



**** PRESS RELEASE ****

Owners of Body Tech Fitness in Lambertville, NJ Raise +\$6000.00 at the San Diego Rock & Roll Marathon for the Leukemia & Lymphoma Society with “Team in Training”

Gene & Kendra Lelie, owners of Body Tech Fitness in Lambertville, NJ, joined “Team in Training” to run for the Leukemia & Lymphoma Society. They committed to raise \$5800.00 to be a member with “Team in Training”. They raised \$6,698.00, to help fight this disease. “The magnitude of this marathon was tremendous”, says Kendra. There were 35,000 runners in total, and 4,000 were “Team in Training” runners. “Team in Training” raised over 2 million dollars while the marathon raised over 12 million dollars. All proceeds go to the Leukemia & Lymphoma Society for research and treatment.

The event began with an inspirational dinner for all participants and families. Survivors told their stories. It was a moment to sit back and hear how treatments and cures affected their lives. In the past, there were no cures, now survivors are coming to speak. This was a moving event for them as a family. Kendra and Gene’s daughter now wants to train with her parents to help fight such a cause.

The day began at 3:45am in the darkened park, filled with 35,000 runners. Kendra signed up for her first full marathon and Gene signed up for his half marathon, while training for the Marine Corp. marathon this Fall. There were bands at every other mile playing and motivating the runners. Kendra ran with a pace group from “Team in Training”. This worked for her up until mile 22. From there, the music, the people, and the pace group were far from her mind. Her mind was set on having something to drink and finishing the run. As she began to start back up to pace, she could feel her hips in agony, grinding bone to bone. It was something of a surprise although all around her she could see injury and hyperventilation from other runners. The next three miles were the toughest. By the last mile, her wind was back, and she completed her first marathon. “It was worth it, but I am still recovering, two weeks later. I’m taking short runs and stretching each day. I intend to do the Philly half marathon in the Fall. After that, I can not say... but I will train with my daughter and Team in Training next year if she wants to pursue this goal”, says Kendra Lelie. “This experience has taught me that I can do anything if I put my mind to it. The marathon was a definite character builder. I believe anyone can get through the tough stuff as it is power of the mind that helps to provide the last push. I’ve wanted to do this with Team in Training for a few years yet never had the courage. Now I know I can do it. The best part about this marathon was all shapes, sizes, and fitness levels participated. It was all for an amazing cause that inspired us all.”

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