

# 2014 Board

## Roger Moss, President



This is Roger's second 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

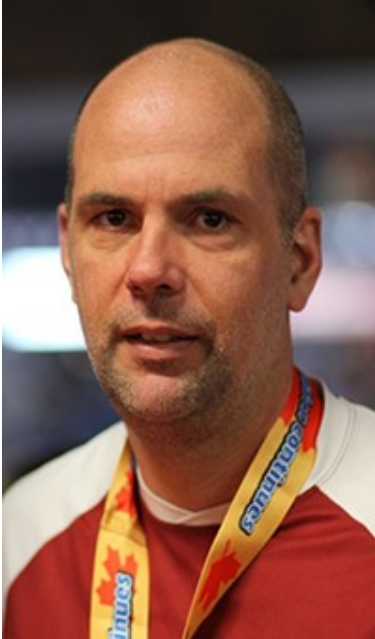
part in a Japanese expedition off the coast of Papua New Guinea during which he was fortunate to dive in a submersible (mini submarine) to 1700m depth and spend eight hours looking at hot springs on the ocean floor.

## Michelle Clarke, Vice President



Over 25 years of running experience, starting at the age of 10. I've raced every distance from 800M to 80km. My biggest moments as an adult runner was winning the Boston to Big Sur challenge in 2013 (was also 2nd Canadian female at Boston that year). In 2013 I also went on to win The Northface trail Marathon in San Francisco. My passion for running goes beyond winning, and as a coach I hope to inspire and motivate you to achieve your goals big and small. I'm a certified personal trainer, injury management specialist, yoga instructor.

## **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.

## **Oran Boyle, Treasurer**



Oran has enjoyed running for most of his life and started training for his first marathon in 2009. He recently finished his sixth marathon and his first Boston just this past April. Oran also enjoys triathlon and dreams of doing the Ironman one day. As the club's treasurer, Oran plays a key role in strengthening our financial and accounting processes. He is responsible for keeping the club's financial records, writing cheques, issuing and receiving receipts, planning the club's budget and writing the financial statements. When not running, Oran runs a financial planning practice helping his clients achieve their financial goals.

Feel free to contact Oran through Facebook, LinkedIn , email or simply say hello as he is usually in attendance at our many runs throughout the week.

## **Laura Lipcsei, Social Coordinator**



This is Laura's first year as Social Coordinator – a position she holds with much zest and enthusiasm.

Laura has been a member of Longboat since 2012, after returning from the United States where she lived for about 10 years, and where she started her running "career" in her early 30s. Despite her late start, Laura has been an age group winner – her biggest claim to fame is winning 1st place Master's at the Boston Athletic Association Half Marathon in 2009 with a \$500 prize, and winning 2nd Master's the year before, in 2008, with a \$300 prize. Although running is her first love, she is branching out into the world of triathlon adding the swim and bike to her training regime.

Laura is an Art Conservator who has worked at the Museum of Fine Arts, Boston and the Metropolitan Museum of Art in New York City before coming home to work at the Royal Ontario Museum in Toronto. Her work has taken her to archaeological sites and museums around the world, namely Italy, Greece, Turkey and Tunisia

## **Kyle Fraser, Coaching Coordinator**



Kyle joined Longboat on a very warm January in 2013. he was looking for a running club because he felt that I needed something to kick him in the butt to start training seriously, and definitely found that in this club. After only 9 months with the club Kyle had dropped his half marathon time by 5.5 minutes (from 78:58 to 73:30). Through the tough training he found many friends in the club that keep him challenged.

Outside of the club Kyle teaches high school math and science and coaches teenagers on cross country and track teams. But his greatest love apart from running has been beer, you can find him in line at any beer event over the city or scrounging around for some new gem at one of Toronto's great breweries or the LCBO.

## **Tony Serwatuk, Race Coordinator**



**Alyson Thibodeau, Communications**

