



MULTI-SPORT MOVEMENT TO END LOU GEHRIG'S DISEASE

So Others May Live

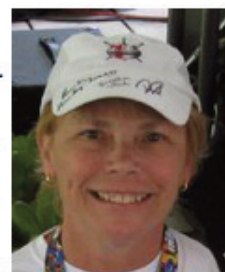
Our Supporters

Thank you to these great friends and brands for all of your support. Warriors, they're there to support you, too! Think of them for your next event or purchase.



Greetings Blazeman Warriors and Supporters,

As I write this, the **Blazeman Foundation Cycle for ALS** is winding down. What a great effort again this year for our annual research fundraiser! We will finish up in April and then will have a final tally to share with you. The Fahey team has reached out to all the hosts for their thoughts on why the organizers participate helping us raise much needed funds for ALS research. Their comments are below in the newsletter. Jon attended the very first one back in Chicago back in 2006. This year's event makes the 9th across the US and Canada!



The Original Cycle for ALS in 2006 with Jon...

+

This year brings us back to The **Greater Hartford Quarter Marathon** on April 5th and definitely hoping that spring weather arrives by then! **Kelly Burns Gallagher** has continued the BMF as the charity of record for this race...sign up (link) race for a great cause and get a terrific LS tee!



[Make a donation today!](#)

Join Team Blazeman!

The list of registered Blazeman Warriors keeps growing! We are proud to have you representing us on the battlefields!



The **Sonic Endurance Race Team** has also put Jon's number 179 on their 2014 tri kit...love it!!



June will bring us back to the **Eagleman 70.3** and also to the Inaugural **Challenge Atlantic City**...we hope to meet many of you at one of the great races!

As always, athletes wishing to wear **#179** at a WTC race can email me for the best contact info and for a non WTC event please feel free to contact the race director directly.

We hope 2014 to continue funding the very best in ALS research. If you have not started or finished your commitments, we need your help. As a non-profit foundation Jon chose the honor code for fundraising... something we have continued to this day and have been blessed by those who have gone the extra mile. Our success is your success and ultimately finding that treatment that extends the good quality of life all pALS deserve.

Thanks again everyone for all you do to spread ALS awareness. The research today is growing at the fastest pace we have ever seen!

Mary Ann and Bob
Jon's mom and dad

Remembering Roger Petrone Jr.



On February 20th we learned of the passing of Roger Petrone Jr...an ALS Warriorpoet...yet another handsome young man that had been living with ALS....and now has found his FREEDOM from ALS. It saddens us deeply to hear of his loss...but at the same time knowing too well the relief that his suffering is over...our thoughts and prayers are with his family...

Blazeman Spirit Award 2014 EnduraFit Ironman 70.3 EagleMan

*"People do not follow titles, they follow courage.
If you will just lead them onto the battlefield, they
will follow you." - Braveheart*

The Blazeman Foundation for ALS is currently accepting nominations for the Blazeman Spirit Award to be presented at the 2014 EnduraFit Ironman 70.3 EagleMan.

The Blazeman Spirit Award is given annually to a participant in the EagleMan Ironman 70.3 who most exemplifies the spirit of Jon "Blazeman" Blais. While many are familiar with Jon's heroic performance in the 2005 Ironman World Championships in Kona, Hawaii, few are familiar with Jon's professional life as a special education teacher at the Aseltine School in San Diego, CA. Here, Jon focused his energy on helping kids who were emotionally challenged and learning-disabled. This is also where he became better known as "The Blazeman." Jon did amazing work with the kids. Through summer recreation programs and outdoor activities, his students learned to overcome obstacles and become stronger through hard work and determination. The Blazeman Spirit Award keeps Jon's memory alive by recognizing an individual who inspires others to become a better person; leads by example; and has a passion for the journey of life.

The winner will receive:

- An Framed Certificate Award.
- Complimentary Ironman level membership to Team Blazeman.

Nominations are due by May 1, 2014. The winner will be announced during the pre-race expo/event expo on Saturday, June 7th, 2014.*

To read about previous winners and download application information please [click here](#).

