE: June 15 1980

YEARS ACTIVE AS A RUNNER/WALKER: First 5km run was The St Clair River Run in 2011

HOBBIES AND INTERESTS:

Teaching step classes, circuit and strength training classes at The Adult Activity Centre in Wallaceburg and at Let's Get Fit in Dresden.
Frequenting community events.
Photography.
Camping with my family.

FAVOURITE TEAMS: Tigers

EVENTS THAT YOU HAVE COMPLETED:

St. Clair River Run since 2011
Tough Mudder 2012
Terry Fox Run in Dresden (always do this one)

PERSONAL INFO:

Why I run: ● It's time alone in my head to sort through any issues that might be bothering me. ● It gives me a community to belong to. "Hi, I'm Dana. I'm a runner" ● But, the most important..... Running enables me to eat pretty unhealthy foods and still be considered "fit" :)

NAME: Brian Horrobin

BIRTH DATE: February 15, 1965

CITY: Wallaceburg

YEARS ACTIVE AS A RUNNER/WALKER: 36

HOBBIES AND INTERESTS: Besides running I enjoy soccer, reading, attending church, family time, and watching most major sports

FAVOURITE TEAMS: Cleveland Indians (baseball), Toronto Maple Leafs (hockey), Cleveland Browns (football), Detroit Pistons (basketball), Liverpool (English Premier League soccer)

EVENTS THAT YOU HAVE COMPLETED:

8 marathons (including Boston)

1 triathlon (1 km swim, 40 km bike, 10 km run)

Countless running races from 800 metres to the half-marathon

- Rode my bicycle from Windsor to London as a teeneager!

PERSONAL INFO:

I run because I love to run, but also because I am a fitness afficianado. I love to run for a charitable cause, to help others, and I also desire to encourage others to take up the sport of running.

NAME: Tori Horrobin

BIRTH DATE: January 7th. 1994

CITY: Wallaceburg

YEARS ACTIVE AS A RUNNER/WALKER: I have only been running seriously for about a year. Before that I have run off and on for about 6 years.

HOBBIES AND INTERESTS: Besides running, I also enjoy baking, spending time with family and friends, soccer, and volunteering with children's and youth ministry.

FAVOURITE TEAMS: Cleveland Indians (baseball), Winnipeg Jets (hockey), Cleveland Browns (football), Chelsea (English Premier League soccer)

EVENTS THAT YOU HAVE COMPLETED:

Ran cross country in grade school
The Colour Run
2 WAMBO River Runs (5k and 10k)
The PoHo hot cocoa 10k

PERSONAL INFO:

I started running because I liked the idea of running. I wasn't a big fan of the actual running part. But with persistence and the encouragement and role modelling of my dad, I have come to love it and I feel like something is missing if I don't run! Now, I run because I love to run, it's healthy, and it helps me stay focused and relieves stress.



NAME: Louisa Kearns

BIRTH DATE: January 18

CITY: Dover Centre

YEARS ACTIVE AS A RUNNER: 5 years

HOBBIES / INTERESTS: Cooking, Baking, Reading and doing Crossword Puzzles, Cycling, Travelling

Favourite Teams: Toronto Maple Leafs

Events Accomplished:

Terry Fox Run

St.Clair River Run

Warrior Dash

Wambo Run

I enjoy running to keep my body, mind and spirit healthy!

NAME: Jim Konecny

BIRTH DATE: May 31,1961

CITY: Dresden. Ontario

YEARS ACTIVE AS A RUNNER/WALKER: This club 1 year, previous 2 years

HOBBIES AND INTERESTS: Enjoy working in my gardens, swimming, traveling with Maryellen and the kids, also running, most of all enjoying the outdoors in what it has to offer.

FAVOURITE TEAMS: Red Wings!!!! Detroit Tigers.

EVENTS THAT YOU HAVE COMPLETED:

Trot to the Beach (5k)
St.Clair River Run (5k)
Wambo River Run (5k)
Pumpkin Run (5k) personal best and 1st in my age group.

