

24 HOURS

FOR OSTOMY AWARENESS

SASQUATCH ULTRA 24 | JUNE 20-21, 2026



ALEX MACINNIS

**RUNNING THE
SASQUATCH ULTRA 24**



GOAL \$25,000

Help us reach \$25,000!

Cheer Alex on as he Steps Up for Ostomy Awareness. Show your support as he takes on the Sasquatch Ultra 24, tackling a rugged 10 km mountain loop with 500 m of elevation gain per lap and pushing himself to complete as many laps as possible in 24 hours.



Ostomy Canada Society | Société Canadienne des Personnes Stomisées

STEP UP
FOR OSTOMY

DONATE NOW
stepupforostomy.ca

THE STRESSES OF CHILDHOOD CROHN'S & CHRONIC ILLNESS

"Diagnosed with Crohn's disease at age 12, my life changed forever on November 19, 2018, at age 34, when I lost my entire large intestine to the disease.

My journey with Crohn's was filled with pain, isolation, and uncertainty. I spent years in and out of hospitals, struggling to manage everyday life. Despite medical advice, I initially resisted the idea of an ostomy—believing I could manage through diet, exercise, and medication. But reality proved otherwise.

What I once feared turned out to be the turning point in my life. My ostomy gave me back control—and with it, the freedom to pursue things I never imagined possible.



From a life of Crohn's disease, isolation & hospitalization...



RUNNING INTO THE UNKNOWN

How often do we take on something without knowing if we'll succeed?

As someone living with an ostomy, I've faced many unknowns:

Will the surgery be successful? What will life look like afterward?

How far can I be from a bathroom if I don't go through with it?

Facing these unknowns takes courage. In that same spirit, I've decided to take on a new challenge: **the Sasquatch Ultra 24** — a 24-hour ultramarathon trail race at Sasquatch Mountain Resort.

Runners tackle a rugged 10 km mountain loop with 500 m of elevation gain, completing as many laps as possible over 24 hours.

This challenge builds on last year's Squamish 50/50, where I completed two ultramarathons in two days while raising \$18,650 for Ostomy Canada.

Like life with a chronic illness, the race is unpredictable and demanding. I'm running into the unknown—and I'd love for you to run beside me by supporting this cause." - Alex MacInnis



To a voice for all Canadians living with an ostomy.

HOW YOU CAN HELP

Support Alex's 24 hour endurance challenge by donating, sharing the campaign, or becoming a corporate sponsor. Every contribution helps strengthen the ostomy community across Canada.



To donate, scan the QR code or visit stepupforostomy.ca

For corporate sponsorship, contact:
bryan.ezako@ostomycanada.ca

Ostomy Canada Society

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WHY THIS MATTERS

Proceeds from this fundraiser will support the **Ostomy Canada Society**—a national organization committed to helping Canadians with ostomies live life to the fullest.

Your support ensures that individuals and their loved ones can access:

- ✓ Community support
- ✓ Reliable resources and education
- ✓ A sense of belonging in an inclusive and understanding society



LEARN MORE & FOLLOW ALEX'S JOURNEY



www.talesfromthebag.com



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