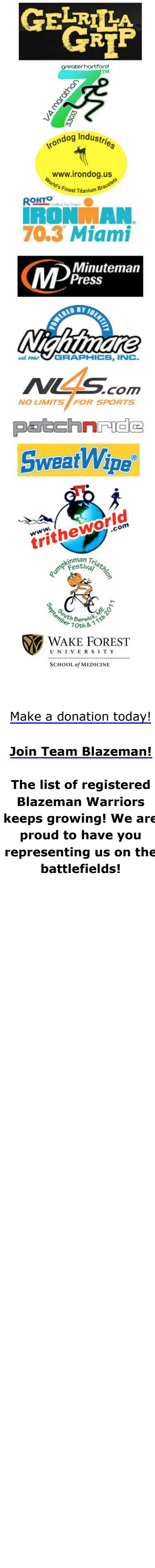




Our Supporters
Thank you to these great friends and brands for all of your support. Warriors, they're there to support you, too! Think of them for your next event or purchase.



[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!

Greetings Blazeman Warriors and Supporters,

It has been quite busy since the last newsletter! Bob and I traveled to Brandeis in late May to finally meet in person **Dr. Avi Rodal** and her great team of researchers. The Blazeman Foundation Post Doc., Dr. Mugdha Deshpande, is making great strides and will be presenting her work at the Neurodegenerative Diseases: Biology and Therapeutics meeting in September.