PERSONAL INFO:

I love to run it makes me feel good about myself also I was a very heavy smoker I quit started running and haven't looked back and it's a great for social to meet people also this club and all the members are awesome and I am glad to be a part of this club

NAME: Kyle Lozon

BIRTH DATE: September 17, 1983

CITY: Wallaceburg

YEARS ACTIVE AS A RUNNER/WALKER: As long as I can remember

HOBBIES AND INTERESTS:

I love being active, running, doing Tough Mudder, CrossFit, basketball, volleyball etc. I also enjoy doing carpentry work. On the opposite end of that, I love to sit at my computer and do graphic design and web design. I have a 2yr old son and a 3 week old daughter that take up a lot of my time. Playing with my son and daughter and teaching them to be active and to enjoy being outside is a huge part of my life. I refuse raise a couple of couch potatoes!!! Even got rid of my cable so that we cant just take the “easy” route and sit and watch TV all day!

FAVOURITE TEAMS:

Team Lozon!!!

EVENTS THAT YOU HAVE COMPLETED:

Multiple Tough Mudders & World’s Toughest Mudder

PERSONAL INFO:

I’m a huge smart ass, I’m loud, I can be obnoxious - but all in good fun. I love nothing more than to have a good time and make people laugh. Since I was a young kid, I always loved being active, playing sports, being outside. As I got older, these things stayed with me and I have been active pretty much my entire life – running and playing sports. I stepped things up a notch when I started doing CrossFit years ago, and then began training for my first Tough Mudder. Between CrossFit and Running, it was all the training I needed! I faced the biggest challenge of my life when I signed up for World’s Toughest Mudder – a grueling 24 hour obstacle course challenge. I love every minute of it

NAME: DR. Robert “Bob” Mayo

BIRTH DATE: December 10, 1950

CITY: Wallaceburg

YEARS ACTIVE AS A RUNNER/WALKER: 10 years fairly consistently. 25 years prior – off and on

HOBBIES AND INTERESTS: Canoeing, hiking, swimming, spending time with my family. An ongoing goal is to grow in my Christian faith.

FAVOURITE TEAMS: Canadian teams in general.

EVENTS THAT YOU HAVE COMPLETED:

Trot to the Beach ½ marathon

St. Clair River Run

St. Patrick’s Day Run in Petrolia

20-25 Terry Fox Runs

YMCA Triathlon at Rondeau in 2014

WDSS Tinman

PERSONAL INFO:

I run because I feel better when I do, for the personal challenge, for the great physical and mental health benefit, and since I joined the club, the comraderie. I am married to Evelyn and we have three sons: Chris, Iain and Jamie.

NAME: Barbara McCaughrin

BIRTH DATE: December 2, 1960

CITY: Dresden

YEARS ACTIVE AS A RUNNER/WALKER: 3 years

HOBBIES AND INTERESTS: (anything you enjoy, reading, cycling, knitting, hanging with your grandkids, etc):
Boating, Reading, Inspiring Others, Hanging out with family & good friends, Nutrition & Fitness.
Personal Development. Dale Carnegie Graduate.

FAVOURITE TEAMS: none



EVENTS THAT YOU HAVE COMPLETED:

Le Chocolate
Pumpkin Run
Wambo Run

(Many more that I can't remember)

PERSONAL INFO:

My mission is to inspire others to confidently live the life they desire to have...both physically and financially. My passion is fitness, encouraging others to have the courage to make a decision that will change their lives.

NAME: Dave “Spidey” McCaughrin

BIRTH DATE: December 11 1962

CITY: Dresden

YEARS ACTIVE AS A RUNNER/WALKER: 3

HOBBIES AND INTERESTS: Boating, Water Skiing, Scuba Diving, Obstacle Course Running, Triathlons, Nutrition, Physical Fitness

FAVOURITE TEAMS: Defiance

PERSONAL INFO: CPR & AED certified, Private Pilot, owner of a mold and die shop, Real Estate Investor.

