

## Theresa Carriere Biography

one survivor. one day. one hundred kilometres

Theresa Carriere is the inspiration and energy behind an initiative called ONERUN.

In April 2007 Theresa went for her routine annual physical. And although she was only 43 years old with no history of breast cancer in her family, she insisted on a mammogram. Within a few weeks after a call from her doctor she started a treatment program ultimately resulting in a double mastectomy.

In response to this, Theresa decided to give back to the people who helped her by raising funds for breast cancer research.

- Theresa grew up in Sault Ste Marie where she was one of 13 children
- She attended both the University of Western Ontario and Fanshawe College graduating from the Fitness and Health program
- She is a certified fitness instructor and personal trainer
- In 2000 she was named to the all millennium women's college basketball team
- In 2010 she was awarded fitness professional of the year at CanFit pro which is a cross Canada association of fitness professionals
- She and her husband Bill are basketball coaches in the London Ramblers basketball association
- She has been married to Bill for 21 years and has 4 children: Nicole, Danielle, Katelyn and Vincent

In 2010 – Theresa ran 100km from London to Sarnia in less than 12 hours. She and the ONERUN team raised an incredible \$180,000 for breast cancer research

In 2011 - She is going to run another 100km in one day - June 10, 2011 – this time from Sarnia to London, and the fundraising goal is set at \$200,000