

2017 Board

Meet the Board!



From Left to Right:

- Secretary: John MacMillan
- Race Co-ordinator: Bert de Vries
- Treasurer: Bill Prest
- Coaching Co-ordinator: Laura McLean
- Social Co-ordinator: Stephen Word
- President: Rob Hanks
- Past President: Roger Moss
- Vice President: Trevor Kobe
- Communications Co-ordinator: Michael Moran - Missing from the photo

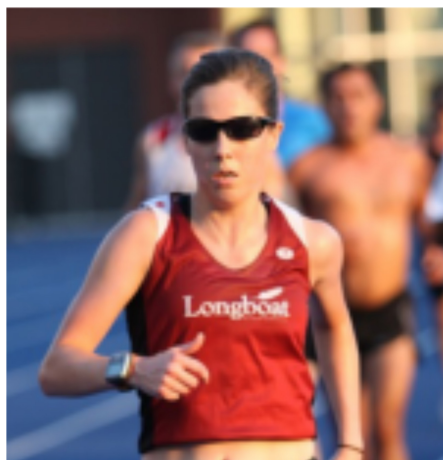
Rob Hanks, President



Rob became a runner in 2007 at the age of 43 when his son was one year old: confronted with asthma issues, he decided that he didn't want to be a couch potato dad. Shortly afterward he ran his first race - a marathon - in 4:04, followed by a half marathon in the spring of 2008 with a time of 1:36. Sensing that he couldn't improve anymore running on his own, Rob joined the Longboat Roadrunners in the fall of 2008, where he found a running home. With the guidance of Longboat's excellent coaches and the examples of his fellow club members, he steadily improved his times in every distance, setting more and more new PBs even as he grew older. Along the way, he decided that running was more important than hockey, but that the true purpose of both sports was to have fun and be healthy. In 2015 at the age of 52, he ran in 22 races, setting fourteen new PBs, including the New York Marathon in 3:10:52 and the Ajax Half-Marathon in 1:24:10. Going forward his goal is to put one foot in front of the other and to race as fast as he can. Although new to the executive,

Rob has been an active club member, volunteering for many roles. He is well known for his "unique" running gait and competitive attitude, but also for cheering loudly for his teammates. He has organized the marshals at the Longboat Island race ("the best race marshals in Toronto"), and has enjoyed participating with Longboat in several long distance relay teams, which he hopes to do again. As a trained academic historian on the First World War, he wrote an original paper on Tom Longboat's experience during the war (which is available elsewhere on the club's website). As President, he wants to continue to build on the club's existing strengths and to provide a dynamic framework in which all of the members, both old and new, can achieve their running goals in a spirit of camaraderie. This is perhaps best expressed by the Kenyan concept of Harambee, "all pull together."

Laura McLean, Coaching Coordinator



Laura joined Longboat in the fall of 2011 and has won a number of club awards including New Member of the year 2012 and Runner of the Year 2015. 2017 will be her first season as coaching coordinator, she looks to develop flexible and fun training groups among coached athletes

Trevor Kobe, Vice President



Trevor has been running for 40 years. He began running to stay in condition for other sports and ran his first competitive 10K in 1982. He upped that distance to 16K a year later but ran and raced only sporadically for the next ten years at which point he ramped up his running discipline in an effort to keep the family dog tired out. With his improved conditioning Trevor found himself running many races a year from 5K to marathon distance. He ran his first marathon in 1995.

Trevor joined Longboat in 2015. The camaraderie, collective running expertise, regular group training runs and affordable coaching at Longboat have favourably impacted Trevor's running and helped him to add significantly to his running resume.

Despite running a dozen marathons and at least triple that number of half marathons Trevor had never volunteered at a running race until Longboat's Sunset Shuffle 6K in August 2015. He has since volunteered at the 2015 and 2016 offerings of Longboat's signature race - the Toronto Island Run 10K. Trevor has learned to appreciate the significant effort involved to plan and stage a race and looks forward to learning more aspects of race planning.

Trevor has a business degree. After a brief stint in the Advertising sector Trevor has spent the past 25+ years in the financial sector. Trevor hopes his generalist business acumen will be of assistance to the Longboat Executive as it strives to provide the club with good, solid governance.

Roger Moss, Past President



This is Roger's 2nd. year as Past President after serving for three years as President. Roger has been a member of Longboat Roadrunners for going on twelve 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.

Bill Prest, Treasurer



Bill joined Longboat as a member in the summer of 1995. He had run his first race, Around the Bay in March 1994 and a few weeks later, the Shopper's Drug Mart Toronto Marathon. Feeling his legs turning to concrete towards the end of both races convinced him that he needed better training. Bill realized that he had a lot to learn about running long distance including the fact that there were shorter races. He decided that he needed to find a running club to get peer support and advice and decided to try Longboat after meeting a couple of the members at a 5K race in Mississauga.

