



Title: **Remembering why they run**  
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# Remembering why they run

Death of race  
director's father  
drives home what  
event is all about.

By **STEVEN TENDO**

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The Leave a Legacy run on Saturday attracted record numbers as residents turned out to support the cause to increase cancer awareness.

More than 400 runners registered for the run, which started and ended at the Lee Richardson Zoo. Long before the start of the race, hundreds of participants were seen warming up despite the chilly weather.

The early morning death of Frederick R. Deal, 68, who had been fighting the disease, was visibly a shock for many who had turned out for the event, but they persevered and completed their races.

Deal died Saturday at St. Catherine Hospital. His picture was

one of many on the signs that lined the avenue to the zoo, each mentioning a name of a sufferer or survivor of cancer:

"Fred Deal was the father of our race director, foundation member and friend, Jim Deal," Paige Kraus, an organizer of the event, said. "Fred was also a beloved friend to the members of the foundation and one of The Leave a Legacy Foundations biggest fans and greatest supporter."

Kraus also said Deal's passing reminded the organization of how great joy, referring to having the largest race ever for the Leave A Legacy foundation, and a great sorrow are often woven together in life.

"Fred's passing broke our

hearts and reminded us that everyone at the run had a broken heart due to this horrible disease. It really reinforces what we do," she said.

There were 200 signs with the words, 'I Run For,' lining the race course. This year, 65 of these signs were new signs, one for each of the women diagnosed with breast cancer and utilizing the services of the Breast Center in Garden City this year.

Main Street was lined with banners with a pink winking heart logo and the Early Detection Works website on them. This website helps women by providing resources for mammograms.

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# Legacy: Participants remember why they run in annual event

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The Garden City Family YMCA had a table at the finish line providing information regarding its Live Strong program that helps cancer survivors get on their feet with exercise and wellness programs.

"This year, we had over 400 race registrations compared to 315 in 2013," Kraus said. "We are not sure yet how much money was raised, but we are optimistic that we reached our goal thanks to the overwhelming support of this wonderful community."

The organization's first goal in 2007, when it was created, was to raise \$20,000 to purchase a digital mammography machine for St. Catherine Hospital and a free cancer screening, according to its website.

According to Kraus, over the past seven years the Leave A Legacy Foundation has contributed more than \$100,000 to making cancer fighting resources available in southwest Kansas.

The money has been used to acquire two digital mammography machines at St. Catherine Hospital and

The Women's Clinic, contribute to the hospital's Midwest Cancer Alliance Membership and also for free cancer screening events.

Money from the foundation also has been used in the lymphodema program acquisition of radiation

oncology shields and equipment and for the Fill the Fridge program.

Tony Piccone was at the run for his wife, Valeric, who suffers from breast cancer.

"She's beating it," he said, as he got ready to run. He also said his wife was a brave soul.

The race was divided into the Legacy 10k and the Spirit 5k, and participants contributed \$35.

"The money from the race this year will go towards the \$30,000 membership fee for St. Catherine Hospital to be part of the Midwest Cancer Alliance," Kraus said. "This membership gives cancer patients in southwest Kansas the opportunity to consult with the oncology teams at The University of Kansas Cancer Center and to participate in Phase II and III clinical trials, while staying close to home for treatment."