

Spring 2024

Special Points of Interest:

Choosing LiveStrong

Pledge per mile for training run in May 2024

Donor Appreciation

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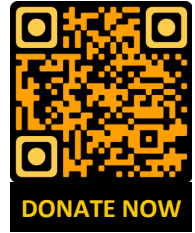
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The Road To Leadville — 100 Mile Journey

Martin Ortiz

\$760 Raised

\$4,500



Why Run 100 Miles for LiveStrong

If you are seeing this newsletter I'm asking for your help to knock out my fundraising goal in a big way. I want to tell you a little about what I'm doing and why.

High attitude, rugged mountainous terrain, extreme elevation gain, ultra-distance are all part of the [Leadville 100M Run](#). This is arguably one of the toughest races at this distance. **Why** this distance? **Why** travel to Colorado to do it? **Why** endure the pain that is certain to be part of this adventure?

I choose to do it because

God has given me the strength and the desire to do it. I choose to do it to show love to others.

There is a tremendous need that [LiveStrong](#) seeks to fill and I have joined that fight. The travel and the location of this race represent the stress, difficulties and hardships I can only imagine my friends endure in their fight against cancer. This is going to be painful journey, and stress my mind and body. There is no greater test, no greater challenge, that I can take on, than this course.

I'll be making a trip in May to test my legs and lungs on the course. You can join in this cause in a couple of ways. **You can pledge a per mile amount for my 5 day May trip which is sure to be challenging, or you can make a onetime donation on my [donation site](#).**

Moral support is also welcome if you cannot make a donation at this time. Regardless, I hope you will consider taking this leap with me, and share this newsletter with anyone that might help.

Real LiveStrong Story—A Modern Day Hero

I don't have my own LiveStrong story but someone in our community does. At age 4 (2018) Spencer Sartin was diagnosed with Acute Lymphoblastic Leukemia (ALL), one of the rarest forms of cancer. Someone without insurance who is diagnosed with the same type of cancer has a survival rate of less than 10 percent, because of the hardship it presents. During

his treatment he had to take 13 pills every night and was pumped full of poison through his porta Cath to kill the bad cells. He lost his hair, took chemo, endured spinal taps and faced many other adversities in his fight, but with the help his family and the LiveStrong Foundation (Lance Armstrong Foundation, at the time) he is now a survivor. He is a

warrior, a generation of cancer patients who are the opposite of passive victims, they are warrior-survivors.

Spencer is a hero to me; a warrior, survivor, and superhero.

**LiveStrong Foundation
Leadville Ultra Running Team**

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Which everyday cancer problem will
we fix today?



Ultra Running Spotlight

Sally McCrae, known on social media as the [#yellowrunner](#) is one of the best in the business. Sally McCrae is a warrior. When she was growing up her mom taught her the power of the human spirit. She knows how to deal with challenges on the race course like few elite athletes. I admire her and her husband **Eddie**, and the team they have created. They live to build a community of individuals with their podcast, youtube channel and the web app she has developed. Check out her published biography, [Choose Strong](#).

[#yellowrunner](#), [#choosestrong](#), [#choosestrongpodcast](#)

Facebook: <https://www.facebook.com/martyvortiz>

Instagram: https://www.instagram.com/ln_rnr/

<https://www.runningtheline.com/>

LiveStrong Foundation Direct Impact

Helping cancer survivors, their loved ones and caregivers navigate the physical, emotional and practical concerns during their cancer journey has been [The LiveStrong Foundation's](#) goal from day one. They believe in putting the survivor first, and they have created tools and resources to help ease the challenges of a cancer diagnosis.

Cancer Support Services:

They offer free one-on-one support to cancer survivors, caregivers and loved ones.

An important and essential service is Fertility preserva-

tion. This service can be \$12,000 for women and \$700 for men. These services are critical for cancer survivors who want to have children after undergoing cancer treatment. The Foundation has provided over \$74.6 million in fertility preservation services.

Community Programs: They develop community programs to address the day-to-day concerns of survivors.

Researchers found that cancer patients that experienced significant increases in physical activity, also felt an increase in quality of life and fitness performance as

well as decreases in cancer-related fatigue.

Survivors participate in customized exercise regimens catered to their individual needs from certified fitness instructors. The instructors are trained in cancer survivorship, post-rehabilitation exercise and supportive cancer care. Survivors and their families receive a membership at the YMCA for the duration of the program.

System Change: They partner with institutions and policymakers to change the way the world fights cancer.

The Livestrong Foundation has

made a \$50 million commitment to create and support the Livestrong Cancer Institutes of the Dell Medical School at The University of Texas at Austin. The Livestrong Cancer Institutes will rethink the full range of cancer care from prevention to diagnosis, treatment and survivorship, all with a focus on the patient's needs, values and preferences.

Thank you to the Current Do-

nors: Kathryn Curtis, William Edelmayer, Noelle Flocke, Suzanne Hershey, Theresa Jerrell, Joan Middleton, Kiley Ortiz, Mat Ortiz, Patrick Ortiz, Veronica Ortiz-Chadha