Bill discovered Longboat's Island Race in the fall of 1994 and his tee shirt from that race is a prized possession. He has not so fond memories of bag check (as it was then) when he was stationed there as a crew member during the race the following year. Bill has served in the past as club secretary and until becoming treasurer, was captain of the Island Race course set-up crew as well as driving a truck on Race Saturday to pick up race supplies.

When Bill isn't running, he is cycling, acting in community theatre or helping his wife Claire in their accounting firm. Bill also enjoys the odd winter camping weekend in February when the competition for camp sites is not as fierce. In his former life, Bill was a computer programmer and still does the IT for his wife's firm.

Bill is looking forward to continuing in his position as club treasurer in 2017.

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

Stephen Word, Social Coordinator



Before joining Longboat, Stephen was a sporadic runner who once believed he could cram for a race by running a lot the night before. Other bits of misguided wisdom included eating every sample at a race expo and trying steel-cut oats for the first time on marathon morning. If you are interested in more tips on how to run your worst then pick up a copy of his non-existent book, DNF: 10 Keys to Under-preparing. The book includes a bonus section with a list of the world's best race day porta-potties.

Since joining Longboat in 2016, Stephen has discovered a new love for running and cut 9 minutes off his 10k PB and 80 minutes off his marathon PB. He has become an active member of Longboat and is constantly inspired by its members.

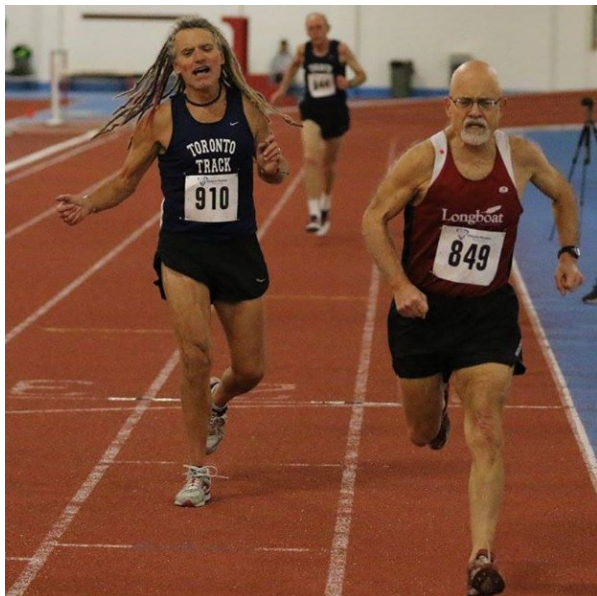
Stephen is native of Atlanta, GA and works for The National Ballet of Canada. He looks forward to continuing to improve as a runner and thinks joining Longboat is one of his better running related decisions.

Michael Moran, Communications



Michael has been with Longboat since 2014. He is a lifelong runner, but only trained casually until 2012. He enjoys racing a variety of distances, but is fascinated by the marathon and will be running the Boston marathon this April. He has a fondness for encouraging other runners and helping new runners get started. Michael has worked as a Paramedic in downtown Toronto since 1994 and manages our emergency and medical coverage for the Sunset Shuffle and Island Run. He juggles a career with rotating shift-work, marriage, kids and marathon training but finds it much easier to do workouts with teammates and appreciates the guidance and support of his coach, Timo.

Bert de Vries, Race Coordinator



In high school and university I was a pudgy bookworm. I studied Latin and Greek at Queen's University and Princeton University, but it wasn't until I was an ESL teacher in Rimouski, Quebec, that I decided to lose weight. I started running to keep off the 45 pounds I had lost by dieting, and found I liked it. My first race was a cross country harrier when I was in Teacher's College in Kingston. In my first teaching job at Oakwood Collegiate in Toronto my colleague Harry Braaksma told me to run 10 miles every day for four months to prepare for the Ottawa Marathon. I followed that lunatic advice and ran 2:55. To improve I joined the U of T Track Club where Timo Uuksulainen became my coach. Under his guidance I ran 2:49 at Boston. A year later in 1981 I attended the meeting at which the

Longboat Roadrunners was born. Timo was also a founding member and remained my coach. By doing everything he told me to do I ran under 2:40 eight times over the following years, with a PB of 2:33:13. I won the Prince Edward Island Marathon when I was 38. Timo was a strong believer in track work, and I ran a lot of track races, setting some times that still stand as club records. I edited the club newsletter for seven or eight years (an issue every month before the age of word processors!), and have been Communications Coordinator, Coaching Coordinator, Vice President, and President. I took over the Sunset Shuffle when the Last Call Club could no longer manage it, and it is now a Longboat fixture. Along with Richard Bailey I do a great deal of record-keeping for the Club. Now that I have greatly slowed down, I lead the "no runner left behind" Wednesday night group that runs at a slower pace, i.e. a pace I can manage! A spectator once said to Timo at a race, "You've got some really good fast runners in this race!" Timo replied "They're all good; some are just faster than others." That sums up my feelings about running.