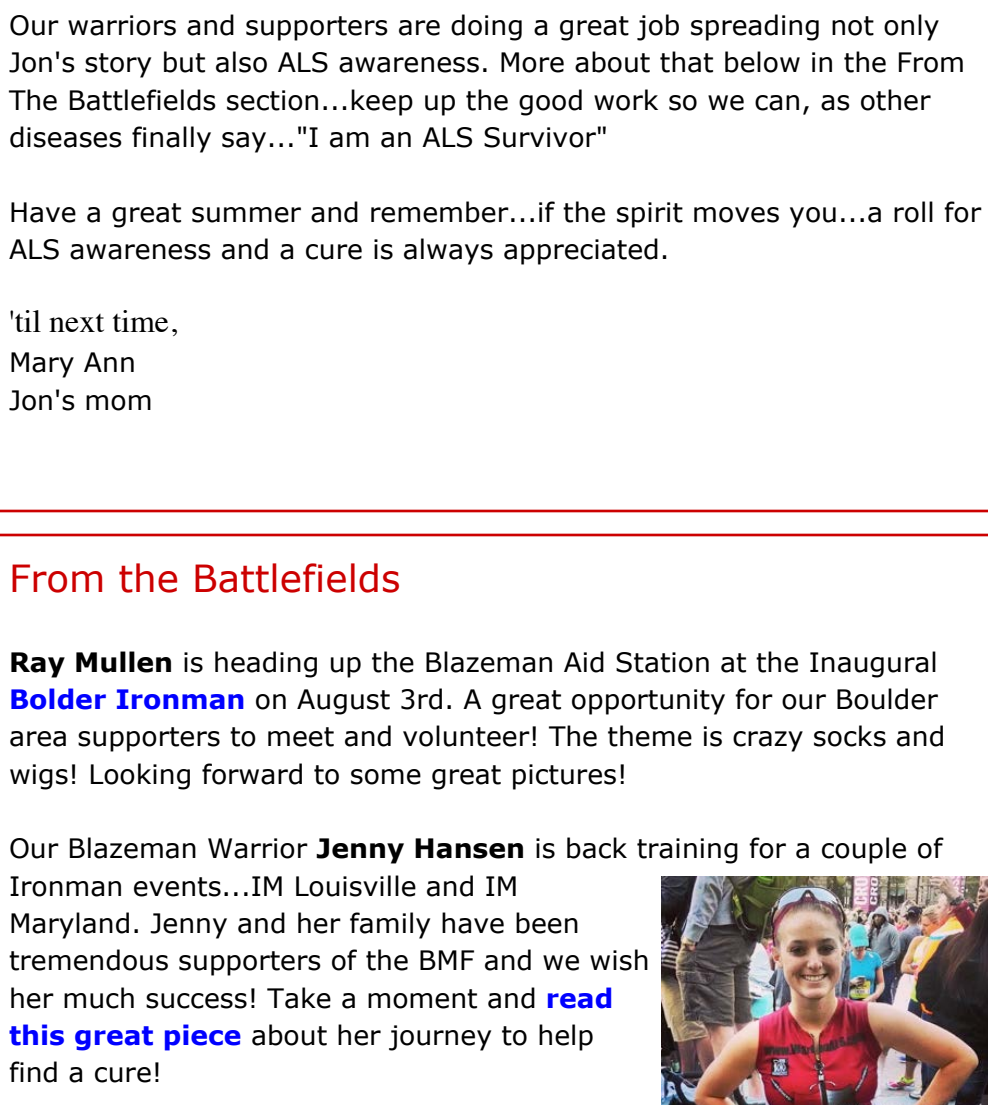


After the trip to Brandeis our family, as always, remembered Jon on the 27th as we do every year by having ice cream...Jon's favorite treat. That same week at Asetline where Jon taught the students ate their ice cream donated by Maniposa Ice Cream, which, Jon adopted as his favorite ice cream shop. **Anna and Dick**, the owners, have been part of this event every year. The students are shown Jon's Ironman video and we appreciate the fact that the teachers and staff have kept Jon's memory alive at the school he loved. On August 30th...Jon would have turned 43...hard to believe.



June brought us to the Eagleman 70.3 where again we met up with old friends and met new ones...the weather cooperated for the expo but unfortunately for us race day met with some unexpected food issues and we missed the race. Thank you to all the athletes that took a Blazeman Slot, especially **Mike Meisterling** #179. We did meet the whole family at the expo...thank you Mike! Pictured left is Blazeman Warrior, **George Pravda** with Sr. Madonna Buder and George's wife Ruthie. George will be taking Jon's ashes to Sweden this August...yet another place Jon has not been.

The last week of June took us to Atlantic City, New Jersey for the inaugural **ChallengeAC**. The expo was inside (a plus for us!) and was a success under the



direction of Mindy and Don Soranno. The Spirit of Blazeman Award was awarded to **Brett Jenner** at the Friday night carbo dinner. A big congratulations and thanks to Brett! An honor well deserved!!! Thanks to Vitorito and Stephen DelMonte for making us part of this inaugural event!

Kelly Burns Gallagher, our #179 for the event had a most unfortunate bike accident 3 miles into the race...luckily she did not tear any tendons and is home recuperating. Kelly's **blog** in her own words. Wishing Kelly a speedy recovery!

The same weekend as the Challenge race there was a triathlon in Louisiana called the **Iron Horse Triathlon** benefiting the Blazeman Foundation organized by the **Leonard Family**. This was the 2nd annual event and we are proud to be associated with this great family! Please check out their facebook page and think about adding this event to your schedule next year...supporting ALS research!

Our warriors and supporters are doing a great job speaking not only Jon's story but also ALS awareness. More about that below in the From The Battlefields section...keep up the good work so we can, as other diseases finally say... "I am an ALS Survivor"

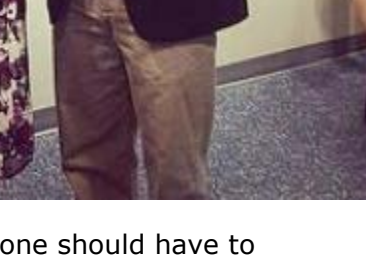
Have a great summer and remember...if the spirit moves you...a roll for ALS awareness and a cure is always appreciated.

'til next time,
Mary Ann
Jon's mom

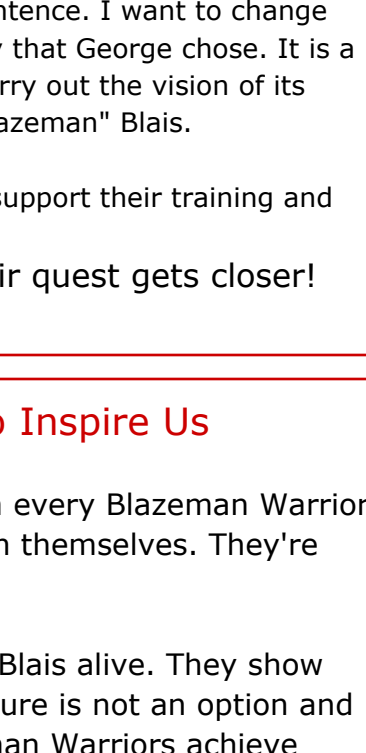
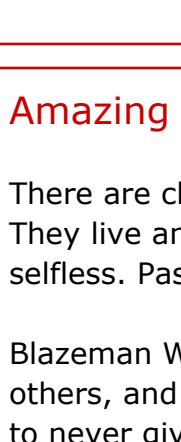
From the Battlefields

Ray Mullen is heading up the Blazeman Aid Station at the Inaugural **Bolder Ironman** on August 3rd. A great opportunity for our Boulder area supporters to meet and volunteer! The theme is crazy socks and wigs! Looking forward to some great pictures!

