



LEUKEMIA &
LYMPHOMA
SOCIETY

**TEAM IN
TRAINING**

Joy Castañares

Website Administrator

runjoyrun@gmail.com

Prior to 2010 have never ran a timed race since high school. At work I was competing in a weight-loss competition and started it off with a bang by running the LA marathon “warm-up” race in March which was a 5k(3.2 miles). I was dizzy, unprepared, sprinted too early for the finish line and had to slow myself down, so I wouldn’t pass out! I remember telling my friend that I would come back next year to cheer him on for the marathon (how the tables have turned!) I was determined to get better, so I signed up for the Santa Monica 10k in May. I ran the race on less than 5 hours of sleep, but I managed to finish strong and I felt even more determined to do better.

At the post-race expo I visited the TNT booth and was convinced that this would be the perfect thing for me to stay motivated to run a half-

marathon and raise money for a worthwhile cause. I joined the team and have been there each week to run with my teammates :) They have supported me in this experience the whole way!

On September 5th, 2010 I ran my first half-marathon at Disneyland and it was the most fulfilling experience I have had in a long time. Knowing that you are running for Leukemia & Lymphoma patients gives you a greater sense of accomplishment. It felt great, I had no injuries and I had trained so well during the season that i was able to go into Disneyland after running 13.1 miles!

Fast forward to 2 marathons & 7 half-marathons later....I’m hooked! You may start for the exercise, but what keeps you coming back is meeting an amazing group of people who are dedicated to fighting cancer!

**GO
TEAM!**