



2010 ROAD WARRIOR PROFILES

JACK:

Sports anchor for WOOD TV 8. He has reported about running many times, but hates to run himself. He is inspired by the thousands of runners at the Fifth Third River Bank Run every year and desires to find the passion to run.

JORDAN:

19-yearS old and second year college student, Jordan experienced a difficult first year of college, eventually finding himself in deep depression. By the end of winter, his brother asked him to run the Fifth Third River Bank Run. Jordan agreed, and found the 2.5 months of training helped him begin to heal. Jordan ran just shy of 2 hours on May 9 last year.

WALTER:

Walter is married, and a father of 6. Last year he was training for an Ironman and planning to run the Fifth Third 25K. But on May 3, while training on his bike, he was hit by a car. After 27 surgeries, weeks in the hospital, and 100 days in a wheelchair Walter was told he would not walk the rest of the year. Walter found that as a challenge rather than a diagnosis. In fact, this fall he started running again, and is currently running 4-5 miles.

JEFF:

Jeff is a former competitive swimmer, but has been inactive for 15.5 years. As a graphic designer, he spends hours making other organizations look great, but now desires to spend some time on improving himself and raising his activity level.

ADAM:

Adam is a 34-year old pudgy pastor. He is married and a father of four. His mission in life is to reach out and teach people how to be spiritually well, but feels that he should set an example on how to be well in mind, spirit and body.

JENNIFER:

Jennifer is a freelance writer for *The Grand Rapids Press*. The first time she ran the Fifth Third 25K she did it as a challenge for her features column in The Press. Last year, she had hoped to run the 25K, but she was not ready for it in her training, and was disappointed that she had to switch to the 10K. Now, she is facing another challenge to run the Fifth Third 25K.

RACHEL:

Rachel was the fastest girl on the track team in High School. Her senior year, she had to quit the team because she discovered that she was pregnant. After many difficult years, she found herself overweight and now in medical school to become a nurse. Rachel does not want to be the overweight nurse giving health advice. She is ready to become healthy and fit, but not only for her patients, but for herself and her family!

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MELISSA:

Melissa has been a runner for several years. But this past year changed her life. After a difficult divorce, she learned that she Gille Barron disease. This is a disease that affects the nervous system. Melissa was not able to do simple activities like put on her own socks and shoes. After a time, Melissa would attempt to run each day, but found herself unable to do so. Eventually, Melissa learned how to manage the disease and is now running again. In the past, she has been the cheerleader to push others to finish their run and cross the finish line. But now, Melissa finds that she needs others to push her.

MICHELLE:

Michelle has shared the many stories of Fifth Third River Bank participants with listeners on air at Wood News Radio 1300. But, she does not want to always be sitting in the chair talking about the event and those that run it. She wants to be one of those runners! Michelle has never ran a long-distance road race, but is looking forward to the challenge.

JILL:

Let's go back to 2002. Jill was on her way to Arizona. Alone. She was heading to the Remuda Ranch in efforts to take control of her life. Jill suffered from a severe eating disorder that was currently in control of her life. She used to run, but it was a form of punishment to burn more calories. Throughout her recovery, she did not run much. About a year ago, Jill started to run again and ran the Fifth Third 25K Run with her dad last year. They praised God with tears and prayer at the starting line, so thankful that she was no longer broken, but redeemed and healthy. Today, Jill counts herself blessed to find running joyful and is grateful to be well and healthy!