EVENTS THAT YOU HAVE COMPLETED:

August 18, 2012	Tough Mudder Toronto #1
September 3, 2012	Maple City Mile 16k
September 16, 2012	Terry Fox 10k
September 30, 2012	Harvest Run 16k
October 13, 2012	Tomato Run 10k
November 20, 2012	Tough Mudder Kentucky #2
December 8, 2012	Wallaceburg Santa Claus run 5k
January 20, 2013	Chilly Run Chatham 10k
March 2, 2013	Tough Mudder Miami #3
April 21, 2013	Muddy River Run Chatham 10k
April 27, 2013	Tough Mudder Ohio #4
May 12, 2013	Tough Mudder Toronto #5
May 18, 2013	Erieau Fisherman's Run 10k
July 20, 2013	St.Clair River 10k Run



July 29, 2013	Tough Mudder Michigan #6
August 10, 2013	Wambo 10k
September 2, 2013	Maple City Mile 16k
September 8, 2013	Springbank Half
September 14, 2013	Lakeside Sprint Tri
September 15, 2013	Terry Fox 10k
September 28, 2013	Tough Mudder Toronto #7
September 29, 2013	Tough Mudder Toronto #8
October 6, 2013	Trail Cross London
May 17, 2014	Tough Mudder Ohio #9
July 19, 2014	St.Clair River 10k
August 9 2014	Wambo 10k
August 16 2014	Tough Mudder Toronto #10
August 17 2014	Rondeau Sprint Tri
August 23, 2014	San Diego 10k
August 31 2014	Maple City Mile 16k
September 10 2014	Miles for Manufacturing 5k
September 13 2014	Lakeside Sprint Tri
September 20, 2014	Tough Mudder Michigan #11
September 21, 2014	Tough Mudder Michigan #12
September 28, 2014	Harvest Run 21k
October 4, 2014	Run For The Toad 25k
October 5, 2014	Pumpkin Run 10k
October 11, 2014	Tough Mudder Missouri #13
October 12, 2014	Tough Mudder Missouri #14
October 18, 2014	Pinery trail run 8k
November 15, 2014	World's Toughest Mudder
February 8, 2015	Hypothermic Half
March 14, 2015	Petrolia Cross Fit 10k

May 4, 2015	Le Chocolate half (21.9k)
May 9, 2015	Tough Mudder Ohio #15 & #16
May 14, 2015	Wallaceburg Tinman
May 16, 2015	Erieau Fisherman's fun run 10k
May 18, 2015	Watford – Alvinston 16k

NAME: Johnathon McCaughrin

BIRTH DATE: May 4, 1999

CITY: Wallaceburg

YEARS ACTIVE AS A RUNNER/WALKER: 1

HOBBIES AND INTERESTS: Tartan's Swim Team, Tartan's Football Team, Tennis, boarding and relaxing.

FAVOURITE TEAMS: Defiance.

EVENTS THAT YOU HAVE COMPLETED:

Tough Mudder - 2014
Erieau Fishermen Run – 10K 2015
Windsor Chocolate Run – 10K 2015
Rugged Maniac Obstacle Run – May 30, 2015



Johnathon pictured with his father, David “Spidey” McCaughrin

NAME: Krista McGregor

BIRTH DATE: July 11, 1980

CITY: Wallaceburg

YEARS ACTIVE AS A RUNNER/WALKER: 1

HOBBIES AND INTERESTS: Reading, running, spending time with my family and friends, making the world a little more beautiful through the art of make up, cooking, boating, yoga,

FAVOURITE TEAMS: Detroit Red Wings, Detroit Tigers, Detroit Lions....seeing a pattern? haha I don't watch basketball

EVENTS THAT YOU HAVE COMPLETED:

2013: Colour Run Windsor, Wambo Run

2014: Wambo Run, Terry Fox, Harvest Run, Pumpkin Run

2015: Le Chocolat

All 5ks

PERSONAL INFO:

Since April of 2014, I have lost 80lbs through diet and exercise. I woke up one day and realized I was tired of how feeling uncomfortable and sad and something had to change. I started following a couch to 5k program on my own and told myself that as long as I ran everyday it was ok if it took me longer than 8 weeks to be able to run 5k. So I ran every day. Some days it was horrible but most days it was great. I started to notice that I felt happier, stronger, healthier and all of those feelings kept me running through the summer. I also didn't get on a scale for almost 4 months. I chose to focus on being healthy and happy instead on focusing on the number the scale showed me. By the time I did get on a scale I was more than surprised to see that I had lost almost 70lbs! I still chose to focus more on how I feel than the number on scale. When I run I feel strong, I feel healthy, I feel happy. Thats my focus. With every 5k I complete my time gets better, I run a bit more without a walking break, I recover that much faster. The Defiance Running club has broaden my circle of friends and the encouragement and support I have received motivates me everyday and especially on those days when the runs are hard and i feel like quitting. This past year has been one of the best of my life and that is in part to the Defiance club and running.

Thank you for being a part of my journey.



NAME: Leon Roegiest

BIRTH DATE: June 2, 1961

CITY: Born: Lindsay, Ontario. Moved to Wallaceburg at 6 months old.

YEARS ACTIVE AS A RUNNER/WALKER: Ran in High School. Joined Defiance April 2015

HOBBIES AND INTERESTS: Soccer(Play, Coach, Referee), running, cycling, rugby. Camping.

FAVOURITE TEAMS: Boston Bruins. Pittsburgh Steelers

EVENTS THAT YOU HAVE COMPLETED:

Watford Road Race

St. Clair River Run

Wambo River Run 2014

PERSONAL INFO:

Always been a distance runner. CF Industries (My employer) sponsored the St. Clair River Run and I decided to participate with my daughter in the 5K run. Sparked and re-ignited my passion for running. Trained and participated in the Wambo River Run in 2014.

Decided I should help Joe Perry represent the soccer world and joined the club in April 2015.

The motivation and support from the club has been incredible and I have set my goal to participate in a half marathon in 2016 (or sooner).

NAME: Greg and Shirley Ross

BIRTH DATE: Greg- September 11, 1959; Shirley January 20, 1963

CITY: Wallaceburg

YEARS ACTIVE AS A RUNNER/WALKER: 3 as a walker

HOBBIES AND INTERESTS: (Sunday afternoons sitting at the river watching the boats go by, or taking the kids and their friends tubing in the Sydenham. We love to camp and Shirley likes to read and do cross-stitch, paint, play the piano.

FAVOURITE TEAMS: Our daughter Emily is the sports fan-so I guess we like The Montreal Canadiens and the Detroit Tigers (because of Dad Arnold)

EVENTS THAT YOU HAVE COMPLETED:

We have completed the Alvinston-Watford Road Race - walking 8miles.

We have finished the St. Clair River Run twice and the Wambo Run twice. Looking forward to the Wambo Run once again this year.

PERSONAL INFO:

Greg and I had our children a little later than most and we decided three years ago if we wanted to see them grow up, get married, have some grandchildren for us, we better try to do something about our fitness level. I am diabetic and walking keeps my weight down and my sugar levels where they should be and allows me to cheat on sweets once in awhile. ;) I guess we talked about walking so much, that two of our children joined and then my Mother and my Aunt joined too.

NAME: Katie Rottier

BIRTH DATE: September 24 1982

CITY: Wallaceburg

YEARS ACTIVE AS A RUNNER/WALKER: 1

HOBBIES AND INTERESTS:

Just purchased a road bike this year and am enjoying cycling when possible. I also enjoy reading, spending time with friends and family as well as travel.

FAVOURITE TEAMS:

Anything Detroit (Lions, Tigers, Wings)

EVENTS THAT YOU HAVE COMPLETED:

2015 – all 5 km only

Corktown Detroit, St. Patrick's Day

Waumpum Underground – Runnin' out of our mine

Neon Nights

2014 – all 5 km only

Corktown Detroit, St. Patrick's Day 5 km

Visiting Nurses Association, Michigan 5km

Maple City Mile

Neon nights

Flaunt your flannel

Wambo

St. Clair River Run

Run for Noella

Erieau Fisherman's run

Trot to the beach

Le Chocolat

Canada D'eh

Harvest Run

Pumpkin Run

One run with my Team Triumph Canada



NAME: Leah Sheeler

BIRTH DATE: December 14, 1958

CITY: Wallaceburg

YEARS ACTIVE AS A RUNNER/WALKER: 3

PERSONAL INFO: I have a desk job, 8:30-4:30, Monday to Thursday, plus I volunteer my time driving kids for C-K Children's services so basically I sit a lot and hopefully this program will get me out at least twice a week for walking and maybe someday running.

