



<http://www.peanutfreerd.org/2012/07/23/more-than-13-1-miles-two-friends-two-causes-sponsors-needed/>

MORE THAN 13.1 MILES: Two Friends, Two Causes & Sponsors Needed!

On January 12, 2013 my good friend April and I will be participating in the Disney World, Orlando, Florida half marathon. We will be running to raise awareness and money for two important causes, Breast Cancer and Duchenne Muscular Dystrophy (DMD). Since we live in different states we have to do our training separately.

For those you don't want to read the entire back-story, here are the links to our websites where you can make a **tax-deductible donation**. Any amount is **GREATLY** appreciated. We need all the support we can get! Even small donations add up!

Sponsor April for Breast Cancer

www.firstgiving.com/fundraiser/apriltegeler/disneyworldhalfmarathon-1#.UAdLKgxhJwk.hotmail

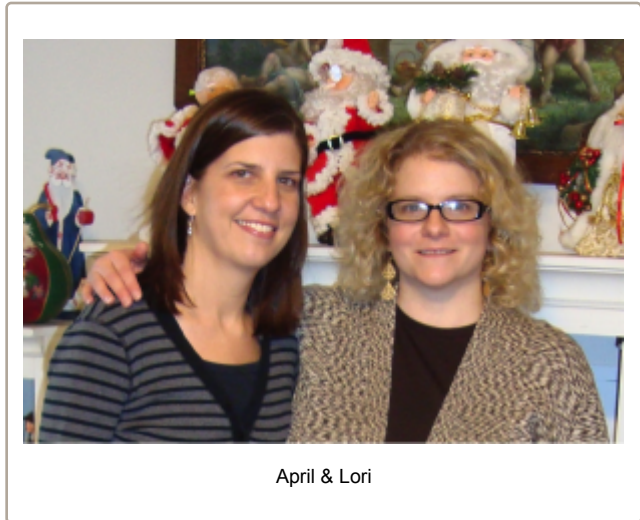
Sponsor Lori for Duchenne Muscular Dystrophy

www.parentprojectmd.org/goto/lorienriquez13

April and I have been friends for over 25 years!

We went to the same high school in Severna Park, Maryland and met in an English class through mutual friends. Mrs. Brady was our English teacher and she was very unique and quite smart, a Mensa member. After high school we each went to different colleges, but have kept in touch over the years despite living in separate states. I am very lucky to have her as a friend. In the fall of 2010, I received a phone call from April that I will never forget. She seemed upset and I knew something was wrong. Turns out she was just diagnosed with breast cancer (DCIS) at only 38 years of age. I was as shocked as she was and despite this terrible news, April was in good spirits. As if breast cancer isn't enough to deal with April also has insulin-dependent diabetes. April is a take action kind of woman and had her double mastectomy and the start of her reconstruction surgery just a few months later. Since then, April has undergone multiple surgeries to complete her reconstruction. Through this tough time April has been strong despite having to deal with so much. This year we will turn the big 40! April and I have decided that we are going to embrace this big number by doing something healthy and positive! Our girls weekend away from our kids and husbands will be raising money for two important charities, Living Beyond Breast Cancer (www.lbbc.org) and Parent Project Muscular Dystrophy (www.parentprojectmd.org). April has never done a half-marathon and I know she can do it! There is extra preparation involved since she has diabetes as well! Ironically, Living Beyond Breast Cancer's headquarters are not far from where I live. It is a great organization.

Although I consider myself an athlete (sports all my life), I may be a little too generous with that term these



April & Lori

days! I have completed 4 half-marathons to help END Duchenne Muscular Dystrophy (DMD) as part of the Run for Our Sons team for Parent Project Muscular Dystrophy in honor of my wonderful nephews. Just like I will never forget April's phone call, I will never forget the phone call from my sister finding out about my nephews condition. I was sitting in my office at The Children's Hospital of Philadelphia working on my dictation letters to doctors from the patient's I had just seen that day in Nutrition Clinic. My sister told me that Andrew (3 at the time), her oldest son, had hurt himself playing soccer. He was seen by an orthopedic doctor who ran some tests and suspected that he had muscular dystrophy. I had a lump in my throat. Working in a children's hospital I was familiar with this condition. Subsequently, doctors thought that Reece might have the condition as well, as it often is genetic. He does. A few weeks later I went with my sister, her husband, and a friend to get the genetic test results confirming what was thought. Our family's lives changed forever. We have a long line of women on my mom's side of the family and no reason to ever suspect this condition was possible. Needless to say now 7 ½ years later there have been many doctors appointments, medical tests and treatments, lots of worry and stress, and still a very difficult road ahead. My nephews are amazing boys just like all the boys with DMD. They make a trip to Cincinnati Children's hospital every year for a week of tests and seeing specialists for this condition. My nephews have to take medicines every day and do daily stretches. Most people don't realize, but DMD is the most common fatal genetic condition in males and the most severe form of muscular dystrophy. So while I may prefer to play tennis, if I can get myself moving to complete this run to help END DMD then I need to do it again! Last time I completed this race I was pregnant with my daughter in the first trimester. My doctor advised against doing the run, but I decided I had to and completed it, walking much of it in the freezing rain. I am excited to get training and continue to raise money and awareness for DMD.

I have a deadly peanut allergy and a gluten intolerance. Completing endurance events take extra planning for me too. Maybe this is another reason April and I get along so well, we understand each other's unique needs. I need to carry safe food with me at all times when traveling and during the event as well as epinephrine. This is an extra challenge, but one that is doable. Dining at Disney world is great for those with dietary restrictions and food allergies. We have just booked our hotel room, which has a refrigerator to keep any medicines and safe food. Also, we will make dining reservations in advance and communicate my dietary restrictions ahead of time.

A lot has happened since April and I met back in high school, many great things, but many not so great things. However, that is life. It is what you do with your life, is what matters as well as supporting those who are important to you!

PLEASE HELP SUPPORT US AND OUR CAUSES!

Thank you so much,

Lori