

2010 Ewen Stewart Inspirational Runner Award

It gives us great pleasure to award the 2010 Ewen Stewart Inspirational Runners Award, sponsored by the Prince Edward Island Marathon, to the two co-founders of the Island Girls Running Club, Lynn Anne Hogan and Ronda Bellefontaine.



Lynn Anne Hogan and Ronda Bellefontaine began sharing their new love of running with members of their community in 2007. What started as a 10 week learn to run 5k program in Kensington quickly turned into one of the most amazing experiences and a new found passion for its two leaders, and for all the members involved.

As a result of the programs delivered by Lynn Anne and Ronda, the Island Girls Running Club was formed. The members come from all age groups and walks of life. There is an artist, a development officer, a corporate controller, a public health nurse, an account coordinator, teachers and a human resource specialist just to name a few.

Although the Island Girls all live very different lives, running and living a healthy active life brings them all together. The co-

founders say ... “It’s a pretty amazing feeling when you realize that you’ve played a part in helping others lead a more active and healthy life. That’s what we do for each other.”



The Island Girls trained and ran in many PEI Roadrunner 5K and 10K events but it was during a trip to Halifax to run the 10K at the Bluenose Marathon in 2009 that the girls decided to set a new goal. And it was decided on that trip that the “The Girls” would

train to run the half marathon during the 2009 PEI Marathon weekend.

One of the Island Girls said: “I could not have achieved my running success without the support of the Island Girls. I never considered myself to be athletic, so the feeling I had when I crossed the finish line at the half marathon was really indescribable,”

“If it wasn’t for this group, I would not be running today. I joined the program to get some exercise but in addition to that, I have found a group of fun, supportive, encouraging women and I consider myself lucky to be part of it,” was a comment from another Island Girl.



Not only has the group been learning to run together for almost 4 years, they have also organized and delivered the Halloween Hustle 5K Fun Run held each of the past 3 years in Kensington. The goal of this event is not only to raise funds for its' two charities but to attract as many new runners and walkers as possible, including many families.

2010 was a very busy year for the Island Girls. Many secured personal best times in 5K and 10K Roadrunner events. Other members completing their first half-marathon run. They also celebrated with Lynn Anne Hogan as she completed her first full marathon, knowing the part they played in her training.



The Island Girls supported Lynn Anne during her long training runs, tag-teaming with each other so that Lynn Anne always had a running buddy beside her to offer encouragement and support during those long runs.

The Island Girls have also been very active this year in leading a number of Go! PEI "learn-to-run" programs in Kensington, as well as in other

communities. Three new “Girls” have been added to the club. Their enthusiasm has also been rubbing off on those closest to them. An increasing number of their husbands are now participating in the sport after seeing the positive effects it has had on their wives. However, they are still not sure about being called one of the “Island Girls”.

Each member continues to be dedicated to the sport of running and dedicated to inspiring others to join them in living a healthy active life. Each and every one of them love telling their story and try to tell as many people as they can that they all started walking 3 minutes and running 30 seconds and others can too. This is exactly the outcome that Lynn Anne and Ronda were hoping for when they brought their love of running to the town of Kensington.

The Island Girls prove that everyone can run! With support and knowledge, they have shown that even difficult goals are achievable. They are all busy with work, families and other commitments but it’s about setting priorities and making sure their own personal well being is being taken care of. By taking care of themselves they are better able to be successful in the other areas of their lives.

Please join the other Island Girls:



Beth Peters
Michelle Campbell
Aleatha Pickering
Gwyn Bellefontaine
Jessica Reeves
Shelly Saulnier
Rochelle Sullivan
Lindsay Bellefontaine
Paula Pickering
Lisa VanDerVeen
Adrien Sherry

in recognizing the “Inspirational” leadership of Lynn Anne Hogan and Ronda Bellefontaine, as we present them with the 2010 Ewen Stewart Inspiration Runner Award!

Congratulations Ladies!!