NAME: Cassandra Taylor

BIRTH DATE: March 20, 1988

CITY: Wallaceburg

YEARS ACTIVE AS A RUNNER/WALKER: 26

HOBBIES AND INTERESTS: Reading, shopping and playing with my dogs

PERSONAL INFO:

I'm a registered nurse and have currently made a position change to community nursing. This type of nursing is low impact. I walk regularly but find it difficult to stay motivated. Joining defiance has helped me stay motivated and feel supported as I continue to achieve my health goals.

NAME: Mary - ann Teahan

BIRTH DATE: May 14 1953

CITY: Wallaceburg

YEARS ACTIVE AS A RUNNER/WALKER: 1

HOBBIES AND INTERESTS: I enjoy the outdoors, walking skating, sewing and spending time with family and friends.

EVENTS THAT YOU HAVE COMPLETED:

WAMBO 2014

HALLOWEEN RUN WINDSOR 2014

PERSONAL INFO:

I always knew I wanted to be healthy but carrying an extra 140 pounds made it impossible. Finally in 2011 my goal to have roux en y gastric bypass surgery came to be a reality. This tool was key to losing those dreaded pounds. By walking with the Defiance Running Club I continue to be motivated to keep it off. I can't remember ever feeling healthier than I do now.

NAME: Steve Timmermans

BIRTH DATE: August 17 / 1979

CITY: Wallaceburg

YEARS ACTIVE: Been running for 3 months

HOBBIES/INTERESTS: I love spending time with my family. I also enjoy back country camping and hiking in Algonquin park.

FAVOURITE SPORTS TEAMS: No favourite teams at this time.

EVENTS THAT YOU HAVE COMPLETED:

Registered for Trot to the Beach. This will be the first of many events if all goes according to the master plan.

PERSONAL INFO:

I run to improve my overall health and physical conditioning. My plan is to set goals and to work to achieve them.

NAME: Michael Charles Verstappen

BIRTH DATE: April 23, 1967

CITY: Wallaceburg

YEARS ACTIVE AS A RUNNER/WALKER: 3

HOBBIES AND INTERESTS: Cooking, Lego games, gardening, and running, and microbeers..

FAVOURITE TEAMS:

Michigan Wolverines, Montreal Canadiens and the Buffalo Bills

EVENTS THAT YOU HAVE COMPLETED:

St. Clair River Run 5K

Wambo River Run 5K

Resolution Run 5K

Chilli Run 5K

Blue Water Bridge Run 10K

St. Clair Rive Run 10K

Wambo River Run 10K

Maple City Mile 10K

Harvest Run 10K

Pumpkin Run 10k

Pinery Run 10K

Movember Run 10K

Hypothermic Half 21K

Big House Run 5K

Le Chocolate Run 10K

PERSONAL INFORMATION:

My interest in running was purely based on health. Being I was very over weight, type 2 diabetic, high blood pressure, and bad cholesterol. These conditions were the direct link to stroke and or heart attack, with a complete alteration in diet and just walking consistently every day, I managed to reduce my weight, cure many of the medical issues. And free myself of pill dependency for sugar.. It became a daily routine to walk and or run, now here I am entering competitive runs, with non-stop encouragement from my peers in the Defiance Club.

NAME: Wendy Vercauteren

BIRTH DATE: Jan 5, 1969

CITY: Dresden

YEARS ACTIVE AS A RUNNER/WALKER: 6 years

HOBBIES AND INTERESTS: (anything you enjoy, reading, cycling, knitting, hanging with your grandkids, etc):
Enjoy running with hubby, Jeff, and friends; playing soccer; love to make people laugh; like to help whenever and with whatever I can; love spending time with my family, and of course my running family!

FAVOURITE TEAMS: Team Defiance!

