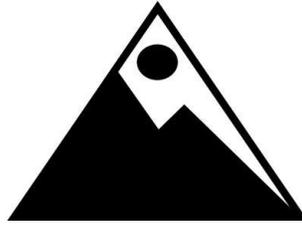


Outdoor



Loyalty

Outdoorists beating all odds: Sara's Journey

Sometimes there is a Story to be told...

Sometimes there are Truths to be shared...

Sometimes there are Outcomes we cherish for life...

Sara's journey is one that shows the strength of hope, the encounter with a foe unveiled and



choosing life via a road less traveled. We at OutdoorLoyalty have personally experienced Sara's journey and hold our greatest respect for her fortitude to conquer one of mankind's most profound disease. Sara's answer to that challenge has been to walk out her front door, lace up her running shoes and becoming, after months of training, one of over a half million runners to finish a full marathon (26.2 miles) and overcoming the odds she has faced.

(Sara's Story)...

"I was 17 years old and a senior in high school when I was diagnosed with Hodgkin's Lymphoma. My oncologist guided us through what to expect as I endured four rounds of chemotherapy with intolerable side effects. What I didn't expect was just how much surviving cancer would change my life. In my first year of college I enrolled in an art class that helped shape the next four years of my life. My artwork was therapeutic and allowed me to explore this new world that would allow such a

betrayal from within my body. During this time, I was overwhelmed with survivor's guilt and a

feeling that I was not doing enough. That is when I found a brochure for LLS Team In Training program. I was not an endurance athlete, in fact, I had never run a mile before I started training for 26.2 miles. Through the long days of training, I gained the trust in my physical body and found my inner voice as an advocate for people with advanced illnesses. I was asked to be an honored teammate in the Washington chapter of TNT and shared my story at many events. With the support from TNT as well as my friends and family, I was able to cross the finish line of my first full marathon. I have raised over \$10,000 for LLS in Colorado and Washington. Cancer not only pushed me to my physical limits and it also helped shape my career. After I moved to the Pacific North West, I applied to graduate school to get my masters degree in Social Work. For the last 8 years I have been working as a hospice and palliative care social worker in my community. I continue to run but now it is mostly for myself because I am enough... I can do anything."

Sara looks for no sympathy, but see's her journey as one of challenges encountered and



connections to a very dedicated organization of Mentors, Coaches and other Outdoorists who have a passion to heal those in need including themselves. The Leukemia and Lymphoma Society (LLS) and the Team In Training (TNT) was established in 1988. It is the only endurance sports training outdoor program focusing on the one million plus participants with or in remission from Leukemia, Hodgkins Lymphoma, Non-Hodgkins Lymphoma or Myeloma. The training program, TNT, provides workouts, clinics and nutrition, injury prevention and hydration supporting the successful recovery of over 600,000 courageous participants in the program. What is asked in return, beyond the commitment to reach their goals, is that they help raise contributions while in the program. They have raised over \$6 billion in donations throughout their social networks.

The TNT program offers training and support for the participants to train and accomplish one of four venues; Training for Full and Half Marathons, Triathlons, Cycling and Hiking. When one looks at a friend or family member who is challenged with cancer, the reaction is to feel sorry for what they are facing in their life. Being aware of what LLS/TNT offers to those participating in the program as well as those who can give support with positive energy and

contributing to the greater cause to support not only a loved one, but many others in the program. That sounds like a win/win outcome.

OutdoorLoyalty.com has, as its core goal, rewarding "points for participation" in outdoor activities and accomplishments in outdoor activities via outdoor retailers. Sara and all those who have accomplished their goals as well as all the coaches and mentors who devote their time and energy, should be recognized for their participation in this worthwhile program being offered by LLC/TNT.

Sara has accomplished what she set out to do with her health and goal attainment. Her confidence and strength throughout this journey expresses her love for life in every respect.

Below is a beautiful video of Sara's Story, created and produced by Jared Leder.

<https://www.facebook.com/l.php?u=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DL2Uyk6GKIHo&h=CAQF2eQim&s=1>

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