



Samantha Powderhorn (born May 4, 1986) is an inspiration to all. She has an incredible transformation story to tell – from addiction to alcohol and a struggle with obesity, to becoming sober and losing over 100lbs! She is a testament of change and a positive role model who has proven resilience, strength and perseverance to overcome all life’s traumas.

From Sayisi Dene First Nation, located in northern Manitoba, she was born in Thompson, and raised in Tadoule Lake. Samantha is the daughter of a residential school survivor on her mother’s side and a ‘60s scoop survivor on her father’s side. She is the middle child of five siblings.

Growing up, Samantha witnessed alcohol abuse early where verbal attacks of physical violence were the norm, especially towards her mother. These early events caused her childhood trauma and led her to rebel as a teenager. She found alcohol during her teen years and became pregnant with her first child at 15.

Becoming a teen parent sparked Samantha’s determination. She returned to school and graduated as class valedictorian in 2006. She married her high school sweetheart and worked her way up from cashier to assistant manager in Tadoule Lake’s local store.

Since her grad in 2006, she completed programs in Culinary Arts, Business, and Certified Financial Management. Samantha also had two businesses of her own living in Tadoule Lake. She helped her community’s recreational activities and was a Sayisi Dene First Nation Trustee, where she developed policies, procedures and strategic plans for her community.

She also faced many hardships. In less than five years, Samantha battled cancer and struggled with obesity. She lost her brother, became divorced, and was homeless with her children. Samantha’s addiction heightened and in 2021, she decided enough was enough and transformed her life.

Samantha found the spirit of running! She found herself creating new accomplishments and a strengthened resilience. Running has become Samantha’s healthy outlet through her sobriety, it is her healing journey, running has saved Samatha Powderhorn!