For more information on the Blazeman Foundation for ALS and the WarOnALS visit www.waronals.com.

*At this time we are waiting to hear about the status of this race for 2014...

Challenge Atlantic City Coming in 2014!



Rob Vigorito may have retired from the Columbia Triathlon Association in 2012 but not from being a race director! Vigo and his partner **Steve Del Monte** have taken on a new challenge...Challenge USA!

Located in Atlantic City, this ironman distance event is sure to please with relay teams also for those that like being part of a team. The Challenge Family welcomes athletes to experience the inaugural USA event. The Blazeman Foundation is excited to be a part of this new event. Jon will be a special part of the Challenge and his number **179** will be given to the athlete that embodies the tenants Jon followed. Athletes may apply via [email](#).

For more information on Jon and the event please visit the Challenge [website](#).

A Warm Welcome to our newest Warriors!

We are pleased to welcome the following newest warriors to our family. Thank you, and everyone else, for all you do to help our mission.

Jeffrey Hale
Ryan Bieshaar
Linda Aanonsen
Matthew Tourville
Benjamin Dillon
Thomas Perry

A big welcome to you and we hope to see you at a race this year...please visit our [ning](#) website and start communicating with other warriors and supporters.

From the Battlefields

Blazeman Warrior, **Jeff Galvin**, did his 50th Birthday run on a very cold day in March raising funds for the Blazeman Foundation.



Dr. Jeff in front...leading the way!

Blazeman Warrior, **Yair Shalev**, has a patent pending on a great new product for cyclists. [Check this out!](#)

This year's Boston Marathon, a very special one indeed, we will see Blazeman Warriors **Mark Searles** and **Ryan Bieshaar**, running to the finish in support of pALS everywhere. **Kelly Swan Taylor** will also be there with them. She was one of more than 5,000 runners last year that were not allowed to finish but she was given the opportunity to race again this year. Best of luck to them all!

There is no finish line

You're on the run.
You're so close to the finish line.
But for ALS (Lou Gehrig's Disease) patients,
there is no finish line. No cure.
Yet.

Hundreds of pros, amateurs and friends have joined the Blazeman Foundation for ALS to raise awareness and resources to help find a cure for this dreadful disease. See what inspired them at www.waronals.com.

Get involved "so others may live..." and help us race for the finish.

War On ALS

www.waronals.com

For those wishing for new BMF gear,
our [estore](#) is ready for your orders



Last, but not least...an option at the **City Bikes Miami 70.3**, Blazeman slots are available [at registration](#). These slots are charity slots for the BMF... Wilbur Anderson and team have supported Jon's foundation since their inaugural race!



Bdad, Leanda, Bmom and Wilber

Update on Spin Events!

Writing a spin can feel like a fruitless effort. All that pedaling and spinning but, well, you never seem like you get anywhere, right?

Wrong.

Hundreds of people came together again this year to spin for ALS and raise much-needed funds to support our research efforts.

These event planners and spinners put in a ton of effort on behalf of all the PALS we have lost to this dreaded disease. The cycle this year was dedicated in memory to our past president **Karen O'Riordan Kelly** who past away last September. We also are saddened to let you know yet another alswarriorpoet, Roger Petrone Jr. passed away a month ago. Roger was a friend of Phil Gormley and we got to know him through the Westchester Tri, at Claire's Climb, where Bob and Roger together spread some of Jon's ashes a few years back. Please think of them...they, like Jon, and many others since we started this journey have found their FREEDOM...freedom from ALS.

Some events are on their sixth year!

Several of our hosts have been with us from the very beginning...which echo's Jon's words..."Decision must be instant, Commitment must be total"

One of those people is **Lisa Decker** who hosted her 6th annual Cycle event in Denver at the Pura Vida Club. We are so grateful for her continued support over the past 6yrs! Last year Brad Diggins compiled a great video from that event and we have that on the www.cycleforals.com website.



