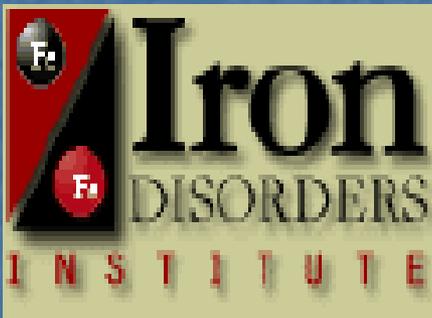


The 2005 Marathon Des Sables

*Support Aran Gordon
In Running 150 Miles For The
Iron Disorders Institute*



www.irondisorders.org



www.darbaroud.com

A Story, A Goal, A Plan

Background

- 43 years old
- Married
- British parents
- Athletic
- Former swimmer
 - Marathoner

Healthier Times...



Life Is Full Of Surprises...and Change...

- **1998:**
 - Notice increase in fatigue
 - Physical (internal) pain
 - Difficult to run
- **1999:**
 - *"All I need is a swift kick..."*
 - Various blood tests are conducted
 - I run my last marathon
- **2000:**
 - *"Your liver enzymes are high"*
 - Symptoms become more serious
 - Still undiagnosed
- **2001:**
 - Diagnosis: "Hemochromatosis"
 - Iron levels: Over 5x normal
 - At these levels, iron is a toxin!
 - And, can kill major organs

And, Change It Did...

Enlarged liver

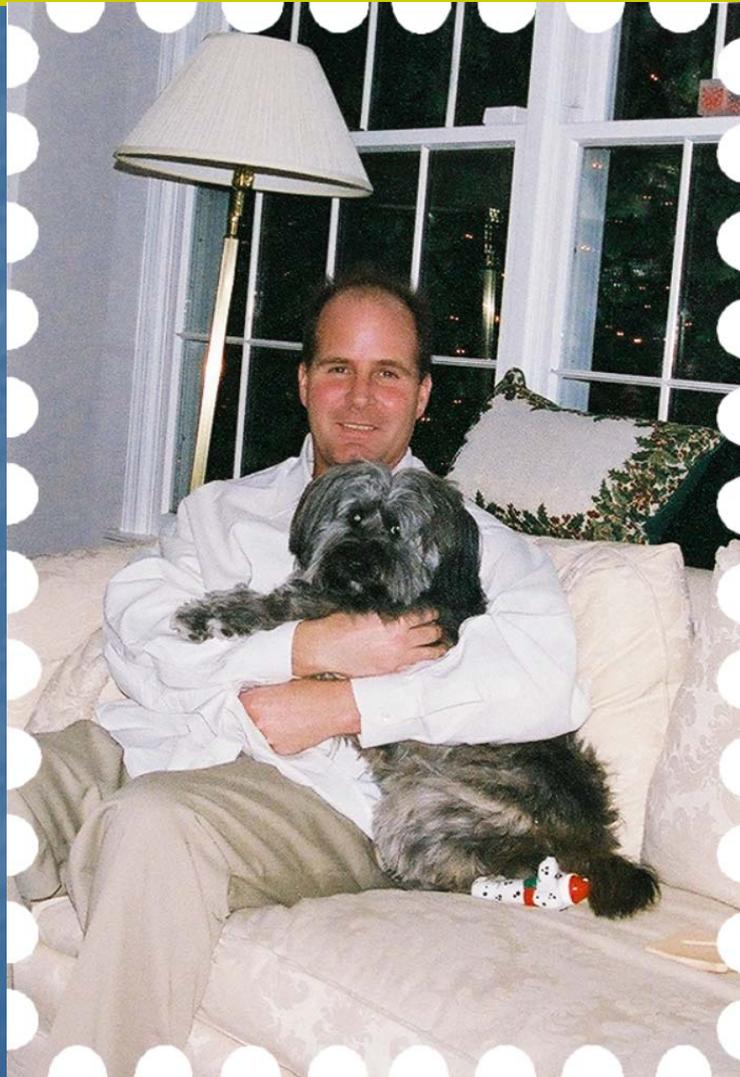
Chest pain

“Iron Rust”

Arrhythmia

Bronze Skin Color

Chronic fatigue



Shortness of breath

Weight gain

Depression

Hypothyroidism

Arthritis

Abdominal Pain

“Iron fist”

Hemochromatosis a.k.a. “The Silent Killer”

What is Hereditary Hemochromatosis?

- Hemochromatosis (HHC) is a genetic disorder of metabolism. Individuals with hemochromatosis absorb too much iron. Iron cannot be excreted therefore the excess builds to toxic levels in tissues of major organs such as the liver, heart, pituitary, thyroid, pancreas, lungs, and synovium (joints). These overburdened organs cease to function properly and eventually become diseased. Therefore, undiagnosed and untreated HHC can develop into diseases such as diabetes, heart trouble, arthritis, liver disease, neurological problems, depression, impotence, infertility, and cancer.

