

Terry McCann is a regular participant in the races that are part of the Darke County Wellness Challenge. She has regularly been in the top of her age group for the year end awards. In 2015 she finished 3rd. In 2016 she held the honor of 1st place. In 2017 she finished 2nd by 8 points behind another awesome runner and friend, Connie Harshbarger. Terry overcame many obstacles to become the healthy athlete she is today.

Like many people Terry struggled with her weight as did her parents and grandparents who were overweight most of their adult lives. Since high school her weight has gone up and down like a yo-yo. In the spring of 2008 Terry fell 10 feet from a roof landing on a ladder crushing her T-12 vertebrae in her mid-back area. For the next 3 months she was in a tortoise shell body splint. She said at that time her activity level decreased as her cholesterol levels increased. For the next 5 years she continued to fight a losing battle.

In 2013, Terry joined a group at her church called Run for God. Terry says, "This group paralleled running a race with living your life for Christ. Our group started out walking 2 minutes and running 30 seconds. Slowly the walking time decreased as the running time increased. Ten weeks later I ran my first 5K. I remember the leader of our group, Jeannie Grosch, telling us that we should jog about a tenth of a mile to warm up. Overwhelmed at facing 3.1 miles, I said no way! Every step that I planned to take that day was going to be part of the 5K."

Since that time Terry has run numerous 5, 10 and 15K races as well as 4 half marathons. Her goal this year is to compete in a full marathon. Terry still participates in the church group now renamed CIA, Christians in Action. Terry regularly runs around 20-30 miles per week getting up on week days to run at 5 a.m. before going to work. She said the friends she has made through running mean a lot to her. "They are like my 2nd family." Terry said "Recently my husband collapsed with a heart attack. One phone call and every one in my running group were praying for our family. I'm relieved to say all the prayers were answered."

Terry earned her nursing degree in 1985. She is a First Assist Operating Room Nurse at Wayne Healthcare. She married her high school sweetheart, Lenny, 42 years ago. They have 4 children and 5 grand kids. The best news is she no longer struggles with her weight or cholesterol as both are within normal healthy ranges. Terry, the committee of the Darke County Wellness Challenge salutes you for turning your life around and living a healthier lifestyle.