



Honoured Hero Bio:

Jodi Richards



Why I'm involved with Team In Training:

At the age of 33 I was diagnosed with Stage IV Hodgkin's Lymphoma which, while devastating, answered a lot of questions about years of increasing fatigue and months of excruciating pain. I immediately started six months of high dosage chemotherapy and I am currently in the wait and see phase of treatment.

At the beginning of my treatment I marked my 34th birthday with a sunset haircut at the beach. My "nearest and dearests" took turns with the razor and helped me get my falling hair off in one shot. It was this experience that helped me to realize that this disease can not be fought alone. While it is my body that gets the tough part it is all of us that experience cancer in our own personal way; as a patient, a friend, a neighbour, a sister or co-worker. The support of my medical team and people from the unlikeliest of places in my life helped me to get through the experience one day at a time.

Now that I am in this new phase of the disease I feel an overwhelming need to give back and to get those cells moving! I've chosen to literally get myself moving by joining Team In Training. In January I walked a half-marathon in Phoenix, Arizona with a fellow lymphoma survivor who was my partner through treatment and Team In Training. I'm involved with TNT to say thank you, to continue the research that saved my life and to honour those that have lost their battle.

Last year when I joined Team In Training I had no idea what I was truly in for. I heard the speeches about what a life changing experience it can be and thought it was just a marketing shtick. I had just started a return to work program into a new job and had taken on this incredible physical feat and daunting fundraising commitment. What I was surprised to find was how easy it all came together when I just put one foot in front of the other and just put one word down on my fundraising page. The words and names to approach came slowly but just as I gained my strength through training I saw my fundraising start to build by just doing small things consistently along the way. As someone who's been there looking at the long distances and commitment minimum I know what a leap it is. The support and systems to help you achieve your goals will overwhelm you and know that along with the coaches I'm here to help you when you're facing those doubts and down moments that can come. When I danced across the finish line and danced at the after party for Annica I realized that it wasn't all marketing shtick, it really did change my life and reinforce my commitment not just to survive cancer but to thrive.



I look forward to helping you with your goals and thank you for helping fund the research that saved my life.

Jodi