



LEUKEMIA &
LYMPHOMA
SOCIETY

**TEAM IN
TRAINING**

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Mentor

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I have always been active (cardio, strength work, etc.) but had so much admiration for people who run. For some reason, I always struggled when I ran – it seemed so physically demanding. Completing a marathon seemed like a phenomenal personal achievement... training your body and your mind to overcome great physical obstacles. Recently, I found out that a long time friend going into his 8th year in his fight with leukemia needs a bone marrow transplant as soon as possible. I also have some dear friends in Toronto that lost their 7 year old son to leukemia. What better way to combine a personal goal with a desire to help those that have been dramatically affected by this disease? Armed with this motivation, I completed my first half marathon in LA and my

first full marathon in San Francisco last fall. While this initially brought me to Team In Training, the reason that I have continued to be involved is the people that share this common goal. The satisfaction of seeing fellow participants achieve goals that they never believed could be possible is something that has to be experienced, as I don't have the words to convey how special this truly is... Especially when you are sharing in hitting those milestones!

**GO
TEAM!**

