

## OCTOBER 2016

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This past month, the [POR](#) board has been sweating and spreading the meerkat spirit at a ton of events in different cities.

### *San Francisco Spin*

On September 15, we decided to do something we had never done before — POR had its **first charity ride ever outside of LA**, and it was in San Francisco. We spun to [Kaskade](#) while sweating with tons of new meerkats at [Wheel House](#). Afterwards, in true POR fashion, we had a happy hour and got to talk to new people about our organization. Representing POR in Northern California were Adam Dell and Priya Gupta, and Mark Meerkat Sugi came too. **We raised over \$1,600** and will definitely be planning another event in SF very soon!

### *Spin for Heroes*

Last minute spin this past month with Lululemon Calabasas. We learned how to **SPIN WITH INTEGRITY**. Had an awesome experience hearing about injured vets that had climbed all 7 of the largest peaks in the world. It was very inspiring, a fun and healthy way to spend your Friday night. Having a couple beers and spinning for 3 hours while being fed by Tender Greens barely made it feel like we were working out. Enjoy the pics of the Lululemon Lokos!

### *Malibu Triathlon*

We had a few meerkats racing in the [Malibu Triathlon](#) at Zuma Beach this year. The race brings in over 3,000 athletes, however none of them saute quite as fast as the turbostars from Meerkat Manor. **First time triathlete Farhaad Wadia** survived the swim and then had a great bike and run to complete the race. He was in a hurry to get to the LA Rams game, so he had a purpose. Katie Lavin pulled a double and raced both days. She only races triathlons once a year so she makes sure she gets 2 in one weekend. Of course she crushed, being on the medal stand again this year. Pat Amato was there too, he sauteed and then also went to the Rams game. **Next year we are bringing a team to the race** so we can rep like the people at Disney, the mouseketeers brought about 300 racers on Sunday. Put a Cali Commitment on the calendar for next September!

### *Meerkats at Lulu*

We **delivered a 6 foot tall Meerkat to [Lulu Calabasas](#)** on a Sunday in September, when it was a balmy 108 degrees out. He will live there indefinitely and hopefully talk a lot of locals into attending our race in October. If you're in the area, stop by for a visit. Who doesn't like a 6 foot Meerkat?





**You WILL do better in Toledo!**

While the Meerkat Monday running group had a slow start when it first began years ago in Santa Monica, it is now thriving. Where? Toledo, Ohio! The **brainchild** of [DR Amato](#), Meerkat Monday **invites runners to meet once a week** to run through Toledo's most scenic metropark. So far, we've been specializing in the 5K distance, under the expertise of 5K extraordinaire, Uncle Jimmy Ankoviak.

Joining us so far are Dan McKernan, Mighty Matt Baginski, Ashley McFarland, Chad Middaugh, John Amato, Dane Sanzenbacher, and Doc Amrita Cheema. Come join the team for a run and then Dale's for a beer and the best bar food Toledo has to offer. For more information on Meerkat Mondays just email us at [pantsoffracing@gmail.com](mailto:pantsoffracing@gmail.com). **Tweet Tweet, Mondays are super neat!**



**ALMOST 10K/5K RACE INFO!**



This year we will have an [Impact Wall](#) that we have built to honor those that are survivors and those that have passed and made an impact on us. Please think about those that you would like to honor as you race POR's Almost 10k/5k. We want to **give respect** to those that have fought difficult battles and continue to wage the fight against cancer. Whether it is pancreatic or another illness, we support. Let's come out to the race with purpose. Honor those that you know that have fought or are fighting cancer and **add them to the Impact Wall**.

This year it was very important that we have sponsors pick up the majority of the costs for our race so we can put the money back out to the families that we assist. Our goal is to help 50+ families in the coming year, and in order to do that we need more members and more money to help fund what we do. We don't have to pay anyone salaries, rather we make sure it is there for families that have requests. This year many of our **friends have stepped up** and sponsored a kilometer of the race. This is in **honor** of someone they lost or a **survivor** that continues to brave the **fight on cancer**. You will see all our sponsors on the course as we will memorialize the individual they made the donation in honor of. Several companies have also stepped up and helped by donating to POR. We are always looking for others to donate to the cause, so if you have a friend or relative with money burning holes in their pockets send them our way. Meerkat kilometers are \$500 to sponsor and corporate sponsors start at \$1k. All our supporters will be on display this month at the race.

Last, if you haven't already, sign up for the race [here](#). Also, afterparty tickets at the Rose Room in Venice can be purchased [here](#)!



