



Dear Friends,

Though I knew this day would come, I am having trouble finding the right words...I guess I just have to say it: Marc lost his battle with cancer on Monday, September 27, 2004, at 5:30 am.

Lauren Fremed

Marc will be missed by us and all of his friends. Our thoughts and prayers go out to his wife Lauren and their family and friends.

May we all continue the work that Marc so wonderfully started. I know I will miss him.

Julie Talbert

PS Please join us at the Calabasas Classic (www.CalabasasClassic.com)

Our start/finish line has been appropriately named "THE MARC FREMED START/FINISH LINE."

Remember, Marc's name is on the line.

Please take a moment to read this letter that was received on December 5, 2003. Marc was the honored teammate for the first event Lloyd did with Team in Training, the Kings Trail Triathlon, June 2003. If you need a reason to be involved, may this be it.

Dear Teams,

It is with a heavy heart that I pass the following letter onto you. Many of you may remember Marc as the honored teammate for the Eastside Triathlon team, but he is also very active in other areas for The Society. He spoke at several kick-offs as well as the LA Triathlon Pasta party. Marc stands as an example of why we must continue our battle against blood cancers. Please keep Marc and his family in your prayers.

Dear Friends at the Leukemia & Lymphoma Society:

It is with much sadness that I report to you my present condition. I am doing ok, but as many of you know I have been having difficulty swallowing and am now utilizing a feeding tube. Other than being tired a lot, I feel pretty well and continue to try to smile and laugh each day. As has always been my philosophy, I try to make a difference in the world the best to my ability. Unfortunately for me, time is not on my side.

I just learned that the cancer is still in my tongue/or has come back rather quickly. Either way, it doesn't matter. There is nothing else at this point that can be done to save my life. The doctors have given me 12 months if I am lucky. Here's to being lucky. I hope that everyone is wrong, but in my heart I know that I don't have much time left.

Which brings me to the reason I'm writing. I want to thank each of you for being so kind to me, for welcoming me to the Society, for working so hard on behalf of the cause and for people like me, and for dedicating your careers to making a difference. You are staff, but you are leaders in the movement to eradicate this disease. Don't ever forget that.

Second, I want to pledge to you, that regardless of how much time I have left, I will continue to be involved with LLS. I will help out however I am asked and whatever way that I can. I will not see the ultimate goal of eradication, but I take comfort in knowing that I have helped toward it's progression.

Being the advocate, I would ask that you share my story and tell as many people as possible. I never meant to be a poster boy for the cause, but if it helps to educate people, so be it. There is no question that is dumb or unwarranted. I want to be a resource and a teacher, and I hope that through my own ordeal others will become sensitive to the issues and sign up to help with the cause.

SO.....as I wipe a tear from my eye, I say to each of you, I may be down, but I'm not out yet, and even when I go, I hope lessons from my battle are used to push on toward victory.

With much respect and admiration,

Marc Fremed