



# I Can Tri for I Can Serve



DEAR FRIENDS AND FAMILY,

THIS WILL CONFIRM WHAT YOU PROBABLY ALREADY KNEW. I AM CRAZY. LAST YEAR'S IRONMAN LEFT ME WANTING MORE. SO I'M DOING IT ALL OVER AGAIN IN CHINA COME MAY 29. THOSE GRUELING THIRTEEN HOURS STRIPPED ME DOWN TO MY CORE. I LEARNED ABOUT PAIN, PATIENCE, SACRIFICE, HOPE AND THE POWER OF THE HUMAN SPIRIT. BEST OF ALL, I LEARNED THAT NOTHING IS IMPOSSIBLE. THIS TIME AROUND, I AM PSYCHED TO SWIM 4 KILOMETERS, BIKE 180 KILOMETERS AND RUN 42.2 KILOMETERS NOT JUST FOR MYSELF BUT FOR SOMETHING MUCH, MUCH BIGGER.

TWELVE YEARS AGO, MY SISTER WAS DIAGNOSED WITH AN ADVANCED STAGE OF BREAST CANCER. SHE HELPED START A BREAST CANCER FOUNDATION AND MADE ONE VOW: THAT WOMEN DIAGNOSED SHOULD NOT GO THROUGH IT ALONE, IN THE DARK OR IN SHAME. TODAY, THE ICANSERVE FOUNDATION PROVIDES HOPE AND HELP FOR WOMEN WITH BREAST CANCER. IT PROMOTES EARLY BREAST CANCER DETECTION THROUGH HIGH IMPACT INFORMATION CAMPAIGNS AND EARLY DETECTION PROGRAMS. IN THE TIME IT WILL TAKE ME TO COMPLETE THE IRONMAN, 240 WOMEN WILL BE DIAGNOSED WITH BREAST CANCER AND 60 OF THEM WILL DIE BECAUSE OF IT.

I'D LIKE TO TRI AND MAKE A CHANGE IN ANY LITTLE WAY I CAN. AND I WOULD LOVE FOR YOU TO HELP ME. HERE ARE SOME WAYS YOU CAN:

1. DONATE A FLAT AMOUNT THAT FEELS COMFORTABLE FOR YOU AND YOUR WALLET.
  2. PLEDGE ANY PESO AMOUNT FOR EVERY KILOMETER I COMPLETE.
- (THE IRONMAN IS A 226- KILOMETER EVENT)

IF THERE ARE CANCER SURVIVORS YOU WOULD LIKE TO HONOR, LET ME KNOW. I WILL GLADLY SCRIBBLE THEIR NAMES ON MY JERSEY TO REMIND ME WHY I AM OUT THERE THAT DAY.

THROUGH YOUR GENEROUS PLEDGES AND DONATIONS, EVERY STROKE, STEP AND STRIDE I TAKE WILL HELP CHEMOTHERAPY PATIENTS ON TREATMENT AND HELP SUBSIDIZE COMMUNITY-BASED CANCER SCREENING PROGRAMS. LIKE I SAID, NO ONE SHOULD BE HELPLESS OR CLUELESS WHEN IT COMES TO CANCER. SO THERE. MAYBE I'M NOT SO CRAZY AFTER ALL.

THANK YOU,  
*Jay Olives*