

## NOVEMBER 2016

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Thanks for **being patient** with The Meerkats. The race hangover really hit home then we had Thanksgiving to slow us down even more. Finally we are in front of your faces, so you can see all the random activities we have been up to in the past 30 days or so.

We really have just been organizing our lives since the race. The follow up and clean up that is involved takes a little time. We are done now, so we can concentrate on some cool things, like the Holidays, **Movember mustaches**, and getting rid of the **dad bod** between the holidays!

FYI...**TODAY IS GIVING TUESDAY**, if you aren't giving to [POR](#) just make sure you do something awesome and unexpected for someone else. Surprises are the best, so give it up today.



Just to recap, the 4th Annual Pants Off Racing Almost 10k/5k went off with a bang on October 22, 2016, and we would like to **thank** everyone again who came out. Once again the event took place on the trails of the beautiful Malibu Creek State Park. This was our biggest and best event to date, with **over 300 participants**. **Congratulations** to our top finishers in both the 10k and 5k divisions:

**10k Women:**

1) Brittany Mendelson, 2) Elda Lazaro, 3) Lizzy Bergman

**10k Men:**

1) Dan Falaleyev, 2) Ryan McCune, 3) Dan Peck

**5k Women:**

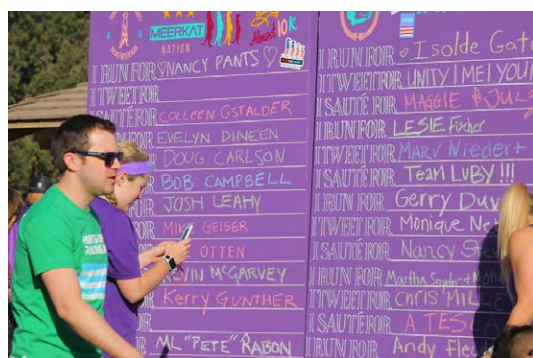
1) Carrie Riestenberg, 2) Una Siljegovic, 3) Sydney Bloch

**5k Men:**

1) Wheeler Morgan, 2) Sam Riddle, 3) Marcus Pinchera

Most importantly, we **raised over \$40,000** and as always, all of the proceeds will be used to support families affected by pancreatic cancer. We would also like to thank all of our generous sponsors, volunteers and participants who made this event possible. We are already looking forward to seeing you all again next year and be on the lookout for the **announcement of the date of the 5th Annual POR 10k/5k** very soon! ICYMI, check out all the pics [here](#).

Also, POR will be having its annual **holiday gift wrapping party on December 10th!** If anyone wants to donate gifts or gift cards to the holiday drive, please email [pantsoffracing@gmail.com](mailto:pantsoffracing@gmail.com), and we'll help you out. Keep your eye out for more deets on Facebook!



The Goldman Girls stopped by LA via Austin, TX. They were one of the first families that POR connected with and also one of the most memorable. POR showed up to a **Jewish** household holding a **Christmas tree**, and well, the rest is history-tree. We bonded on the smells of Christmas trees and how **blonde** our set up was.

This year the Goldman's came to the POR Almost 10k/5k, and they won every event and we spent Monday after with them at **Universal Studios**. We had Harry Potter on our mind and we went into the theme park and had the best time. The girls weren't completely on board

with the ideas of doing rollercoasters, but once we did the first one they were getting express passes from the Potterville managers.

We had some burgers at Krusty Burgers in the Simpson's area of the park, saw the Waterworld show, and then went on some more rides. The girls took their **Harry Potter wands** all around the park and cast spells on everything we saw. It was a great day of having fun post race. We all wish we had more days off and could do this on the fly! Next year we plan on repeating this, so plan accordingly.



POR celebrated the **High Holiday** with the Fischer family. This was the first POR **Yom Kippur** invite, some of us even fasted to prepare mentally and physically for the celebration. Yom Kippur is the **Day of Atonement**, is the holiest day of the year in Judaism. The prayers that were recited prior to eating challah and the rest of the dinner were all designed as a confession to our sins and repentance.

The great part of the evening was being part of something new and learning the traditions of religion and family. Things like this definitely help us to realize how much **family and friends** mean to each of us. Religion is also a very important aspect to many of us, and these traditions help to remind us of where we come from and what is important to us.

Thanks to the Fischers for the invite, hospitality and new friends. **G'mar Hatimah Tovah**



### Sentry Club: The Johnsons

The Johnson family is one of the many that POR keeps in touch with frequently. They live in the Carolinas, and Barbara is the hen of the family, the one you can call the caretaker. Through her stories, texts, and letters she is keeping POR in the loop on family affairs.

The Johnsons found POR through a random search through a social worker at the hospital.

At the time Barbara's brother, Alphonso "Al" Canady, was being treated for pancreatic cancer. When he passed, the family needed some help with some of the funeral expenses, and although POR didn't know anything about them, just speaking with Barbara made us feel like instant family immediately.

One of Barbara's best skills is the gift of gab. She is the best storyteller, often going into a dialogue between her and another person she knows or met and acting out both persons voices in her story! You could say southern charm and the warmest heart in the world are in her blood, too.

Back to Al Canady, he is described as a very humble, driven, and loyal person by his friends and family. Mr. Canady loved his kids very much and would do whatever he could to provide for them. He was one of eight children, all being very close-knit. They had a very strong faith and would regularly send scripture to each other.

Barbara Johnson is the oldest, and she has tried to make sure that Mr. Canady's children are all taken care of in his absence. Al left behind 3 children ranging from 6 to 17 years old. When he was finally diagnosed with pancreatic cancer he was only given 2 months to live. This is often the case with pancreatic cancer, as it is a confusing disease to detect early on

or doctors aren't aware of the symptoms that come along with it.

So POR helped with making the funeral less of a financial burden for the family, it is what Nancy Pants would have wanted and done. Not to forget about the holidays and the children, we made sure that the kids had something to smile about in such a difficult time. POR sent a bunch of gifts to the kids. Barbara still remembers that for a week straight there were ne packages at the doorstep each day. Amazon is a beautiful thing! Pat Amato still remembers getting calls each day about a mountain bike that one of the meerkats was so generous to send them. Barbara was so worried it would get stolen from the doorstep that she had a neighborhood watch for this package. In the end the package made it, and one of Al's kids was riding a bike around Raleigh that Christmas! Katie Amato also made sure that the family had desert for the Christmas, sending a Nancy Cake to eat after their family dinner.

Barbara was quoted by the POR Tribune as saying, "Pants Off Racing has been a god-send. Pants Off Racers are my guardian angels. They really care about people and put their hearts into everything that they do." She couldn't believe that Pat called her the next year to ask what the kids needed for Christmas, and she looks forward to meeting POR's members in the future.

Barbara is still asking when she can take a tour of POR and learn about how she can help. We haven't had the heart to tell her POR is just a loft at Meerkat Manor and the rest is just the people that help us generate spirit and an occasional gift or reminder that someone is thinking of our recipients. Either way if she is in LA you may want to come by and hear the master story teller in person!



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