

Cancer survivor finds new strength in running

LOWER TOWNSHIP - Celine Hampson has never been fond of running for exercise but she is ready to lace up her sneakers to run through Hawk Haven Vineyard on June 28 for the Summer Scurry for Sangrias 5K.

Hampson, a breast cancer survivor, embarked on a weight loss journey after her battle with cancer. After treatment, she lost over 100 pounds thanks to healthy living choices, she said. However, keeping up with exercise was always a struggle.

"For me, exercise has never been something that I enjoyed and I was never a runner," she said. "But I knew I had to do something."

Inspiration came in the form of her friends and coworkers at Hawk Haven Vineyard. Hampson credited Lysie Patterson, who she works with in the tasting room, and owner Kenna Wuerker for motivating her to get up and get moving.

"I've watched both of them on their fitness journey and I was so proud of them and what they continue to accomplish with their running. So when the first Run the Vineyards event was announced last year, I decided that I was going to set a goal to run that 5K," Hampson said. She trained with a neighbor for a few months to gradually grow endurance, she said.

"I've watched people go from couch to 5K and now I was in exactly the same position," she said.

By race time in October 2014, Hampson said she felt prepared. The atmosphere at the Run the Vineyard event was filled with positive energy, she said.

"I was surrounded by a lot of new runners and helpful seasoned runners," she said. "Most people approach this kind of race as a social thing and a celebration of getting healthy."

Hampson said that she and her training partner

ran the vineyard course together and were able to cross the finish line. The photo of Hampson at the finish may not be the most flattering, she said, but it is a fond memory.

"Finishing a 5K was my goal and that feeling of accomplishment was incredible," she said.

Hampson has continued with her running and is getting ready for another 5K through the vineyard on June 28. She encourages anyone who enjoys running or is new to the sport to check out the event.

Hawk Haven Vineyard will host the Summer Scurry for Sangrias 5K run on June 28. To register, visit runthevineyards.com. Participants receive a vineyard wine glass and race shirt.



Submitted

Celine Hampson (left) with her running partner on the day of her first race.

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