

Dr. Riley Senft completes his cross Canada run!...by Leni Campbell

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Senft was born and raised in Vancouver, BC. He is the eldest of three children. Growing up he had many challenges including ADD and permanent hearing loss in one ear. With determination and support from his family he learned to channel his energy into positive things. After high school he spent four years at Yale University and graduated with a degree in Behavioural Neuroscience Psychology. While at Yale, he led a group of Yale students and cycled across the United States raising funds and helping to build homes for Habitat for Humanity.

After graduating from Yale, he spent a winter teaching skiing in Whistler, BC. While there, he decided he wanted to become a doctor. He spent six years at the University College Cork in Ireland. From there, Riley became a resident in Anesthesiology at the University of Manitoba. While doing his residency in Winnipeg, Riley lost his grandfather to Prostate Cancer and watched his own father battle the same disease twice within five years.

Riley decided he wanted to make a difference and because he was so inspired as a kid by Terry Fox, he set out on a personal quest to save the lives of future Prostate Cancer victims by educating men on the steps to early detection of this disease that affects one in six men.

On May 7, 2011 from Mile 0 in Cape Spear, NL, Riley began his cross-Canada run. With the support of volunteers, sponsors and his family, Riley and the Step into Action Mobile Command Centre (MCC)



travelled many highways and braved all kinds of weather, from driving rains to intense heat. Riley ran up and down mountain highways, his

worst being a downhill run on the Lougheed Hwy. in the Fraser Valley with an unbelievable 11% grade descent, the steepest hill



he'd seen on his whole journey! With weak and wobbly legs, he was stretching them out when Fred Fox, Terry Fox's brother drove up. That was a thrill for Riley!

Riley's amazing journey finished with a run through Vancouver on October 6th, escorted by the Vancouver Police Department.

His run through Vancouver was commemorated with the lighting of the Olympic Cauldron. He was cheered on by his family and friends along with hundreds of excited supporters!



(left) A very happy Riley Senft, having completed a journey of a lifetime, running an average of 60 km per day for 153 days and raising almost half a million dollars for Prostate Cancer research. Congratulations Riley!!

To learn more about his amazing journey, to learn about the steps to early detection of Prostate Cancer or to donate to his cause visit www.stepintoaction.ca.