Our Blazeman Warrior **Jenny Hansen** is back training for a couple of Ironman events...IM Louisville and IM Maryland. Jenny and her family have been tremendous supporters of the BMF and we wish her much success! Take a moment and **read this great piece** about her journey to help find a cure!

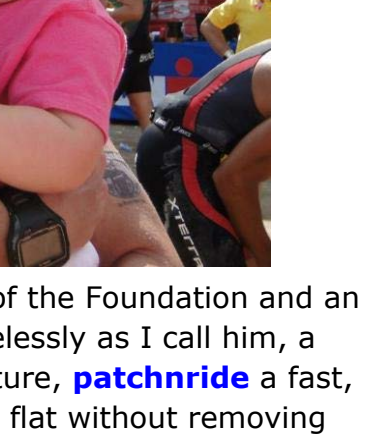


Mike Rouse has written a book called "Zero to 60" at the speed of life. A great opportunity to read about a man with a big heart! Spending time with Mike in Kona in 2006 was a highlight for Jon as they reminisced about all the shared friends and places in San Diego. **Get your copy** online.



Terri Griego has co-authored a book with Markkors titled **Powered by Hope**. Terri competed in Kona in 2011 with stage four colon cancer. We met Terri that yr. as we volunteered the finish line. Teri was inspired to do an Ironman after watching the 2005 Ironman with Jon. Amy interviewed us for the book and she was spot on with Jon's story. We encourage you to read the book. Two warriors that fought the battle...Terri continues to fight as she still receives maintenance chemo. Visit her **online**.

A reminder to all athletes wishing to **wear #179 at events**. Requests should be emailed to athletic services or race directors for non WTC events at least two months prior to the race.



The Blazeman Foundation **estore** has gear to help support ALS awareness: hats, visors, tees, bike shirts, etc are available through Nightmare Graphics.

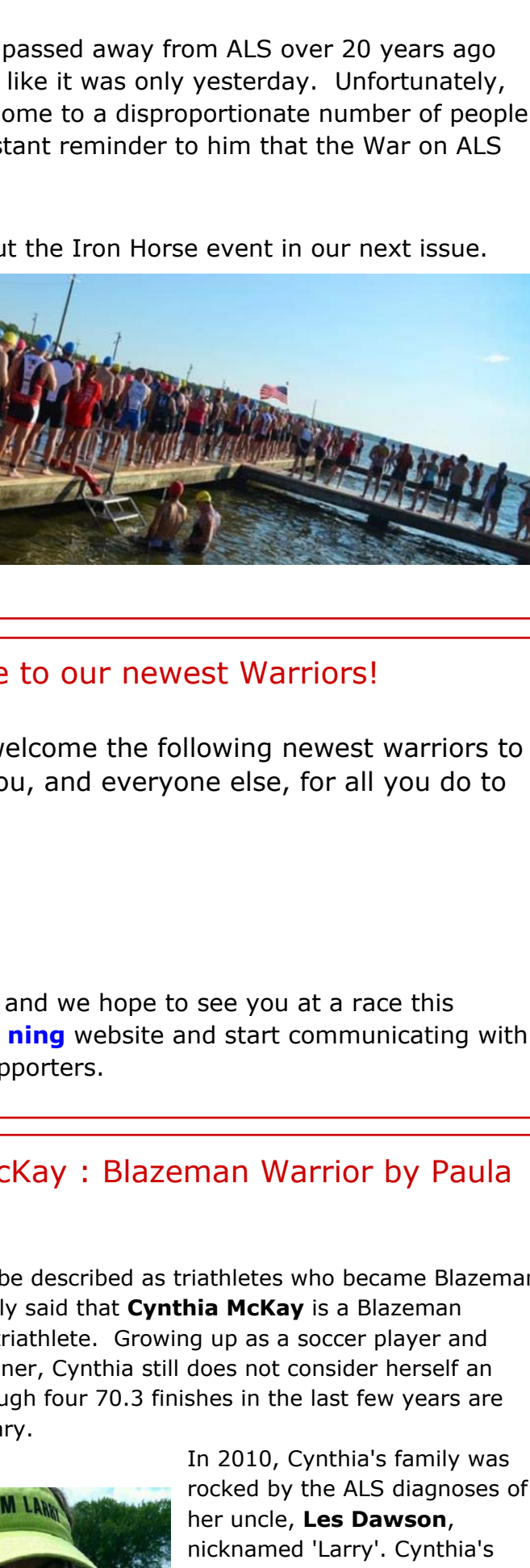
Another Blazeman Warrior, **Vasilis Toxavidis**, had a moment with Mike Reilly to Honor Jon's #179. "It was an honor racing Jon's number, it meant a lot and got me through a tough day." The weather included thunderstorms, high temperature and humidity.



