



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.

Dear Blazeman Warriors, Friends and Supporters

The 2013 Ironman World Championships are just a few days away. For most triathletes, it is the dream of a lifetime. Something you've hoped for your entire athletic career. For others, like the amazing pros we've met, it's just another day at the office. But for many people, the accomplishment of merely (Ha! "merely") finishing Kona is an important symbol in your lives. A powerful moment that proves, once and for all, that you can accomplish anything you set your mind to. Overcome the obstacles in your lives. Some say that Ironman Kona 2005 was where the Blazeman Foundation was truly born as Jon worked to overcome the obstacle, the perception that an ALS patient couldn't...shouldn't be able to finish that race. As Jon said, "Finishing Kona is huge for me. No one is beating ALS. No one has done anything but walk away and die." Jon's resolve to finish the race was unwavering as he stated, "Even if I have to be rolled across the finish line, I'm finishing." and as we know, he did. And we got it on film.



Well, Bob and I hope that all of you carry that resolve in your hearts as you race the big race on the big island. Whether it's for your own resolve, for the Blazeman Foundation or for another fire that burns bright in your hearts. And remember *"that this is not a dress rehearsal."*



*Face your fears and live your dreams.
Take it all in.
Yes, every chance you get...
Come close.
And by all means, whatever you do...
Get it on film."*

- Mary Ann
Jon's mom

Profile of a few Blazeman Warriors Competing at the Ironman World Championships 2013

A few of you have sent me a note to tell me that you're competing this year at Kona. We wanted to share your stories with the thousands of readers so that they, too, can wish you well on your journey this year. This list is by no means complete, so please continue to share your thoughts, stories and, of course, photos with me as the 2013 season nears its end. Be well, my friends.



Long time friend of the Blazeman Foundation, 2012 Women's Champion **Leanda Cave** returns to Kona this year to defend her title. For that, we are inspired and impressed. In spite of her grueling training schedule, she always makes time to share Jon's story with her friends and fans. And for that, we are grateful.

[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!



Carrie McCoy has been given the opportunity and honor of racing with #179. Carrie has seen firsthand what ALS can do to a close family friend. She has trained hard and also organized many successful spin-a-thons for ALS. As she says, "every race is a gift." Well, we wish her the best as she unwraps the big gift of Kona. We will share an update and more about Carrie in an upcoming issue of the newsletter.



Bishop Leatherbury is also Kona-bound racing to raise awareness and help a cure "so others may live." He is dedicating his race to the War on ALS in honor of his friends Frank Wray and Karen Kelly, both of whom are fighting ALS. Karen passed away from this disease only a few weeks ago. We will share more about Karen in a future issue of the newsletter. In the meantime, check out Bishop's [fundraising page](#) and show him your support.



James Garris is going to Kona to cheer on and volunteer again this year. It's the volunteers that make the races run smoother. It's the passionate volunteers like James that inspire you to race from the heart.



Cherie Gruenfeld...a good friend, age group champion and Blazeman Foundation supporter always rolling her finish.



Constant supporter **Mike Rouse** will be doing his Birthday Run in Kona **raising funds** again this year for the Blazeman Foundation. He'll be running 61 Birthday Miles to celebrate life!! Can't wait to continue his tradition. If you're in Kona, join him on Ali'i Drive, starting at 7:00 AM at the pier. If you can't be at the start, you can find me out... on the road! He'd love to have some company.



Dave Orlowski (one of the ORIGINAL 1978 IRONMEN!) wore Jon's number 179 at IM Canada (Whistler) this past summer. Seen here in an interview with Dave Erickson. Dave is also racing to support and **raise funds** for both the Blazeman Foundation and pancreatic cancer research.

The disease has no cure but the inspiring courage of the patients and Blazeman friends and warriors also knows no end. Please consider **making a gift online** to the Blazeman Foundation today.

BEST OF LUCK TO YOU, AND EVERYONE COMPETING THIS YEAR AT KONA. FREEDOM!!!!

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."

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