

Building Healthy Futures

The MitoCommunity is comprised of brave souls. They take on extraordinary challenges every day because they are living with mitochondrial disease.

MitoCanada seeks out incredible people and partners to support our community. Qualico, our newest sponsor of MitoSpin, Qualico, is a perfect example.

Qualico started with the construction of six homes in 1951 and grew to be a thriving multi-dimensional business with locations across North America. It now spans the real estate spectrum and provides thousands of families with homes.

Ken Crockett, a member of the Qualico MitoSpin team, says, "MitoCanada's virtual, five-hour spin event breaks down logistical barriers and makes indoor cycling accessible to everyone. Whether you are an experienced rider who is extremely fit, or someone who is new to the sport and trying to get in shape, you are in control. You choose the location, the duration of your ride, and when your time on the bike starts and ends."

Ken definitely falls into the experienced rider category. He has ridden over 50,000 kms under his belt and plans to recruit a team to ride the full five hours with us on February 26th.

Ken also likes that MitoSpin offers those who generally ride outside the opportunity to transition to indoor winter training.

Ken has some incredible perspectives to offer other riders. He says the family behind the Qualico name is comprised of kind and generous people who care about building communities – not just buildings. The Qualico family supports multiple major philanthropic initiatives. For example, they support Habitat for Humanity through the annual Ride Through The Rockies outdoor cycling event and have raised nearly \$1 million over 10 years for the organization.

MitoSpin breaks down barriers and makes indoor cycling accessible to everyone. You choose location, the duration of your ride, and when your time on the bike starts and ends.

Ken Crockett - Qualico



To ride 50,000 kms is impressive. To invite friends and colleagues to join you to not only ride long distances but do it to benefit others is extraordinary. Ken has a passion for cycling especially when it supports the greater good. He is leading by example, and, like MitoCanada, he is attracting and inspiring others to do the same.

Ken says the magic of growing a network that shares the same passion is a difficult process but a magical one that does, inevitably, happen over time with commitment, hard work, and the support that comes from being part of a team.

We asked Ken why he and Qualico chose to partner with our foundation. His answer came quickly and clearly. "Seeing the enthusiasm and commitment of the team at MitoCanada is a gravitational force that pulled us in and is amping us up."



You can meet and support the Qualico team at:
[Qualico](#)