

Lyle Stoneman

age
57

742

42.2 km

Had a stroke ^{only} 13 months ago.

Had to learn to walk again!

Started walking. Only $\frac{1}{4}$ mile at a time
at first. weighed over 330 pounds.

With his determination and perseverance
He's now completed his 1st official ^{Full-}marathon.

over 7 half marathons. one including ~~25~~
25 km's up Okanagan mountain. And over

80 10 km runs. Over 2000 km's since
January. Lost over 90 pounds. He wishes to
raise ^{cardiac} awareness!



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