



## **2022 MRA FEMALE ROAD RUNNER OF THE YEAR**

**JAALA VAN DONGEN**

I am a 42 year old wife, mother of three kids (17, 14, and 6), and work as an EA in Seine River School Division and I love to run! I started running 11 years ago, running the 2012 Manitoba Half Marathon and in 2018 I ran my first full Marathon. The following year joined the Arete Endurance family in Steinbach to work towards qualifying for the Boston Marathon and train for many other race distances. In 2022 I ran the Boston Marathon, where I achieved my marathon PB of 3:20:19 on the hilly Boston course. It was also the year where I finally ran sub 20 in the 5k!

In the fall of 2021, I lost my oldest brother to suicide (age 43) and decided to use my love of running to raise awareness for mental health and suicide by running a personal ultra-marathon of 43 miles (69k), I call 'Forever 43'. In the fall of 2022, I ran 'Forever 43' again this time running 63 miles (101.6k). In the last two years I have raised over \$5000 for Eden Foundation, supporting their mental health programs.

### **2022 TIMES:**

5k: 19:53

10 Mile: 68:37

Half Marathon: 1:31:34

Full Marathon: 3:20:19