

SEPTEMBER 2016

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Last month, the [POR](#) board got together for an amazing day!

As with all things POR, we started our day with a workout! We highly recommend the spin class at [Vie2 Cycling](#) in Santa Monica. Even Uncle Kelly and Aunt Pants got up on bikes, and they completed the whole class without falling off once!

From there we moved on to meet with [Jacki Carr](#) for a goal setting meeting. Our purpose was to make a plan for the future of Pants Off Racing. Jacki is a rock star! She gets how “unique” we are as a group and worked with us to define our values, work on our vision, mission and goals, and team strengths. We learned how to communicate as a team and defined our roles within POR.

POR worked on finding words that described our core values. Jacki challenged us all to come up with a lot of descriptions that made POR what it was but it was easy at the end of the challenge to say these words described us best: **FUN, IMPACT, COMPASSION, FAMILY, and CONNECTION**

All of this core value talk easily translated into what POR means to those involved. Let’s just call it our Core Value Statement...

POR is a community that provides financial, medical, emotional, and social support to families touched by cancer. Our goal is to connect with these families and make a lasting impact through works of compassion and fun.

This is what we expect as we continue to grow our footprint and connect with others. POR is rooted in these core values and will continue to be true to these as we look to expand our relationships. With these core values and the value statement set we can share this with others and understand what our outreach means to everyone involved.



POR loves its annual bingo night. We raise money and have fun doing it. [Hamburger Mary's](#) in West Hollywood was full by the time the games began. As always we are thankful for all the support from our friends that donated some amazing prizes. This year we had gift baskets that included tickets to Disneyland, GoPro, MeUndies, Dancing with the Stars tickets, and gifts from 20th Century Fox! The night raised over \$3,000 for our Sentry Club outreach program. A huge thank you to everyone who was able to come out and play some very, very untraditional BINGO!





ALMOST 10K/5K RACE UPDATES!



Race registration is up a total 600% from last year! That being said, we are still aiming to bring double the racers we had in prior years. We are definitely promoting teams to start and encourage newbies to the race. Our energy and fun will win them over once we get them to commit to driving out to Calabasas. We have a lot of great things planned, and the cause speaks for itself.

As always, **costumes are encouraged** and so is signing up early. Currently we have 100+ signed up and that will shoot up in the 2 weeks prior to the race. Push people to [SIGN UP](#) early so we can guarantee a shirt for them. *Only a month until the race and afterparty!*

We also have some **great sponsors**, specifically vendors and individuals that have really helped put us in a position to pay for the race without any proceeds from registration being used. We are doing something new where individuals can sponsor a kilometer of the course to celebrate a cancer survivor, or honor someone that we have lost to cancer. It doesn't need to be pancreatic cancer — sponsor a meer-K for anyone that has been through cancer. We call the sponsorship of a kilometer a "meer-K". If you have any questions about how to do this, let us know. Every little donation helps.

[Don't forget to RSVP on the 'book.](#)



Leslie Fisher, she was such a great person. Last month, we provided an update on her, as she was still battling pancreatic cancer. However, she passed away on August 11, 2016. It seems impossible to only have known her for the past 3 years and really get to spend time with her and her family for the past 12 months. She had such a great ability to look at the world positively and to share her emotions from the first time you met her. Pancreatic cancer may have taken her from us but she fought it hard, and when you meet her friends they have the best stories about her.

A few weeks before she had passed a few members of the POR family went to visit her at the hospital. The visit started with a walk through the oncology ward exercising her legs a little. As always she had a lot to talk about and have some fun despite the circumstances. Back at the room her friends had assembled and we got to hear some great stories about a younger Leslie who had moved across the country just after meeting her future husband. She was now going to be in Washington DC and he was staying in LA.

The stories got pretty funny and it really was fun hearing about Leslie before she was sick. We were fortunate to have gone to her place and have dinner with the family. Leslie also came to our POR goal setting activity with Lululemon Calabasas. It was a testament to her attitude that kept her going for 3 years.

Not a lot of people come into your life that you just meet and make such a quick impact on others the way Leslie could. Her love and just being genuine in everything she did was magnetic. We are fortunate to have her family as friends. Cancer is terrible, and a lot of support is beneficial to the families that have to deal with it. As Leslie coined when emailing her meerkats Òhugs and tweetsÓ.

Sentry Club: Colleen Gstalder

Colleen Gstalder is the latest meerkitten we want to introduce you to. She has been part of the POR community since 2013 when we were introduced to her through some connections from Toledo, OH. The surprising things about Colleen is she has had her entire pancreas, gallbladder and spleen removed (March 2014 at Johns Hopkins Hospital). She also is only 24 years old!

While in college at the University of Cincinnati, Colleen had a series of pancreatitis attacks. After many visits to John Hopkins hospital to get checked out it was determined to take her pancreas out. In order to avoid diabetes, they also extracted out a million islet cells from her pancreas and injected them into her liver so it functions as both her pancreas and her liver.

In 2014 Colleen was ready to come out to the Almost 10k in Los Angeles. This was the first time we had met in person and she brought a lot of energy to the group. She had only been 3 months removed from her surgery to take out her pancreas. In true POR fashion she was part of the set up and tear down crew for the race. She came to the after party and pretty sure she slept about 24 hours once she got home!

Colleen plans to come out to the race this year, as well. Last year she had a slight relapse and was too sick to come out. This year doesn't come without complications. Colleen is scheduled to have her colon removed at the Cleveland Clinic 3 weeks before the race this year. We are hoping to have her in shape to travel and join us for a great weekend of big energy for all our survivors and the ones we still honor.

This year Colleen and her friends and family are a sponsor of one of the race kilometers.

Rightly named Colleen's K we will honor her fight and bring a survivor! We are super grateful to meet someone like Colleen and hope that her courage is something that others find strength in.

To think that Colleen has had to go through all of this before graduating college, has had some major complications that we have left out, and still lives each day to the fullest is an inspiration and reminder that life is short and we may just have it better than we think. Think of Colleen while we race, her fight is nothing compared to what she has gone through in 4 short years.



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