



# Lion's Roar

The Newsletter of the Companions in Courage Foundation

Winter 2007

## Ironman Group Will Help Build Two Lions Den Rooms in 2007

Pat LaFontaine recently completed his fourth Ford Ironman Triathlon event in Panama City, FL. But perhaps more importantly, he met with Graham Fraser, CEO of North America Sports (formerly Ironman North America) and determined that the group would commit to helping the CiC Foundation build two Lions Den Rooms in 2007.

Fraser said, "It's going to be a year to celebrate the great accomplishments of our organization and a chance to determine the future impact we can have in the communities that host our Ironman events." The Lion's Den Rooms will be built in conjunction with the Ironman events held in 2007 in Penticton, BC (the 25<sup>th</sup> anniversary of that event) and in Lake Placid, NY.

Fraser's organization has already donated more than \$700,000 to charities in the eight cities that host Ironman events.

The Janus Charity Corporate Challenge held in conjunction with NA Sport's events has helped Ironman participants raise another \$7.5 million for their charities.



Pat LaFontaine & Graham Fraser

The conditions in Panama City were less than ideal for the competitors as air temperatures dipped into the mid-40's and the first half of the bike ride was in to 20 mph winds. But LaFontaine managed to finish in just under 12 hours.

He said, "I really needed the inspiration of the kids in the hospitals to help pull me through the event this year. Based on what they go through, this was an easy day."



LaFontaine (right) and his "Companions in Courage," (l. to r.) Doug Partrick, Bill and Doreen Isenberg and John Ward, raised almost \$65,000 at the Florida Ironman event.



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The Second Annual Main Street Mile to benefit Companions in Courage Foundation was held in a deluge on Labor Day weekend in Farmingdale, NY. To the credit of race organizers, Bob Cook and the Runner's Edge staff and Race Director, Mark Leff, more than 300 people participated in the one mile race.

There were winners recognized in a number of age group categories with the top competitors finishing in just over 4 minutes. The street lights may have been swaying in the gale force winds, but it was a spirited group who gathered indoors for the awards ceremony. Through the generosity of sponsors that included North Fork Bank, Cisco Systems, Stop & Shop and the Carmen Family Foundation, the event raised \$8,000 for the CiC Foundation.

Pat LaFontaine said, "I can't thank Bob Cook, Mark Leff and (volunteer coordinator) Mindy Davidson enough. Their effort under the most difficult conditions will be appreciated for a long time."

## NYC's First Lion's Den Room to Open Soon

New York City's first Lion's Den Room is slated to open later this winter at The Morgan Stanley Children's Hospital at Columbia Presbyterian Medical Center in New York City.

A major portion of the funding for the room has been committed by Mr. & Mrs. Jerome Wood, an executive at financial services firm, Morgan Stanley in New York. Additional funding will be secured by efforts of the CiC Foundation and the New York office of Cisco Systems.

Cisco Systems has a team of engineers designing a unique communications system that will bring the outside world in to the patients.



*"No child in the fight for life or health should ever have to go through it alone."*



*Winter 2007*



## ***'French Connection' Leads CiC Golf Classic***

One of the most storied lines in the history of hockey led a stellar group of celebrities at the 4<sup>th</sup> Annual CiC Golf Classic in October. Gilbert Perreault, Rene Robert and Richard Martin (The French Connection) led a strong Buffalo Sabres contingent to Deepdale Golf Club on Long Island to help Pat LaFontaine and his Companions in Courage.

Through the generosity of all the sponsors including major sponsors UBS, Dunkin' Donuts, Merrill Lynch, Chapdelaine Equities and Edward Hall Insurance, the foundation raised more than \$150,000.

Former Sabres and Ranger Grant Ledyard fired a 71 to win the low gross, while former Flyer Brian Propp posted the long drive of the day. Karen Durkin of the NHL registered both the longest drive and low gross score for the ladies.

Butch Goring, Marcel Dionne, Peter Mahovlich and Richard Martin were among the celebrities who broke 80 in the modified scramble format.

Glenn Anderson, Gerry Cheevers, Jim Craig, Ron Duguay, Gerry Hart, Benoit Hogue, Rick Middleton, Ken Schroy, Bob Sweeney, Gilles Villemure and Randy Wood were some of the other celebrities in attendance.

During the awards ceremony, LaFontaine asked Bernadette O'Brien of Morgan Stanley Children's Hospital to say a few words about what the new Lion's Den Room would mean to the children in the hospital. She said that the new room would be most welcomed by all of the children who would be able to connect to their family and friends.

After her poignant remarks, the pair presented Jerry Wood with the 2006 Companions in Courage Award. Wood and his wife were instrumental in providing the funds to get the latest Lion's Den built.



**Jerry Wood (right) of Morgan Stanley accepts the 2006 Companions in Courage Award from Bernadette O'Brien of Morgan Stanley Children's Hospital and Pat LaFontaine**



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## *Companions in Courage:*

# Special Meaning for Michigan Pharmacist

*You never know who you are going to meet...*

When Dave Zaran, a pharmacist from just outside of Detroit finished the 2005 Ford Ironman Triathlon event at Lake Placid last year, he was rummaging around the food tent looking to refortify when he happened upon a familiar face. "As a hockey fan, I always followed Pat LaFontaine's career because we both have Michigan roots," Zaran said.

LaFontaine happened to be rummaging through the same food trays and it didn't take long for the two to begin talking about the CiC Foundation. Zaran said, "the conversation stopped me in my tracks and made me realize just how lucky I've been (my family included). I've always viewed an Ironman race as a celebration of life as compared to a race. This was a wonderful opportunity for me to give back through a sport I am blessed to do."

Zaran decided to dedicate his Ironman Wisconsin race this past September to the CiC Foundation. He began to contact family and friends and solicit their support. He contacted some of the drug companies whom he works with in Michigan and had his three children "pass the hat" in their schools. He joined the Janus Charity Corporate Challenge and utilized their services to spread the word and even sent out press releases to the local papers.

He was well on his fundraising and Ironman training way when something extraordinary happened. One of his closest friend's has an 8-year-old daughter who was diagnosed with Wilm's tumor – a fast-acting cancer that grows from the kidney.

She began immediate treatment at Children's Hospital of Michigan. Zaran said, "she is looking at 24 weeks of chemo, surgery and then follow-up radiation."

"Needless to say, my affiliation with CiC has taken on a much more personal relationship."

Zaran said, "I have visited her a couple of times and I have seen the courage, much like the people whose stories are featured in Pat's book... I couldn't help but think about what a "Lion's Den" means to these children."

On the day of the Ironman Wisconsin event, the weather was rainy and cold. "Team Zaran" braved the elements to root their man on to a finish in just over 13 hours and 30 minutes.

He said, "I never thought that I could get more out of finishing an Ironman race until I did it for a cause. I was proud of the fact that I was one of only about 60 people (out of 2600) who raised money for a charity. My thanks go out to Pat for allowing me to be a part of the Companions in Courage team and for helping me open my heart."



**Dave Zaran in Wisconsin**