As Lisa tells it, "I got involved because I watched the original broadcast when Jon rolled across the finish line in Kona...I was so moved by Jon and his story. I cry every time I watch that NBC coverage. We had technical difficulties at my Cycle for ALS event this year and I couldn't show the story, as I normally do. So, I read two of Jon's poems. They impact me now, even more than they did when I first heard them. There is such a great message of gratitude about what is truly important in life. It was a great way to start the event!"

I get so busy during the year and each year, I worry I can't pull off the event. However, after each year, I am so glad I did it. Jon, Mary Ann and Bob make me want to be a better person. I am so very grateful for having an opportunity to be part of the Blazeman Foundation..."

And even a few first-timers!



Al Lamothe planned his inaugural Cycle event at NBX Bikes in Warwick which is a shop that Jon visited many times in Rhode Island when it was under another name. Such a small world. Al is on the Providence police force and has truly organized a terrific event. His enthusiasm is highly contagious! Bob attended this event along with other drivable events to bring Jon's mission and story to all that came out to cycle.



Sean Luitjens met Jon in passing a few times. While they were not close friends, Sean described Jon as "always memorable. I remember him from a few training rides with mutual friends. We were all type-A competitive, but Jon had that infectious personality that kept things fun and in perspective even before he was diagnosed with ALS."

Sean remember last year when racing and thought about how lucky are we to be out there "suffering" during races. Sean asked himself, *"What would Jon give to be here now...Ya know, I need to do more. Asking for #179 for myself is cool, but it's sorta self-centered. I wanted to step out and do something for someone else."* So Sean created his first, all-new spin event. He worried about finding a venue and dreaded the idea of hosting this in his basement. But things worked out and they had a great day. Congratulations Sean on your first event and best wishes for continued success next year!









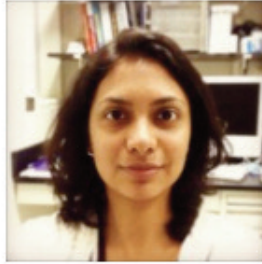


See more and join the conversation on Facebook!

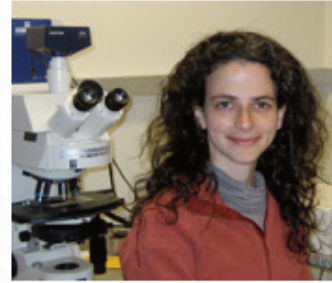
The vast amount of pictures this year is amazing...Many of them are posted on our [facebook page](#). Please check out the Blazeman Foundation Cycle for ALS page.

We'll share updates on the total amount raised in our next newsletter. In the meantime...THANK YOU all for your hard work and effort. We are so proud to call you our friends.

Research Update from Brandeis University



Dr. Mugdha Deshpande



Dr. Avi Rodal

Recently we had an **update** from Dr Avital Rodal at Brandeis on her ongoing ALS research involving Dr. Mugdha Deshpande, the Blazeman Foundation for ALS post doc. Keep up to date with Dr Avi's lab **online here**.



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

As always, our ALS tissue acquisition program at the University of Maryland's Brain and Tissue bank continues. **Please share this information** with anyone you think might be interested. Research is still our most powerful weapon in the war on ALS.

Our brochure is **available for downloading** on the **www.waronals.org** website under Research.

ABOUT TEAM BLAZEMAN



On May 2, 2005, twenty-year Multi-Sport veteran Jon Blais a.k.a. "Blazeman" at age 33 was diagnosed with the fatal motor neuron disease ALS (Amyotrophic Lateral Sclerosis). Blazeman dubbed himself the "ALS Warrior Poet" and brought his battle to the big island of Hawaii on October 15th that year, where he became the first person with ALS to complete the Ironman World Championships. It was his last race. In 2006, a number of athletes, inspired by Jon's 2005 efforts, rolled across the finish line in Hawaii in honor of Jon and his battle against ALS. In 2007, the Blazeman Foundation for ALS expanded Team Blazeman, comprised of "Blazeman Warriors" who have committed to raising awareness and funding a search for a cure for ALS..."So Others May Live."