

On October 14, 2020, I donated my kidney to my good friend of many years, Dwayne, during the height of Covid-19 at the London Ontario Health Sciences Center. Other than one delay due to Covid, the surgery went smoothly, and Dwayne made a wonderful recovery and enjoys a healthy, vibrant life today.

With my families blessing I attended LHSC for screening. The battery of tests took place over a couple of days during which time I stayed with Dwayne and his family. I was able to witness first-hand, the negative effects of dialysis on Dwayne and the impact on his family. Knowing that I could bring normalcy back to their lives made the decision to donate an easy one.

I had no idea of the wonderful kidney donor community until I learned of Kidney Donor Athletes. I was fortunate enough to participate in the 2024 Mt. Kilimanjaro One Kidney Climb and met an amazing group of donors that became instant friends. Working together as advocates for living kidney donation and demonstrating that donation has had no impact on our physical/athletic abilities has been a life changing process.

I am so fortunate to have been selected to attend the 2025-Three Volcano Challenge in Guatemala. I look forward to meeting a new group of donors and reconnecting with a couple of familiar faces.

I have worked as a police officer for 21 years near my home in Kingston, ON, Canada. In my downtime I enjoy weight training, the outdoors, and spending time with my wife and two daughters.