

EWEN STEWART INSPIRATIONAL RUNNER OF THE YEAR AWARD

The 2013 Ewen Stewart Inspirational Runner of the Year is Shelley Mountain.

Three years ago, Shelley was at the heaviest she had ever been, tipping the scale at 240 pounds. She was a self made couch potato and totally groaned when someone mentioned exercise!! Exercise was not something she was interested in. EVER! She was on 3 different medications for high blood pressure and low self-esteem.

Following surgery in 2011, her world changed. She was diagnosed with a severe bleeding disorder and exercise-induced asthma. After her surgery, it took over 4 months to recover due to serious infection. After losing 30lbs just from recovery, she decided it was an opportunity to CHANGE her lifestyle! She did Zumba for 5 months and lost another 55- 60lbs. Then she discovered running through the Go! PEI Learn to Run 5K.

When the 2 leaders dropped out after a couple of weeks, she took over doing the timing & leading the group. That May, she raced her first race...the Torch Run! What a rush for Shelley to cross the finish line at 29:58! She swore she would do it again & try to at least take 5 seconds off that time. AND SHE DID! She kept beating her own time, getting better & better. She ran all summer & really loved it! She found a great inhaler & learned to pace! For the first time in her life, running was really great! But the racing was awesome! She joined the PEI Roadrunners Club 2 years ago and has been a steady fixture at many of the races and is 4 minutes faster than her first race.

Offering running sessions in the Spring and Fall, Shelley feels the need to show people THEIR potential with~~~ and through~~~ running. She wants people to see how running changed her and how it IS possible for others to make positive changes in their lives. By paying it forward, things have come full circle for Shelley as she watches others achieve their running goals!

Shelley credits the many friends as the best part of all!! They motivate her and & she motivates them. Humble to a fault, Shelley would say she is the one who is inspired as opposed to being the one inspiring others!

Congratulations Shelley Mountain on being awarded the PEI Roadrunners Ewen Stewart Inspirational Runner Award.