Hereditary Hemochromatosis

"Early detection of iron overload disease represents a major chronic disease prevention opportunity. Detection and treatment of iron overload, early in the course of the illness, can substantially reduce the severity of symptoms, organ damage, and death from associated chronic diseases."

David Satcher, MD, PhD

Assistant Secretary for Health and U.S. Surgeon General

Treatment Begins...

- Weekly blood therapy for over one year
 - Understanding proper treatment is important.
 - My treatment produced severe anemia.
 - Developed pneumonia...3 times in 2002/2003.
- Discovered Iron Disorders Institute
 - Organized, professional and committed to excellence.
 - High standards of understanding and guidance.
- Introduced to National Institutes of Health
 - Currently participate in research program.
 - Regular treatment for the rest of my life.
 - But, that's better than the alternatives!

By The End Of 2003...

- I started to feel good again
 - "I woke up."
 - I try running again.
 - One thing leads to another.

- I re-visit a goal I once had and develop a plan...
 - Run in the 2005 Marathon des Sables.
 - Increase awareness about iron out of balance.
 - Raise funds for the Iron Disorders Institute

“The Most Grueling Footrace On Earth...”

20th MARATHON DES SABLES



“Only those who risk going too far, will know how far they can go”

T. S. Elliot

Somewhere In The Sahara Desert Is...



100 1 4

“The Most Grueling Footrace On Earth...”



The Marathon Des Sables

Six Stages Covering 150 Miles

Stage I: ~18 miles

Stage II: ~21 miles

Stage III: ~23 miles (dune day)

Stage IV: ~50 miles

Stage V: ~ 26 miles

Stage VI: ~12 miles



Runners carry all of their provisions: (20-25 lb.) backpack

Stage 4...Dune Day



Sand dunes reaching 1000 feet and temperatures reaching 120 degrees

“Oh, But It’s A Dry Heat!”



9 liters of water per day for cooking, drinking and bathing...

“And, Every Room Has A View...”



A two sided “open” tent shared with eight others is home for a week

The Dreaded "Tent Nazi's!"



Every morning the tents are taken down at 5:30!

But, In the End...



Why embark on this adventure?

For Me, I Want To...

- Accomplish a (previous) goal
 - Training under Lisa Smith-Batchen, world re-known ultra-athlete
 - www.dreamchaserevents.com -- check out Lisa's website
 - Former winner of the Marathon des Sables



With seven championships at the world's most prestigious triathlon, Hawaii's Ironman, a second-place at the Himalayan Stage Race and the honor of being the first American to win the Sahara Desert's Marathon des Sables in '99 you could say Lisa understands physical boundaries, knowing just when to ease off and when to push on through. Using racing and her competitive profile to raise money for charity, the Idaho native cut her teeth on Badwater's grueling 135-mile course and never looked back. An adventure racer, cross-country skier and mountain biker who enjoys reading and cooking during more sedate moments. Smith-Batchen finished first in the 2003 Grand Slam standings. To compete for the overall Grand Slam title, a runner must finish the Western States 100, Vermont 100, Leadville 100 and Wasatch 100 in a single summer. Lisa continues to help others redefine their limits while "challenging their mind and body to push to levels of the unknown."

And...

- Raise donations for the Iron Disorders Institute (IDI)
 - IDI website provides regular updates on my training and fund raising
 - Internet link through IDI website for people to make contributions
 - **www.irondisorders.org**
- Increase awareness education about iron disorders
 - This is a serious disease and potentially life threatening
 - Public relations (television, radio, newspapers, magazines)
 - Fund raising activities in Maryland (benefit concert)

*“So, Where Do We Find The Power To See The Race to Its’ End...
From Within” From the movie Chariots of Fire*



Preparing for the 2005 Marathon des Sables

Mile 23 of the Baltimore Marathon: October 16, 2004



Next Stop...The Marine Corps Marathon...October 31, 2005

Just Finished The 2004 Marine Corps Marathon: October 21, 2004



Next Stop...The Philadelphia Marathon...November 21, 2005

What Is the Iron Disorders Institute And How Can I Donate To Aran's Cause?

- Iron Disorders Institute (IDI) is a 501(3)(c) organization that provides information about iron disorders, including hemochromatosis, acquired iron overload, sickle-cell anemia, juvenile hemochromatosis, African siderosis, thalassemia, porphyria cutanea tarda, sideroblastic anemia, iron deficiency anemia, and anemia of chronic disease.
- IDI: "Providing reliable answers about iron out-of-balance." *TM*
- Iron Disorders Institute Inc.
P.O. Box 2031
Greenville, South Carolina 29602
888-565-IRON (4766)
- Aran Gordon, Member of the Board of Trustees, Iron Disorders Institute
- To contribute now: www.irondisorders.org
Click on the Iron Store from either the "support the cause" tab on the home page or by clicking on "contribution" in the marathon leader on the home page.
- To follow Aran's progress toward his goal: www.irondisorders.org

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