The Cranial Quest: George Pagano and Caitlin Miller

Ever think about rowing across the Atlantic Ocean for a cause bigger than yourself? That is what Caitlin and George will be doing in December of 2015. Each of them will be rowing for a cause special to them. George has chosen the BMF because his grandfather had ALS. Please visit their **website** and read their stories...we will be following them along the fundraising and travel journeys.

When asked why, they said almost everyone today knows someone who has been affected by ALS or a mental health disease and yet they are both still major issues in our world today. We believe that these are both very worthy causes to cross an ocean for... George chose to row for ALS in honor of his grandfather who passed away from the disease. "Watching what my grandfather and my family went through was terrible. No one should have to experience that." Right now there is really no treatment for ALS; only ways to manage it. "It is basically a death sentence. I want to change that." The Blazeman Foundation is the charity that George chose. It is a non-profit family foundation that serves to carry out the vision of its namesake and founder, the late Jonathan "Blazeman" Blais.



Please consider a making **gift** online to help support their training and goal to row across the Atlantic Ocean. More to come in future months as their quest gets closer!

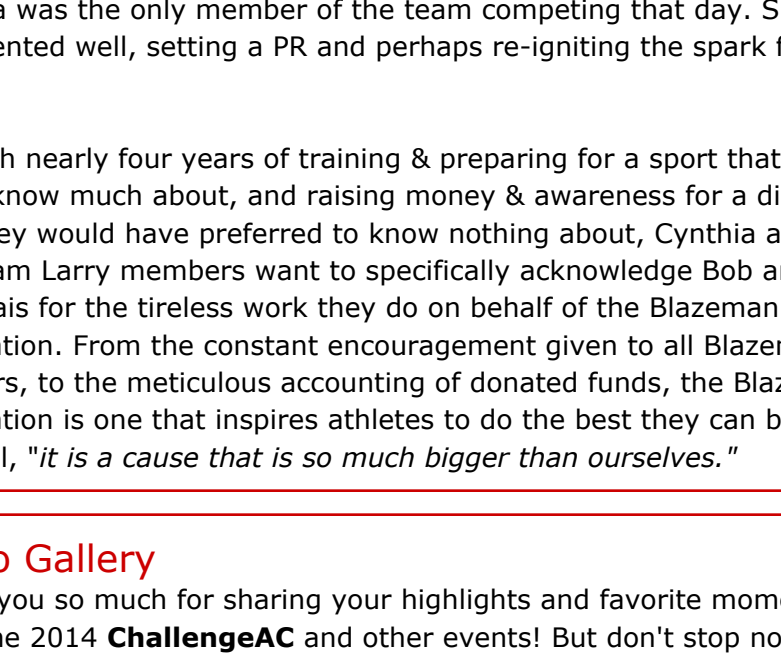
Amazing Blazeman Warriors who Inspire Us

There are characteristics you recognize in every Blazeman Warrior. They live and race for a cause bigger than themselves. They're selfless. Passionate. And relentless.

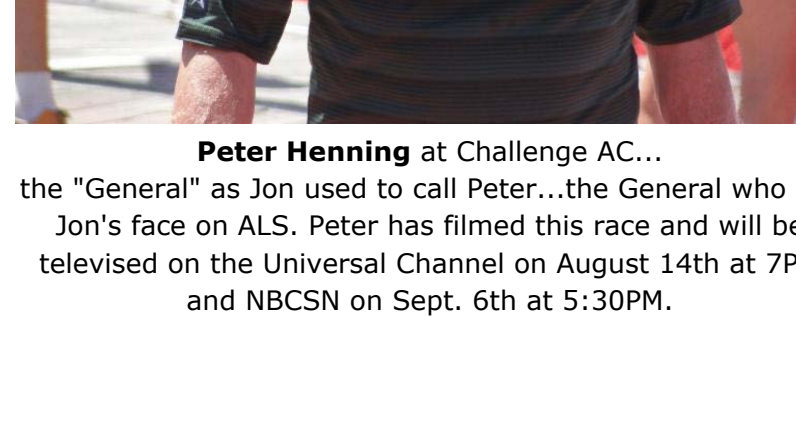
Blazeman Warriors keep the spirit of Jon Blais alive. They show others, and discover themselves, that failure is not an option and to never give up. For that reason, Blazeman Warriors achieve success and fulfillment in their multi-sport endeavors, and every day lives, that they never dreamed possible. This is true of all Blazeman Warriors.

