About MitoCanada
The MitoCanada Foundation is a registered charity formed in 2010 by a group of passionate Canadian patients, family/caregivers, and friends whose previously happy, healthy children were given a diagnosis of mitochondrial disease. Not willing to be victims of such overwhelming twists of fate, these individuals set out to find solutions that would transform the outlook for their children and to help others living with, or at risk of developing, mitochondrial disease cope and find hope in each day.

MitoCanada relies on the generous support of our volunteers, donors, and partners to help fulfill our mission to transform the outlook, quality of life and sense of community for people impacted by mitochondrial disease through education, awareness, support and funding transformational research. Until a cure is found, we are facilitating a future where Canadians impacted by mitochondrial disease feel inspired, empowered and supported.

More info: http://mitocanada.org/

Event Background
The Mito Spinathon series began 8 years ago through a partnership with Tri It Multi Sport (Tri It) in Calgary, AB. Tri It launched an annual spinathon in 2009, as a way to engage the Calgary cycling and triathlon community by supporting causes that mattered to them and giving back. The spinathon has grown over the years to become a major awareness and fundraising event for MitoCanada and has raised over $75,000 since inception. The 2020 Spinathon will be happening across the country this winter with most events scheduled for February 9.

MitoCanada is celebrating its 10-year anniversary in 2020, and our goal to host 10 spin events, raise $35,000, and increase awareness for mitochondrial disease. For more information on event locations, dates, and details, please visit: https://mitocanada.org/spin2020/

Executive Bios
CEO
Blaine Penny, CEO and Co-Founder
Photo file: https://mitocanadafoundation.box.com/s/vp3jfqgeom37w017svv4y719v6ru21qv7
As MitoCanada’s Chief Executive Officer (CEO), Blaine is responsible for developing the vision, strategy, and execution for awareness and education programs, enhancing and overseeing MitoCanada’s patient support programs, fund development, and aiding researchers and the medical community to fund mitochondrial research.

Blaine’s commitment to MitoCanada is legendary. He is co-founder and past President, chairing the inaugural Board from 2009 – 2015. In 2008, Blaine’s son, Evan, tragically suffered an unexplained brain injury and went from being a perfectly healthy 4-year-old boy to a spastic quadriplegic as a result of mitochondrial disease. In the past twelve years, Blaine has poured thousands of volunteer hours into helping raise awareness and funds for mitochondrial disease and inspired others support the cause to help power a cure for mitochondrial disease.

**Mitochondrial Disease Facts**

Mitochondrial disease is a group of disorders caused by dysfunctional mitochondria. Each condition is the result of a genetic mutation, in either the mitochondrial DNA (mtDNA) or nuclear DNA (nDNA), which results in changes in the genetic material of the mitochondria causing them to fail.

Mitochondria are responsible for creating more than 90% of the energy needed to sustain life and support organ function. They’re like tiny factories in each of our cells that turn the food we eat and the oxygen we breathe into energy – our body’s major energy source. We cannot survive without them. Mitochondrial dysfunction affects the body’s energy intensive organs and can affect multiple systems in the body including the muscles, eyes, liver, kidneys, brain, heart, and digestive tract.

Currently, over 300 illnesses are associated with mitochondrial disease, and the list is growing. 

- 1 in 4,000 people are estimated to have a primary mitochondrial disease
- At least 1 in 200 individuals harbor a mitochondrial mutation, which could manifest into mitochondrial disease
- Due to complexity in diagnosis, it is estimated only 10% of patients receive a diagnosis
- Every 30 minutes, a child is born with mitochondrial disease

Researchers are discovering mitochondrial dysfunction to be a secondary cause of many common chronic diseases. These may include diseases of the heart, kidney and liver, as well as diabetes, Alzheimer’s, ALS, Parkinson’s, autism, cancer, blindness, and chronic fatigue.

A more comprehensive FAQ can be found here: [https://mitocanadafoundation.box.com/s/6plc23hk8zl8wuq1gpmfkzdkejuarz2](https://mitocanadafoundation.box.com/s/6plc23hk8zl8wuq1gpmfkzdkejuarz2)

**Photos**

Photos can be accessed through the following link: [https://mitocanadafoundation.box.com/s/rmt6c5r3ixkpi5pcul4p2xlcjnytso7](https://mitocanadafoundation.box.com/s/rmt6c5r3ixkpi5pcul4p2xlcjnytso7)

**Video**

Penny Family Video (with video credit to Two Words Production): [https://www.youtube.com/watch?v=Pcg8yUsQ-BI](https://www.youtube.com/watch?v=Pcg8yUsQ-BI)
Download Penny Family Video here:
https://mitocanadafoundation.box.com/s/0084v4bvf3ay3sdpqwfeopl5b2qmfmg

2018 Spinathon video https://www.youtube.com/watch?v=RBdh5VZFuC0

2014 Spinathon video https://www.youtube.com/watch?v=4WuBvsBU1xc

2013 Spinathon video https://www.youtube.com/watch?v=tjNrv0GVuZw

Social Media Channels

**MitoCanada social media:**
Twitter: @mitocanada https://twitter.com/mitocanada
Instagram: @mitocanada
Facebook: https://www.facebook.com/MitoCanada
YouTube: https://www.youtube.com/channel/UCuH-Aub0oPG-wJH0cFnHD1g
Hashtags: #MitoCanada #Mito #MitoAwareness #MitochondrialDisease #MitoHealth

**TEAMmito social media:**
Twitter: @TeamMitoCanada https://twitter.com/teammitocanada
Instagram: @Team_Mitocanada
Facebook: https://www.facebook.com/TeamMitoCanada/
YouTube: https://www.youtube.com/channel/UCUF0KxXpOlIAxJy88olWlbw
Hashtags: #TEAMmito #CompetingForThoseWhoCant #RunningForThoseWhoCant #MitoMojo #MoveForMito #MitoBATTERY

**Event HashTags:**
#MitoSpin #SpinningForThoseWhoCant