

# Faces of Mito



## Megan & Rich

### Breaking World Records & Celebrating Their Energy



If you were celebrating your 20<sup>th</sup> anniversary,

what would you do? Well, if you're Megan and Richard MacDonald, you'd pull out the handcuffs and start running. Over-the-top romantic, right? Actually, it is....

On Sunday, May 28<sup>th</sup>, 2023 Megan and Rich will run an intimate race with thousands of others at the Calgary Marathon but, their experience will be unique. The couple will be handcuffed together. As they run for over three hours they will celebrate their relationship, bring awareness to mitochondrial health and disease, raise funds for MitoCanada, and smash *another* Guinness World Record (they already have five GWRs between them).

"If Rich and I are going to run handcuffed together for 42.2 kms, we want to ensure we gain as much benefit for MitoCanada as we possibly can," says Megan. The MacDonald's have supported MitoCanada since its inception, over 10 years ago. Their dedication to the charity began when the life of their friend's son, Evan, was changed forever because of the disease.



Blaine & Evan Penny

After a short illness, Evan's mitochondria could no longer produce the energy he needed for his muscles and organs to function properly.

"Despite devastating circumstances and having to face significant challenges every day," Rich states compassionately, "Sarah and Blaine Penny inspire us with their strength, commitment to the community, support for others, and their keenness to do extraordinary events to raise money for the charity they co-founded!"

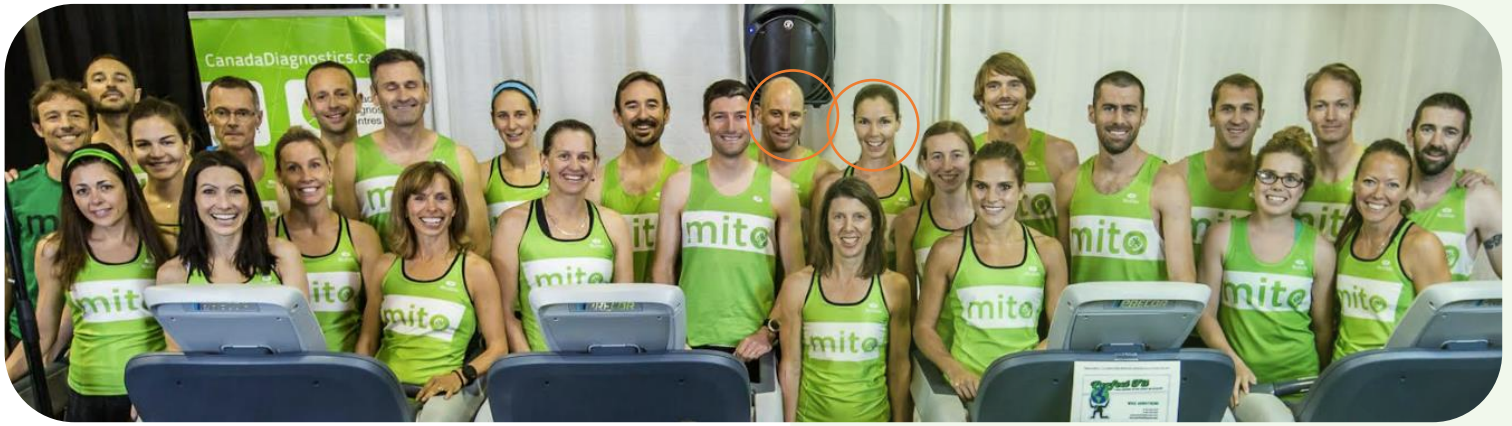
#### Going for a Guinness World Record

Megan and Rich aim to break a Guinness World Record (GWR) **and** raise \$100+ for every one of the 42.2 kms they run to support MitoCanada.

“ We want to gain as much benefit for MitoCanada as we can! ”

If they run the marathon under 3 hours, 43 minutes, and 17 seconds, they will earn a new GWR as the fastest mixed team to run a marathon handcuffed!

In addition to supporting MitoCanada, the MacDonald's are also helping to make the Calgary Marathon greener. They are the **Sustainability Partner** of the



**2023 Calgary Marathon** through their company, Fluid Projects Consulting. Fluid is passionate about healthy lifestyles and the importance of movement to foster physical, mental, and emotional well-being. The company also promotes strategies to help reduce waste and harm to the environment. This includes activities at the big event.



Megan and Rich say they are almost ready. "We support each other but also challenge and push each other to be better people," says Megan.

The MitoCommunity recognizes this couple as amazing people – on so many levels. They have supported MitoCanada tirelessly throughout the years as volunteers and advocates. They are passionate about meeting their personal goals and helping MitoCanada realize its vision of creating a world where all lives are energized by healthy mitochondria.

**Congratulations, thank you, and all the best, Mr. and Mrs. MacDonald!**

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## 5 Guinness World Records... and counting!

- Megan and Rich were each a part of the MitoCanada Men's and Women's teams who broke the GWR for the furthest distance run on a treadmill in 24hrs.
- Megan was a member of the MitoCanada team of ten women linked together who broke the GWR for the fastest female linked marathon while running the Calgary Marathon.
- Rich was a member of the MitoCanada team that ran the Calgary Marathon in under three hours while pushing Evan Penny in his wheelchair.
- Rich was a part of the MitoCanada team that secured the GWR for the most people to finish a marathon while linked together. He says being a member of the 112-person team tied together with surgical tubing was the most fun he has ever had while running and that getting everyone across the finish line, without having a single person dropping out, was an amazing example of team work and human perseverance.

**MitoCanada** focuses its energy on creating a world where all lives are powered by healthy mitochondria while supporting those living with or at risk of developing mitochondrial disease. We use our collective energy to empower, inspire and build strong mito communities.

[MitoCanada.org](http://MitoCanada.org).