We are the inspiration to so many others.

But there are a few who lead by example and are the inspiration for the rest of us. These are their stories.



Yair Shalev has been a longtime friend of the Foundation and an inspiration to us all. By day, he works tirelessly as I call him, a "serial entrepreneur" and his newest venture, **patchnride** a fast, simple tool that allows cyclists to repair a flat without removing the tire. Perfect for triathletes! Patchnride launches this fall and, once again, proceeds from this venture will again go to support the Foundation. Yair said to his partners from day one, "proceeds from my share will go to support the Blazeman Foundation-in addition to my personal support." Don't miss the **promotional video** which is, frankly, hysterical. I watched it twice. Check back with us in our next newsletter for exclusive discount codes for Blazeman warriors.



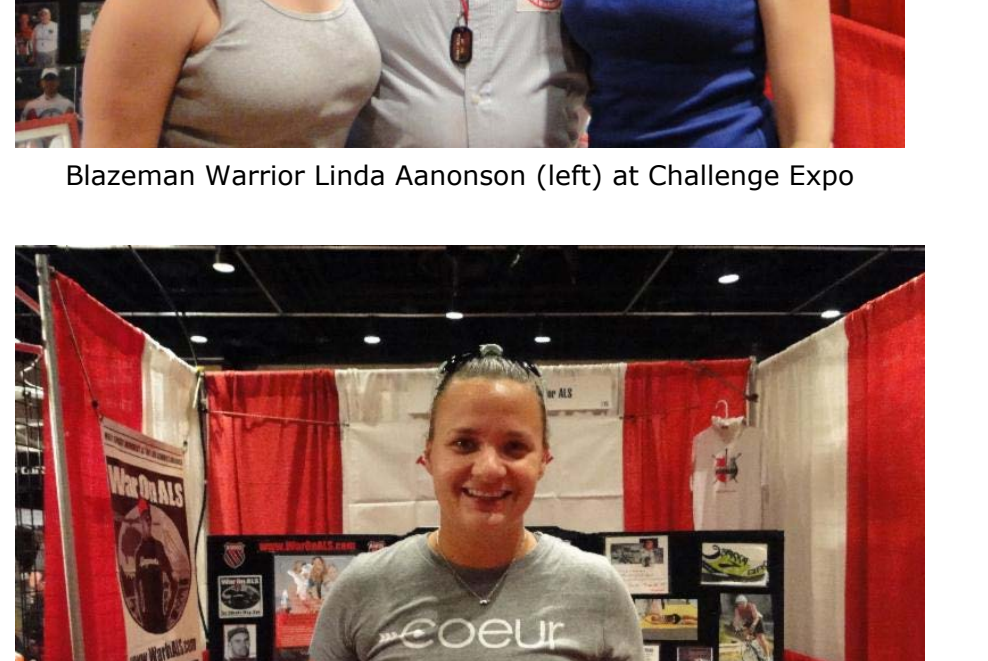
When he's not repairing flats and starting new businesses, Yair can be seen wearing his Blazeman gear on the course, off the course and at home with his wife and kids.

Clay Leonard worked tirelessly to create the second annual Iron Horse Triathlon in Morgan City, Louisiana. Based on the success of last year's event, the attendance this year nearly doubled to more than 250 participants from throughout the Southeast. Proceeds from this event went to help support the Blazeman Foundation.



Clay Leonard's father passed away from ALS over 20 years ago but, for him, it seems like it was only yesterday. Unfortunately, Clay's community is home to a disproportionate number of people living with ALS-a constant reminder to him that the War on ALS isn't over.

We'll share more about the Iron Horse event in our next issue.



A Warm Welcome to our newest Warriors!