Pili was a very memorable guy. When we had met him he was aspiring to be a sports physiologist. Just after one meeting with him, he was determined to be as **involved with POR** as possible. Even though he lived in Vegas, he asked to help with fundraising and awareness. Pili got a team of friends to do a Tough Mudder in Las Vegas and wore the meerkat proudly as they finished the course. He sent a picture of the team and was super thankful to be part of the community. He also sent POR several families that we've gotten the chance to help over the years.

Recently, Pili was in a motorcycle accident. His life was cut far too short. He was **an inspiration** in the most **normal** way. He showed others how to live and love their friends. He was a nice person, so easy to get along with and really respect. It is very difficult to think he can't reach his goals, but at least he doesn't have regrets for **pushing himself** at all costs. People like this don't come across often, but they help to remind you of the shortness of life and what's important. Did I wake up in a good mood, or can I change and get better at something. This is what I saw in Pili as we got to know each other.

### Spotlight: The Goldman Girls

The Goldmans are one of the first families we helped when POR started. The BEST NEWS is that **they will be at the race** this year in Calabasas. All 3 Goldman Girls will be representing for the first time in 3 years. We met Krista, Dan and their 2 daughters as Dan was fighting pancreatic cancer. Although part of the story is super sad, we are **lucky to be part of their lives.**

Here is the story of the Goldman's, written by Krista Goldman:

*Dan and I met the first week of law school at the University of Michigan. He asked me out, and I said no, ;) and then he asked me out again, and I said no;) and then he asked me out again, and I said fine. Dan was not easily put off. After two weeks, we were totally inseparable. He was the edgy, Jewish, NYC actor, and I was local, Midwestern, farm-raised so we couldn't have been more different, but it was an absolute soul mate connection. We were intellectual matches and both fairly independent and had a lot of*

*mutual respect.*

*We had Jules in 2008, she was a total daddy's girl and quite serious and would ONLY smile at him until she was nine months. Ella joined us in the fall of 2011 and was a little bundle of sunshine.*

*Dan was diagnosed with pancreatic cancer on July 27, 2012. Dan declined fast. We were in the ER almost every week after diagnosis. There was always pain, and it was six months of awful. At no point through the process was any doctor - oncologist, ER physician, gastro, hospitalist - honest and direct with Dan that this was terminal. That was left to me. Having worked with doctors as a lawyer, I knew they were human, but I didn't fully realize how many of them shied away from these end-of-life conversations until we went through this. It was only when we were admitted the last time with an acute emergency situation, that a young resident, gave Dan the facts straight - that he would likely not be leaving the hospital and likely had 24 to 48 hours to live.*

*We were introduced to Pants Off Racing through Sarah Banks who works at Hirschberg and is a wonderful lady. Pat and DR came to dinner initially and met Dan, me, and my brother so we established a connection and actually had fun before things got dire. That was nice because it later felt like we were getting help from **friends and not a "charity."***

*When things got dire, and I was at the hospital with Dan, POR came and set up our Christmas tree, got the girls presents (and wrapped them) and played with them-- this was huge because I was so focused on Dan's health I didn't have time to do those things. **The kids needed some happiness** then, POR really made their Christmas a fun, normal kid Christmas in an otherwise really hard time. They also took the girls fun places and gave them something to look forward to. I'm so grateful the girls were able to have some **moments of levity and real childhood** fun that year.*

*After Dan died, they were still there and still helped. As we adjusted to our new life without Dan, they continued to take the girls out on fun play dates, giving me an afternoon or day to myself to regroup, and when the girls and I decided to move to Austin, they took the girls to the racetrack (that still makes me laugh) so I could pack. They also helped us the first Christmas after Dan died which is an especially poignant memory because that was such a sad Christmas in some ways. The **extra boost of help and happiness** went a long way.*

*The girls **associate POR with fun, giant Slurpees, and loads of presents;** **The organization is like another grandparent that spoils them,** and the kids get presents in the mail just to let us know they are thinking of us. They have come to visit us in Austin, and we are going back for the race.*

*It has been 3 years since Dan died, and we have been in Austin two years now. I have a great job at Google that I love, we have a cute house in Central Austin, and the girls love their school. Jules remembers Dan and carries more sadness than Ella, but they **both love to hear stories about him.** They both take up things like skateboarding and painting*

*because they know he loved those things so in their own way they find ways to be close to him.*

Now you see why we feel so lucky to have this **amazing family** in our POR family. Keep an eye out for a super cute little mermaid (Ella Goldman) at the race!



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