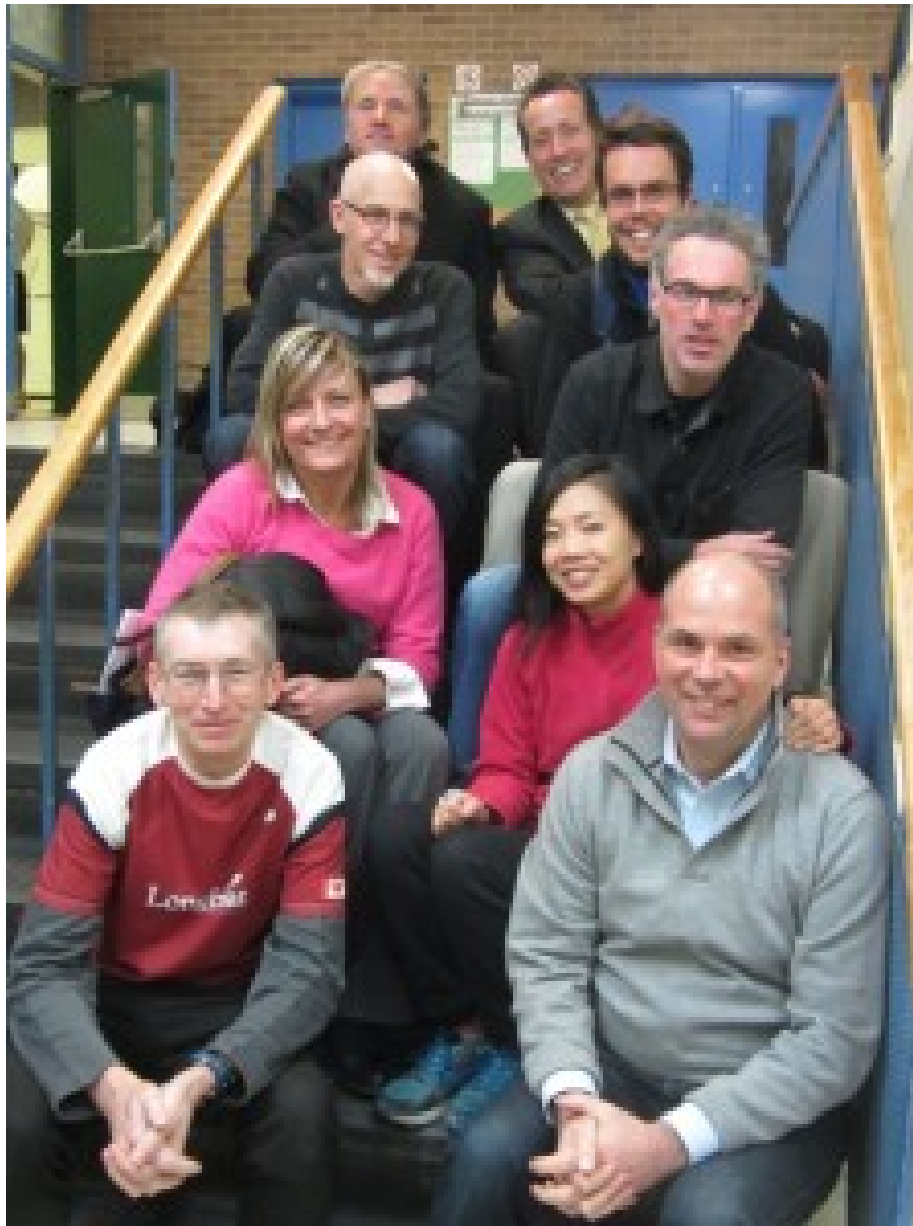


2015 Board

Meet the Board!



Roger Moss, President



This is Roger's third 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.

