

2019 Gutsy Walk National Honorary Co-Chairs: Sam and Logan's Story

The digest: spring 2019 edition

Since 1996, the Gutsy Walk has raised over \$35 million for research and patient programs for [Crohn's and Colitis Canada](#), all thanks to participants, donors, and sponsors who are driven to make a difference. Every walk is a fun-filled, family-friendly, and non-competitive event. It is a time to connect, share stories and learn more about Crohn's and Colitis.

Meet Sam and Logan, our 2019 Gutsy Walk National Honorary Chairs. These two fun-loving kids have instantly become friends when they met through a support group at B.C. Children's Hospital – and the rest is history!

For Sam and Logan, the Gutsy Walk is a cause that is very close to both of their hearts, as they both live with a form of inflammatory bowel disease (IBD) and they are driven to make a difference. These two amazing individuals will be leading this year's Gutsy Walk.

Sam's Story

"Hello everyone, my name is Sam, and I am excited to be a National Honorary Chair for the 2019 Gutsy Walk.



I found out that I have Crohn's disease four years ago. Learning I have this disease made me feel as though I needed to make some tough decisions about school and hockey, which I play as a goalie. While living with Crohn's is part of my life, I don't let it affect my life as I keep doing the things that I love to do, like hanging out with my friends, playing hockey, and spending time outdoors.

I have met great people on my journey, like Logan, who is also living with an inflammatory bowel disease, while going to support groups and Crohn's and Colitis Canada's Camp [Got2Go](#). I had a blast both times that I attended camp! Having friends that are going through similar experiences means a lot to me as we can have fun while still understanding how each other feels.



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My family started taking part in the Gutsy Walk as a way to give back. Every year I look forward to meeting people at the walk that, like me, are living with the disease. Going to the walk means that we are able to make a difference by joining together to raise awareness and funds for research that will help find cures.

If I had to give one piece of advice to others living with inflammatory bowel disease, I would say it is not going to be an easy road as you have to learn how to live with the disease, but it will get better. Keeping positive has really helped me when dealing with any challenges that I have faced, and it's important to keep in mind that we need to do what we can to find cures, and we can do it together."

Logan's Story

"Hi everyone, my name is Logan, and I am really looking forward to taking part in the 2019 Gutsy Walk as a National Honorary Chair.



I learned that I have ulcerative colitis after experiencing symptoms during a ski trip with my family. When I found out I felt overwhelmed, but my friends and family, and healthcare professionals, continue to support me on this journey. Yes, I experience symptoms, but I stay positive because the disease does not define me. Being active is a big part of my life, and it always will be. Along with music, I am passionate about sports. I love soccer, basketball, skiing, and mountain biking. Cross-country running is one of my favourite things to do, which is why I race as fast as I can towards the finish line at the Gutsy Walk.

The first time I participated in the walk was in 2016 with the team OMG IBD, a group of awesome people that I met through a support group at BC Children's Hospital. I had a great time, and since then I have continued to take part in the walk with friends and family. I walk because it is important to raise awareness, and I know the funds we raise for research will lead us to better treatments and cures.

I want kids like me, and everyone else living with inflammatory bowel disease, to know that you are not alone. You are strong. You are brave. Remember to share your story and listen to others – we are all here to support each other. We are in this together, and this is why I walk."

For more information or to find a walk near you visit: gutsywalk.ca.