

## 2013 Board

### Meet The Board



#### Roger Moss, President



This is Roger's first year as President after serving for the past three years as the club's coaching co-ordinator. Roger has been a member of Longboat Roadrunners for going on nine years, joining a couple of years after starting running in 2002. He started running at 39 and decided that he would set the goal of running a marathon before turning 40. That didn't quite happen, he missed it by a couple of months, but the wait was worth it when he ran a 3:17:37 BQ. He has managed to take off more than 30 minutes since and hopes to take off a few more minutes before retiring from the marathon. When he's not running he's usually thinking about running, or reading about running although all of that focus hasn't yet allowed him to quit his day job. He is a geologist by training which gets him out doors a lot and takes him to some weird and wonderful places he wouldn't otherwise get to see. It is also very physical, and one of the reasons he started running in the first place. One thing that many people don't know about Roger: During his Ph.D research on seafloor processes, Roger was able to take part in a Japanese expedition off the coast of Papua New Guinea during which

he was fortunate to dive in a submersible (mini submarine) to 1700m depth and spend eight hours looking at hot springs on the ocean floor.

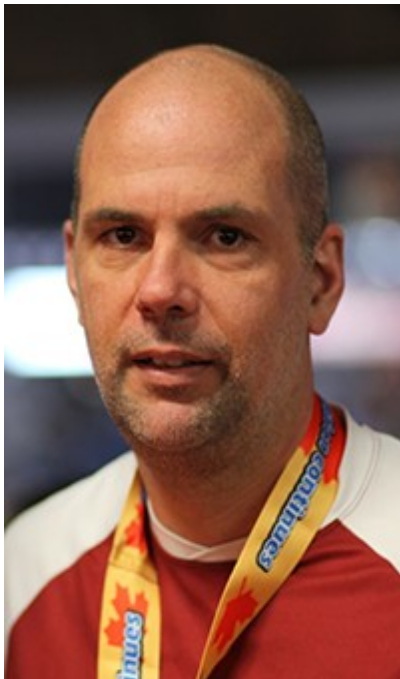
## **Lynn Bourque, Vice President**



Lynn joined Longboat in 2005 after innocently accepting an invitation from a neighbor and club member to join her on the Longboat women's 40+ cross country team. That first cross country race was a bit of a shock but the warm welcome and encouragement from the club opened up a door to a whole new running world. The camaraderie, guidance and support that Longboat offers its members continue to be the qualities Lynn sees as the most valuable aspects of being part of the club. Over her years in the club, Lynn has run a variety of races including 10 marathons. She is a big believer in participation and likes to encourage others in pursuit of their own race goals, big or small. Outside of Longboat, Lynn is the Director of Road Racing for Ontario Masters Athletics and has recently created her own company, Lynn Bourque Events, which mainly focuses on road race direction and event hospitality. She has an extensive background in hospitality and currently works for the Ritz-Carton hotel. She is the mother of two teens, Evelyn and Sawyer, and spends much of her time in arenas encouraging the dreams of Evelyn who plays AA hockey. Lynn joined the executive in 2010 as the

Island Run Race Director, a position she held for 3 years. She is currently the Vice President and is responsible for organizing the Frosty Duck Run, clothing orders and helping with the Island Run.

## **Gregoire Bonhomme, Past President**



Gregoire joined Longboat in 2008 when he realized he needed help with his training. He has enjoyed training with the group ever since and has a particular focus on nutrition and recovery. Gregoire is currently training for the New York City Marathon that will take place in November. He will be one of 48,000+ runners attempting to set the record for the largest marathon ever. When he isn't running, Gregoire is working as a corporate banker for RBC Capital Markets on Bay Street. He is also a busy father of two and enjoys portrait and sport photography. This is Gregoire's third year on the Executive. He was the club's President in 2012.

## **Dana Ferguson, Secretary**



Since joining in the fall of 2011, Dana has been spending most of her spare time running and socializing with the Longboat Roadrunners. Her long-term goals include staying healthy, getting fast and one day winning a race. Dana translated her love of running into a career and is the Manager for the Adventure Running Kids program and event series organized by the non-profit group Dontgetlost. During the winter, she coaches youth ski racing at Caledon Ski Club. This is Dana's first year on the Executive. As the Secretary, Dana takes care of the membership database, issues membership notices and holds the year's records, such as minutes, agendas, and the like.

## **Kevin Curnock, Treasurer**



Kevin has been running for over 30 years, which means he basically started running in the womb. He joined Longboat in 2010 and after running with the club set a new marathon personal best. Kevin enjoys the camaraderie of Longboat and participating in team events. Kevin works for the Toronto Star and is currently doing his MBA at the University of Toronto. Kevin has been the club's treasurer since 2012 and has played an important role in strengthening the club's financial and accounting processes. He is responsible for keeping the club's financial records, issuing/receiving receipts and writing the club's financial statements.



## **Gina Wong, Social Coordinator**



Gina joined Longboat in March 2011 after qualifying for Boston at the Scotiabank Waterfront Marathon in 2010. Since joining the club, her fair weather running days are a thing of the past. Her proudest running achievements include running the Boston Marathon in 2011 and qualifying for the New York Marathon in 2012. During the day, Gina is a data guru creating pretty maps - all in hopes to making you richer than you think. By night, you can find her either hitting the pavement, spinning to Calvin Harris or finding zen in downward dog - donning bright, fashionable gear of course! By the weekend, she likes to try all the delicious and different cuisines Toronto has to offer. This is Gina's first year on the Executive and she is responsible for organizing the New Members Brunch, Awards Banquet and the club's various social activities that happen throughout the year.

## **Steve Metzger, Coaching Coordinator**



Steve joined the club in the summer of 2008, hoping that there would be some nice people that could help push (or pull) him a bit so that he could become a faster runner. Although Steve found both, he must say that the myriad of interesting, warm people are what he loves best about Longboat. When not running, Steve teaches Kindergarten at Pauline Junior Public School in the west end of Toronto. Steve is currently the Coaching Coordinator and it is his job to marshal our coaching resources so that runners of all abilities are given the programs, advice and knowledge that will help them achieve their short and long term running goals in a safe and healthy way. He was also the club's vice-President in 2010.

## Melinda Campbell, Communications



With the need for speed, Melinda joined Longboat in April 2011 with her sights on qualifying for Boston. Her favourite part about Longboat is its competitive yet supportive environment that is perfect for becoming a better runner and making life-long friends. Melinda enjoys running marathons and plans to run all the World Marathon Majors. When she isn't running along the Martin Goodman Trail, Melinda is a Policy Analyst for the Ministry of Health and Long-Term Care. You can also find her at the park with her dog Charlie or sampling delicious craft beer. This is Melinda's first year on the Executive. She is responsible for the club's communication activities, including: social media, website, monthly bulletins and the newsletter.