



Faces of Mito

a Cross-Canada odyssey of Hope
to raise spirits and \$72,690



Jon Paradowski

How far would you go to help a stranger?

Well, if you are Jon Paradowski, you'd commit to a virtual run across Canada – a mere 7,269 kms -- during a global pandemic.

Jon isn't running for fitness or fame. He will emphatically tell you his odyssey is not about him. It is about you and me and the many "Faces of Mito".

Jon is running about 160 kms a week to support people living with, or at risk of developing, mitochondrial disease. His goal is to raise \$72,690 -- \$10 for every kilometer he runs.

"This project is very important to me," says Jon. "The reality is that most people will face, or know someone who will face, a disease involving mitochondrial dysfunction at some point in their lifetime."

Mitochondria are mighty, microscopic, energy-producing structures. We all have trillions of these tiny powerhouses fueling almost every cell in our bodies.

Creating more than 90% of the energy we need to survive, they keep our hearts beating, lungs inflating, brains thinking, and bodies moving.




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Every 30 minutes, a child is born who will develop mitochondrial disease. When not diagnosed or managed properly, people can suffer a myriad of symptoms, many of which are life-threatening. Currently, there are over 300 illnesses known to be associated with mitochondrial dysfunction!

Marsha, Jon's partner, has lived with a form of mitochondrial disease called McCardle disease all of her life. People with the disease can't access glycogen (a form of stored energy made from glucose) that fuels our muscles during exercise. They experience severe fatigue, painful muscle cramps, and are at risk of kidney failure. Marsha says it was frustrating to always want to do more but have a body that wouldn't let her. Diagnosed just five years ago, she and Jon now understand more, can recognize danger signs, and better-manage the disease.

Jon's mitochondria are healthy. So healthy in fact that he has run approximately 20 - 30 kms a day – every day -- since June 1st, 2020. His run across Canada began in Tofino, British Columbia and will end in St. John's, Newfoundland about one year later. Marsha rides her bike beside Jon on the days that she can and his friend Jen runs with him on the weekends. It's a long, long way and Jon would love to have you join him on his virtual journey at any point.

 **I WANT TO RUN WITH JON**

Entitled Faces of Mito, Jon's journey is about much more than running. It is also a 

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celebration of MitoCanada's 10 Year Anniversary, the incredible people we support, and the work that we do.

Consistent with MitoCanada's belief that we are stronger together, the Faces of Mito virtual run invites everyone across this country who is touched by mitochondrial illness to share their own stories. We are creating a Canada-wide anthology to celebrate Mito Heroes in every province. Please share your story with us.



I WANT TO SHARE MY STORY

The final component of the Faces of Mito run is all about helping others. Aiming to raise \$72,690 -- \$10 for every km he travels from coast to coast – Jon hopes to protect, improve and save lives. Funds raised will go towards MitoCanada's essential support, education and research programs.



I WANT TO SPONSOR JON!

If he could look ahead, Jon says he'd like to know that his efforts helped improve the lives of people affected by mitochondrial disease and their families. "Hopefully we can look back when MitoCanada turns 20 or 30 to see huge progress and, dare I say, a cure. What I do know is that we can all do our best by doing this together."

Described as compassionate and authentic, Jon says that when he runs, he thinks about Marsha, his family and friends, and all the people who can't run. He's a reflective, humble guy with fierce determination asserting with unwavering confidence, "I will complete this virtual run across Canada because it is my heart. I won't quit. I won't let you all down."

HELP JON reach his goal & MitoCanada to transform lives

\$72,690

Click above to donate now



“ I will complete this virtual run across Canada because it is my heart. I won't quit. I won't let you all down. ”

Meet the many beautiful Faces of Mito – including Decklan and Marsha

Everyday MitoCanada...

works to create a world where all lives are powered by healthy mitochondria.

We aim to improve quality of life through education, awareness and advocacy in addition to supporting critical research to prevent and cure mitochondrial disease.

We use our collective energy to reduce the devastating impact of mitochondrial disease by create communities where those impacted by mitochondrial disease feel empowered, inspired and connected.

- **We believe** that together is better because the energy that results when people unite has incredible momentum
- **We promise** to give 100% commitment
- **Knowledge is our beacon** bringing us closer to finding solutions
- **Everyone is welcome** to come, learn, grow and stay with us

Energy is Life! **mito**canada

www.MitoCanada.org