

## Jonathan Howard Bio

Born to run. Born to lead. Born to dream. . . Jonathan is an ambitious, innovative individual, with a strong work ethic, superior interpersonal and communication skills, who is persistent, persuasive and highly motivated to achieve goals. The inspiration for the run came when Jonathan was still an undergraduate and decided that after graduation, and before he embarked on a business career, he wanted to use the blessings he's already been given to assist children and families who haven't had those same opportunities to-date. Naming the event *Run the Dream* originates from advice Jonathan received earlier in life to, "*Sing as though no one was listening, dance as though no one was watching, and love as though you've never been hurt*", to which he has added, "*Dream as though you've never failed*". Learn more about Jonathan Howard below:



March 25 - Jonathan dips his toe into the Atlantic Ocean in St. John's NL to signal the start of his cross-country run.

### University:

- McMaster University '06 (Combined Honours Political Science and Labour Studies)

### Occupational History:

- Project Co-ordinator- Ministry HR Branch, Ontario Government (Sept 05-Jan 08)
- Church Youth Leader- St. Stephen's On-The-Hill United Church (2004-05)
- Lifeguard/Swim Instructor- City of Mississauga/McMaster University (1999-2005)
- Camp Counsellor- Camp Menesetung, Goderich, ON (1997-98)

### Athletic Accomplishments:

- Three-time Mississauga Marathon competitor (May '05-07) 3 hrs 15 minutes Personal Best
- United Way CN Tower Stair Climb 2006, 07- 13 minutes 59 seconds Personal Best
- High school football team captain, 1<sup>st</sup> team all-star, 3-time Peel Region champion and OFSSAA Metro Bowl provincial champion (1999-2001)

### Volunteer Highlights:

- Transportation Chair, Jane Rogers Championship of Mississauga, Canadian Tour Golf Event (Aug '07). Proceeds donated to the Canadian Colorectal Foundation and Mississauga Trillium Oncology Clinic.
- Coaching various athletics (Football, Soccer, Basketball, Swimming)