EVENTS THAT YOU HAVE COMPLETED:

As of May 2015, I have completed several 5K runs over the last 4 to 5 years...mostly local...St. Clair River Run; Chatham-Kent Harvest Run; Chatham-Kent Pumpkin Run; New Year's Resolution Run; Le Chocolat Run; London Transplat Trot; Maple City Mile; Movember Run; Canada D'Eh Run; Dresden Tomato Run; Leprechaun Run; Canada Day Run in Ottawa; Chilly Run (and it was indeed chilly!); Muddy River Run. I have completed the Watford 8K race once, and going for number 2 this month!

PERSONAL INFO:

Why I started running... Well...one day at the local gym, the owner asked if I would be interested in doing a Learn-to-run 5K clinic. Of course, I've never run any long distance in my life, except phys ed in high school, and I hated it at the time. So, as I was on the cusp of turning 40, I thought I would give it a try. I'm so glad I did. Only a runner or jogger can understand, but the mental peace that going for a run can give you, is amazing. Does not matter how stressful your day was, going for a run totally clears your head, as your main focus becomes ensuring your feet are hitting the pavement, and not your face, knees or hands (which for me is a feat, as I can be clumsy). Of course, at some point after the clinic, a health issue cropped up, and I kind of fell off the running groove. Then, I started attending a local bootcamp. The instructor is a runner, so she thought that it would be great for our bootcamp group to do the St. Clair River Run together, and she had shirts made up for us. So...I made the decision like 3 days before the run to try it. I was SO nervous stepping up to the start line of that race, and with the St. Clair River Run, they bus you to the start line, so there was only one way back to my car...I had to run (and walk) to get there. The adrenaline at the start line was intense, but as Jo, our instructor always told us, YOU GOT THIS and referenced Philippians 4:13...You can do all things. So, I told myself I could do this. I could feel myself getting tired towards the end of the race, but when I saw that finish line in the distance, I knew I was almost there. Crossing that finish line was such an amazing experience...I did it...I finished my first 5K! Then, I was hooked, and there was no turning back. Then, Jeff, came with me to one race as I didn't have any friends going with me...so he slapped on a pair of running shoes and did a 5K with me later that same year...and he became hooked. So, not only do I have my main man, but he is also my running partner, for most of my races. Then came late 2012 (or the beginning of 2013), and I was approached to be a part of starting up this group which we call the Defiance Running Club. Now, I'm involved with a wonderful group of people who share the love of running and walking, and the best part, we do it together as one big family. So, when asked who my favourite team is...TEAM DEFIANCE!

NAME Jason Walter:

BIRTH DATE: March 3 1975

CITY: Wallaceburg

YEARS ACTIVE AS A RUNNER/WALKER: 4

HOBBIES AND INTERESTS: Running, Camping and Family

FAVOURITE TEAMS: Team Nascar #4 and #14

EVENTS THAT YOU HAVE COMPLETED:

St. Clair River Run 5k and 10k

Detroit Half Marathon

Toronto Yonge Street 10k

Alvinston-Watford Road Race 8k and 16k

Lots of Local Runs

PERSONAL INFO:

I work as a auto technician. I did a 10 week learn to run program and that is how I started running, about 4 years ago. My first run was the St. Clair River Run 5km. I hope to do a full marathon someday. I like to just run and I enjoy being part of the Defiance Running Group

NAME: Sherri-Anne (Sherri) Wills

BIRTH DATE: October 30, 1968

CITY: Wallaceburg

YEARS ACTIVE AS A RUNNER/WALKER: Active walker all my life, now turning into a runner this year!

HOBBIES AND INTERESTS: My passion is photography and gardening as well as nature lover. My other hobbies include reading, writing, fishing, camping and swimming.

EVENTS THAT YOU HAVE COMPLETED:

I have not completed any events in the last 25-30 years

PERSONAL INFO:

I am fairly new to Wallaceburg, a few months after we moved here my husband health declined and I became a permanent caregiver. I do not drive but I love to walk everywhere. I joined this group for several reasons, to reduce stress, meet new people, to become more fit and to help lose some weight as well as become an jogger/runner. My goal is to run 5k in the WAMBO run.