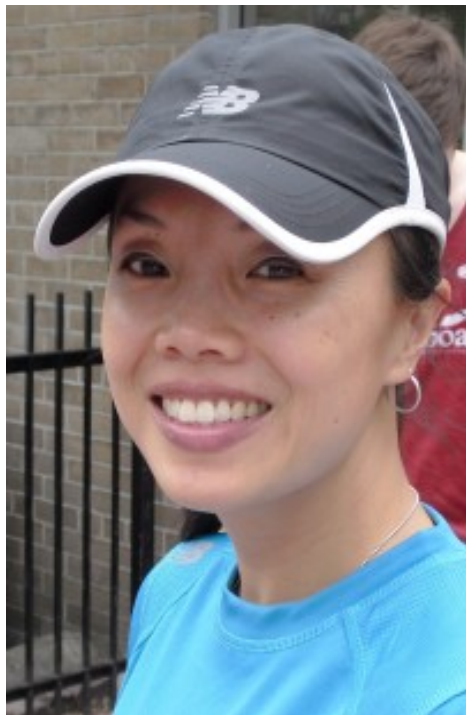
George Hubbard, Vice President



George was Club Coach from 2007-2009, and also worked on the Executive as Secretary, VP and Newsletter Editor (2002-2007 inclusive). On the running front, he has been a Run Director for over 100 events ranging from mile races to marathons; relays to triathlons. He has also sat on committees for 100 plus other events. George joined Longboat in 2000. Since then he has received a number of Club Awards, including New Member of the Year, Member of the Year and Special Achievement Award. He has run too many races to count! Some of his personal bests include Mile 4:36, 5K 16:44, 8K 27:38, 10K 34:14, 15K 57:28, Half Marathon 1:19:24, 30K 2:02:52, Marathon 3:04:14, 50 mile 10:24:17 George has been coaching, mentoring and pacing road, track and cross-country athletes since 1984. Since then, he has provided over 250 (mostly) goal-based programs. Most have been road runners of 5k to marathon. George has been very successful in designing programs to help runners achieve their goals. He tracks their results, and so far, when the program has been completed, the goal success sits at 87%. For example, he has successfully helped a

marathoner from 4:17 to 3:21 in 2.5 years.

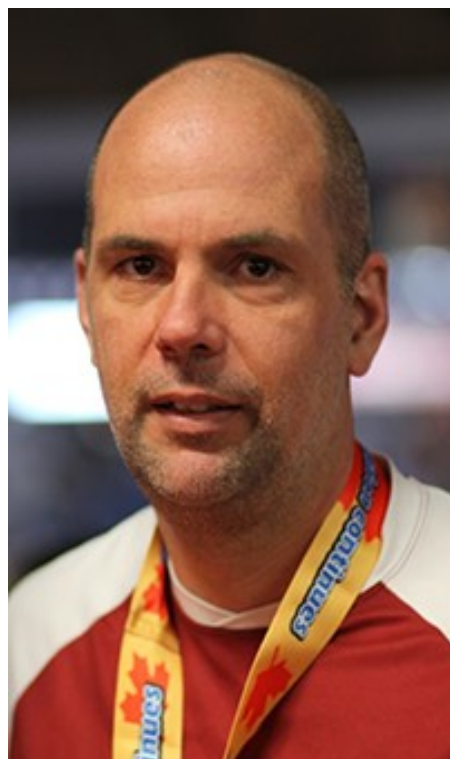
Sabrina Young, Communications



Mom, runner, event marketer, bike commuter, urban harvester, yogi, recorder of kid logic, but not necessarily in that order. Sabrina discovered Longboat Roadrunners 11 years ago through a fellow dragon boat paddler after her first marathon. This was the start of a stint of marathons that included Paris, Chicago, Ottawa, Philadelphia, Dublin and finally Boston. Since then parenting has re-routed priorities and training now consists of running after naked sprogs from the bathroom to the bedroom and participation in the before 5am run club.

Sabrina has held various positions on the Longboat Executive Board, including, Social Coordinator, President and now the Communications Coordinator. Members are encourage to submit ideas on articles and/or race reviews to the email address found below. Long may we 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.

Laura Lipcsei, Social Coordinator



This is Laura's second 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

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.

John MacMillan, Secretary



John joined Longboat in 2012. He first connected with the club on a couple of Saturday morning group runs in High Park. He signed up after enjoying cake served to one member celebrating his/her birthday during the post-run breakfast. John has been running since high school when he competed in cross country. However, his most memorable running moment came years later at the Manitoba Marathon. With a (pained) look of determination, common to most at the end of a marathon, John's finish made headlines on the front page of the Winnipeg Free Press: "John MacMillan of Pinawa, Manitoba, grimaces in pain as he struggles to be a marathon finisher." Truth be known, he was not exactly struggling to finish but snarling at the photographer with his ginormous camera standing on the track metres from the finish line at Pan Am Stadium, and in the

way of John's do-or-die sprint to meet his time goal of 2:35. John is happy to be racing again after a year off recovering from a hamstring injury. He feels encouraged by his coach Timo and the wonderful support from members.

When John isn't running he is Mr. MacMillan, an elementary teacher in Riverdale. He is also an avid cyclist and enjoys photography in his free time.

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

