

Jon's Cross-Canada Run

for the **Faces of Mito** an odyssey of hope

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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Jon Paradowski

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 McArdle disease all her life. People with this form of mito disease can't access glycogen (energy made from glucose) that fuels our muscles during exercise. She experiences severe fatigue, painful muscle cramps, and is 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.

Finally 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 this spring. Marsha rides her bike beside Jon on the days she is able to do so, and his friend, Jen runs with him on the weekends.

Jon's journey is about much more than running. It is also a celebration of MitoCanada's 10 Year Anniversary, the incredible people we support, and the work that we do.

We believe we are stronger together, Jon's run for the Faces of Mito run invites everyone across this country 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 Jon's Cross-Canada Run is 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.

We are working with Shaw Birdies for Kids, which is presented by AltaLink. This relationship is increasing our fundraising! Every \$1 donated to Jon's run is being matched up to \$0.50. This means every \$1 donation could equal \$1.50!

I WANT TO SPONSOR JON!

Jon says he hopes his efforts help improve the lives of people affected by mito and their families. "Hopefully we can look back when MitoCanada turns 20 or 30 to see huge progress and, dare I say, a cure. I know 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 who asserts 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."



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



Everyday MitoCanada...

focuses its energy on creating 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 creating communities where those impacted by mitochondrial disease feel empowered, inspired and connected.

Energizing Lives!

HELP JON reach his goal to help us transform lives **\$72,690**

Click above to donate now

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