

The ROCKS Family Remembers Lise Perdue

The ROCKS running family is mourning together after the loss of Lise Perdue on December 15th, 2020. Lise and Vince are the core of our family, helping connect members from across Sudbury, Kirkland Lake, Cobourg, Oakville, Val d'Or, and further beyond. ROCKS members are expressing their sorrow and care, and reflecting on Lise's legacy in our community.

Today, we share a small snapshot of the expressions of care that are pouring in from the ROCKS family, remembering Lise and supporting Vince. Like always, Lise and Vince have a way of pulling our community together, and here are some of our reflections:

Together, we are remembering Lise's kindness, warm smile, and positivity. Lise was a shining light, and we are all better for knowing her.

- ❖ *"Her kindness, her caring heart, her inside-out beauty shine right through... she will be so missed 💔"* Ania
- ❖ *"Always so thoughtful and generous, you truly will be missed Lise but never forgotten."* - Catherine
- ❖ *"She's one of the kindest women I've known."* Denise
- ❖ *"Lise was a very special person, she will be greatly missed 😊"* Jill
- ❖ *"I will always remember Lise's 'so great to see you welcoming smile' - Todd*
- ❖ *"My heart and soul go out to you my friend! Lise was beautiful inside and out!"* Leila
- ❖ *"Lise was a beautiful person inside and out" - Helen*
- ❖ *"Lise was a shining light and will be missed by everyone who knew her." - Jody*
- ❖ *"Lise was such a kind and welcoming person who exuded positivity." - Dana*
- ❖ *"Lise always had a big smile and friendly greeting to share." Laurel*
- ❖ *"She was such a kind and caring soul." - Henry*
- ❖ *"A smile you could see from a mile away... You both were always so welcoming and Lise always had the best smile, a very kind and beautiful person inside and out 💖"* - Lindsay
- ❖ *"Always encouraging, supportive and beautiful inside and out!" - Mary-Elizabeth*
- ❖ *"What a beautiful life she lived." - Ratvinder*
- ❖ *"I just met her recently and she was a sweetheart." Andre*
- ❖ *"Lise was such a gentle soul." - Sonia*

- ❖ *"She was such an amazing person." Nick*
- ❖ *"A friend for life" - Cecile*
- ❖ *"Such a beautiful smile. Lise had a beautiful soul. I'm blessed that I got to know her."
Jessica*

Together, we are reflecting on the big loss in our running family. She is gone but not forgotten as her spirit lives in all of us. Lise supported us all, and in her honour, we are going to keep running.

- ❖ *"Her distinctive figure, easily recognized as she ran. From a distance, the soft sway was her tell. As you got closer, her warm smile was confirmation. Kit prep, set up, cheering, marshalling, support team, tear down ... the list goes on. She graced routes in every province, sometimes solo, most often with her partner, her love, our Vince. Her unwavering support and gentle nature will be unbelievably missed. A whole community is feeling this heartbreak - we have no words Vince but we are here for you. Lise, we shall see you at the finish line" - Donna*
- ❖ *"Our run this morning was in honour of a wonderful woman, Lise! You will be forever remembered in our hearts ♥" - Tawnecia*
- ❖ *She really was the ROCK in Sudbury rocks - from the very beginning where she supported and cheered every runner from the sidelines, to all her volunteer hours at runs and to her crossing the finish line so many times. She will be greatly missed and fondly remembered." - Linda*
- ❖ *"This run is dedicated to you, Lise. Your inspiration and encouragement will live on in your family and friends, not to mention the generation of runners who will think of you whenever they cross a finish line. XO" - Jody*
- ❖ *"Lise will be missed by so many in this community." - Dick*
- ❖ *"Lise and Vince are icons in the Sudbury community." - David*
- ❖ *"A big loss for the running community and an even bigger loss for Vince...sending prayers 💕💕" - Sandra*
- ❖ *"Lise brought smiles and positive energy to every event she was a part of - either as a competitor or volunteer." - Darren*
- ❖ *"Lise was such a wonderful and kind soul, always looked forward to seeing you both at running events!" Lise E*
- ❖ *"She was so inspirational and I enjoyed the runs we had together." - Kim*
- ❖ *"Lise was the warmest person, always making sure she said hello... She will be missed at all our events! 💕💕" - Faith*

Together, our Santa Hats keep lighting up the streets in Lise's honour. Our Santa Hats are also a sign of our unwavering support for Vince and to the community that Lise and Vince helped build. In the years to come, our Santa Hats will represent how Lise pulled us together, helped us celebrate our community, and the strength that we lend to Vince in this challenging road ahead.

Check out some of the [photos from our Santa Hat run here](#).

- ❖ *"Tomorrow would have been the actual date for the Sudbury Rocks Santa Hat Run followed by coffee provided by Vince and Lise and delicious baked goods provided by the runners. Let's honour the memory of Lise by posting our Santa Hat Virtual Run pictures on the website. Jerz and I went out today!" - Sheila*
- ❖ *"The Sudbury Rocks Running Club held their annual Santa Run today in memory of Lise who always participated in and supported the event. Ken, my friend Deb and I ran this morning in Lise's honour too also donning our Santa hats. Deb brought some beautiful red daisies. We made our way to the Cobourg pier to lay them close to the lighthouse with the waves crashing and the geese flying overhead. Our tribute to Lise. She will be missed deeply. Cherishing the many happy memories of our time together 💜" - Lynn*
- ❖ *"In years past, My Secret Santa would give me a wink and then slip a small container of the BEST fudge in the whole world into my gym bag. You will be missed Lise!! Our Santa Hat Run was for you this year ❤️" - Wanda*
- ❖ *"Santa Hat Walk this morning in Memory of Lise. Thought of her every step of the way as we walked Loach's Rd trail" - Maureen*
- ❖ *"Sandra, Sylvie and I did our Santa Hat run this morning. We missed our fourth member of our group very much but have so many wonderful memories to cherish." - Laurene*
- ❖ *"Running to honour Lise. We love you & Vince" - Helen*
- ❖ *"She would have loved that you did this in her memory." - Mary Lou*

Together, our community is feeling the loss of Lise who was at the core of the ROCKS. Together, we are here to support Vince in his steps forward, like Lise would have wanted.

- ❖ *"Your running family is here for your Vince. Lise was an absolute gem. Our love is with you." - Michelle*
- ❖ *"Lise lives forever in our minds and hearts. The angel on earth now watches over us until we meet again 💜💜" Lynn*
- ❖ *"Lise is loved and so are you Vince. We will be with you each little step at a time." - Ania*

- ❖ *“Sending strength and love to Vince” - Lisa*
- ❖ *“May all her amazing qualities continue to shine in your heart, as I know they will for everyone who knew her and loved her.” - Philippa*

**Together, we remember Lise. Together, we will support Vince through this.
We leave you with a prayer, shared by Jan.**

*I give you this one thought to keep –
I am with you still – I do not sleep.*

*I am a thousand winds that blow,
I am the diamond glints on snow,
I am the sunlight on ripened grain,
I am the gentle autumn rain.*

*When you awaken in the morning's hush,
I am the swift, uplifting rush
of quiet birds in circled flight.
I am the soft stars that shine at night.*

*Do not think of me as gone –
I am with you still – in each new dawn.*