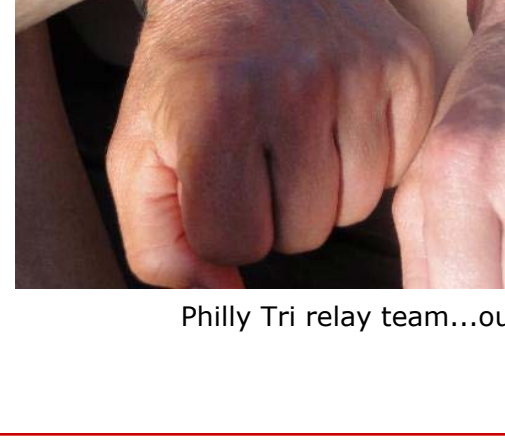
We are pleased to welcome the following newest warriors to our family. Thank you, and everyone else, for all you do to help our mission.

David Leonard Sr
Katherine Posner
Korey Witt

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.

Cynthia Moses McKay : Blazeman Warrior by Paula Bieshaar...

While some people can be described as triathletes who became Blazeman Warriors, it can be rightly said that **Cynthia McKay** is a Blazeman Warrior who became a triathlete. Growing up as a soccer player and short-distance track runner, Cynthia still does not consider herself an endurance athlete - though four 70.3 finishes in the last few years are arguments to the contrary.



In 2010, Cynthia's family was rocked by the ALS diagnoses of her uncle, **Les Dawson**, nicknamed 'Larry'. Cynthia's brother, **Mark Moses**, discovered the Blazeman Foundation, and she distinctly remembers his Christmas-time phone call to tell her about the foundation and his suggestion that they form "Team Larry" and start competing in triathlons in order to raise awareness and money toward the fight of this terrible disease.

Cynthia Moses McKay at Kansas 70.3

Team Larry was not just a family effort, as they were able to recruit others to take on the cause. Cynthia and her 5 other 'non-triathlete' teammates started in June of 2011 by taking on The Oread, Ironman 70.3 in Lawrence, Kansas. Though she says she was still learning the swim technique during the race, Cynthia and the others finished, and Team Larry was on its way.

As readers of this newsletter know all too well, triathlons are daunting endeavors even to those who have long considered themselves triathletes. Becoming proficient in three different sport disciplines and learning to manage the nutrition needs of a multi-hour event in the time span of a few-months is a truly impressive feat. Cynthia admits a few nutritional missteps along the way, including "leaving a kidney" on a particularly hot course in Arizona, due to dehydration. Despite the difficulties, the team needed only to look at the effect ALS was having on Uncle Larry in order to find their resolve to continue.

The high point for Team Larry came at the 2012 Boulder, Colorado 70.3, where they had more than 50 athletes competing either as individuals or members of a relay. Since its inception, Team Larry has raised over \$30,000 for the Blazeman Foundation.

Les "Larry" Dawson found his freedom from ALS in July of 2013. Though Team Larry still competed in Boulder that year, they have definitely felt a sense of 'mojo' with Larry's absence. However, in an eerie coincidence that no one would ever have wished for, a friend's father was recently diagnosed with ALS. His name: Larry. And with that, Team Larry has a renewed sense of purpose.

June 8th of this year, Cynthia was back at The Oread - a hilly course in Lawrence, Kansas - determined to keep the fight alive. Due to injuries and assorted reasons that kept the other Team Larry members at home, Cynthia was the only member of the team competing that day. She represented well, setting a PR and perhaps re-igniting the spark for the team.

Through nearly four years of training & preparing for a sport that they didn't know much about, and raising money & awareness for a disease that they would have preferred to know nothing about, Cynthia and all the Team Larry members want to specifically acknowledge Bob and Mary Ann Blais for the tireless work they do on behalf of the Blazeman Foundation. From the constant encouragement given to all Blazeman Warriors, to the meticulous accounting of donated funds, the Blazeman Foundation is one that inspires athletes to do the best they can because, after all, "it is a cause that is so much bigger than ourselves."

Photo Gallery

Thank you so much for sharing your highlights and favorite moments from the 2014 **ChallengeAC** and other events! But don't stop now! Please keep sending your photos of the many events coming up!

Peter Henning at Challenge AC... the "General" as Jon used to call Peter...the General who put Jon's face on ALS. Peter has filmed this race and will be televised on the Universal Channel on August 14th at 7PM and NBCSN on Sept. 6th at 5:30PM.

Deb Saltz rolling on a sunny day at the 2014 Dorchester YMCA Crab Run

Blazeman Warrior Linda Aanonsen (left) at Challenge Expo

Kelly Burns Gallagher #179 at the Challenge Expo

Gary Hewlett (Karen Kelly's best friend) at Challenge Expo

Philli Tri relay team...our 1st triple roll at finish!

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 Post" 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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