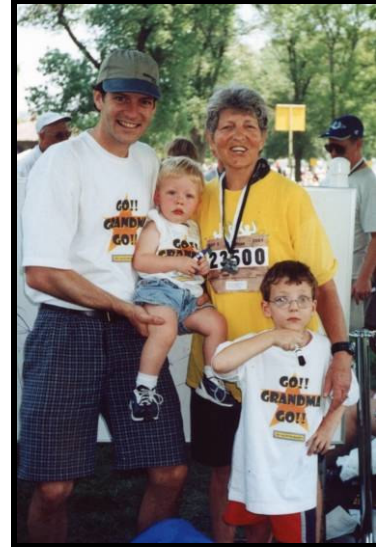


David at 2006 Boston Marathon



Pat at 2001 Indianapolis Half Marathon



Ride to Pikes Peak Promotes PKD

(Story by Kara Cowie, PKD Foundation - www.pkdcure.org)

It was in the midst of a 26-mile run to the top of Pikes Peak that David Pokorny decided to raise awareness of PKD and his family's fight against the disease with a 1,000-mile bike ride across Missouri, Kansas and Colorado.

David's mother, Pat Pokorny of Indianapolis, was diagnosed with PKD as a young newlywed. When Pat was 12, her own mother died from complications of the disease. Years later, so would six of her siblings.

Now, eight years after a life-saving kidney transplant, Pat has outlived every other member of her family with PKD, walked three half-marathons and continues to serve as an inspiration to her three children and two grandchildren, including David and his 6-year-old son, Clayton.

"I've been really blessed to have my Mom the eight years after her transplant. During that time, my son was born and my sister was married. I knew if I didn't do (this ride) with my Mom, I'd have a lot of regrets."

With that in mind, David set to work organizing the first-ever Ride to Pikes Peak, a three-state ride that will begin August 3 from his home of St. Louis and head west through Missouri and Kansas, finally ending at the base of Pikes Peak in Colorado Springs on August 20.

David and his mom will complete the Ride to Pikes Peak challenge as a team, with David running and biking and Pat manning logistics and support from a trailer she recently purchased for the trip. David's son may also accompany them through Missouri. Other cyclists are welcome, as well.

David's idea for the extreme biking and running event didn't come as much of a surprise to his mom, a former physical-education teacher and avid gardener.

"David has always been pushing himself physically," Pat said with a laugh. "I've often said the human body isn't meant to do all the things he pushes it to do."

"I also think this (ride) shows he's a very caring person. He realizes what *he* knows someone else doesn't know and it's important to get information out."

At the end of the trip, David will join fellow runners for the 51st Annual Pikes Peak Marathon, the same run that sparked his idea for the Ride to Pikes Peak. He hopes to place a PKD flag at the top of the infamous mountain.

The long-distance trip also coincides with the 200th anniversary of the Zebulon M. Pike Military Expedition to the American Southwest, which explains David's somewhat winding route through Missouri and Kansas.

As the Marketing Director for Fox Sports Net Midwest, David has been fortunate enough to set up opportunities at major league baseball games in St. Louis, Kansas City and Denver to promote PKD with on-field events before the games and plans to work with PKD Foundation Chapters to secure media coverage and volunteer support for the events.

Although David did not inherit PKD from his mom, he hopes his efforts will help find a treatment and cure for the disease that has already taken the lives of seven family members and holds the potential to affect many more.

"If you would tell someone that your family had PKD, too many people would say, 'I don't know what you're talking about,'" David said.

Through the Ride to Pikes Peak, he hopes to change that.

"For this many Americans to have it and for it to have such a big effect on their lives, people should be aware of it," he said. "It's only by the grace of God that others aren't dealing with PKD in their family as we have in ours."

Pat agreed.

"It's important to get information out," she said. "There are others that may not realize they have it."

"I also think it's important for us to get research going so, in the future, children won't, perhaps, ever have to face dialysis."

Join the PKD Foundation and David and Pat Pokorny team and promote PKD:

- August 2: St. Louis Cardinals vs. Philadelphia Phillies
- August 6: Kansas City Royals vs. Minnesota Twins
- August 17: Colorado Rockies vs. Arizona Diamondbacks

Want to learn more? Visit www.ridetopikespeak.com.

The screenshot shows a Microsoft Internet Explorer browser window displaying a Blogger blog. The page title is "Ride to Pikes Peak" and the URL is "www.ridetopikespeak.com". The blog content includes:

- A header with the title "Ride to Pikes Peak" and three introductory lines: "*-->A biking and running endeavor commemorating the bicentennial of the Pike Expedition.*", "*-->An opportunity for a recently retired mother and her son to do something cool.*", and "*-->We also hope to increase awareness of Polycystic Kidney Disease (PKD), the need for medical research and the need for organ donors.*"
- An "About Me" section with a profile picture and the text: "NAME: RIDE TO PIKES PEAK (AUGUST 3 - 20) In 1806, Zebulon Pike and his expedition traveled west and sighted Pikes Peak. Ride to Pikes Peak (RTPP) follows the route ending at the 51st Pikes Peak Marathon. David will be biking and running while Pat coordinates logistics and support. There will be events during the ride in Missouri, Kansas and Colorado plus we'll stay in some of Pike's campsites."
- A paragraph: "PKD caused the failure of Pat's kidneys. A transplant saved her life eight years ago. Pat's brothers, sisters and her mother were also afflicted with PKD, seven in all. **Please take a moment to watch Pat describe how PKD has affected her life in six short video segments.**"
- A map showing the route from STL to Pikes Peak.
- A "Links" section with a list of links: "News and Media Coverage", "Pat Pokorny's PKD Story", "PKD Foundation", "Pike's Peak Marathon", "Official Zebulon Pike Bicentennial", and "Route Map STL to Pike's Peak".
- A date stamp: "THURSDAY, FEBRUARY 09, 2006".
- A post title: "Can you imagine why anyone would do this?"
- Post content: "We've got two goals. (1) Have fun. (2) Raise PKD awareness."
- Post text: "More than any other, PKD is a disease that affects families. It's an attack on your opportunity to build a family and live with them."