



Team Diabetes  
Participants at 2006  
Honolulu Marathon

## Team Diabetes Participant to Walk in Honolulu Marathon's 10k with Wife's Donated Kidney

by Michael Sheine

On his 16<sup>th</sup> birthday Johnson John of Ottawa, Ontario, looked forward to getting his driver's licence, not a lifetime of living with Type 1 diabetes and its complications.

Like over two million Canadians living with diabetes, Johnson's daily routine for the past 25 years has included injecting himself with insulin two, sometimes three times a day, testing his blood glucose level several times a day, and keeping his blood pressure under control.

With all of that, you would think that the last thing on Johnson's mind would be to train for a 10-kilometre race in Honolulu. However, despite undergoing nine hours of dialysis treatment every day due to diabetes-related kidney failure, in December 2006, Johnson, his wife, Kendra, and daughters Taylor and Stephanie surprised everyone they knew by joining Team Diabetes, raising \$12,500 for the Canadian Diabetes Association and walking in the Honolulu Marathon's 10k event.

"The medical complications I was experiencing compelled my wife to find a way to help increase public awareness about diabetes," said Johnson John. "A radio ad for Team Diabetes sparked her interest and we joined this unique marathon training program which proved to be the most incredible experience of our lives."

Established in 2000, Team Diabetes now provides thousands of people from all walks

of life the opportunity to either walk or run a full or half marathon in exciting Canadian and international locations. Team Diabetes not only prepares you for the physical challenge but also provides you with the support you need to achieve your fundraising and training goals.

Johnson and his family were overwhelmed by the support they received from Team Diabetes trainers and fellow participants during training and at the marathon. Despite a recent downturn in his health that led to total kidney failure and the need for a transplant, Johnson and his wife decided to work extra hard to raise even more money for the 2007 event in Honolulu.

In February 2007, Kendra successfully donated a kidney to her husband and both are recovering nicely. Johnson added that having a new kidney and a new lease on life has really inspired his entire family to go the extra mile by trying to raise \$25,000 for Team Diabetes and walk the Honolulu Marathon 10k in December.

See how far you can go in one day. Join the John family and thousands of others who are raising funds for the Canadian Diabetes Association to help more than two million Canadians living with diabetes.

To register for an event or to pledge a participant like the John family, visit [teamdiabetes.ca](http://teamdiabetes.ca) or call 1-800-BANTING today.

# 20 MINUTE CHALLENGE

**FREE CAP FOR PARTICIPANTS**

\*While quantities last



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July 18 | July 16 | July 15  
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Please join us on Wednesday, July 18<sup>th</sup> at any Running Room and Walking Room location for 20 minutes of fun and fitness.



All walkers and runners are invited to bring along friends and family... Register Online Today! Check your local store for start times.

[www.runningroom.com](http://www.runningroom.com)

Don't miss this annual **FREE** event!

Collect all 5 hats! Bring all 5 colors to our 25<sup>th</sup> anniversary on July 15<sup>th</sup> 2009 and receive a 20 minute challenge grand prize! Keep your red, orange and yellow hats from the previous years and mark the days on your calendar.