

## What are the U.S. Transplant Games?

The National Kidney Foundation has presented the U.S. Transplant Games every two years since 1990. The 2010 U.S. Transplant Games will be held July 30 to August 4, 2010 in Madison, Wisconsin.

More than 1,300 transplant athletes will compete in an extraordinary showcase of athletic talent primarily to:

- Promote the success of organ and bone marrow transplantation
- Recognize more than 6,000 donor families each year who generously donated organs, eyes and tissues of their loved ones so others may live
- Bring the importance of life-saving organ, eye and tissue donation to the forefront of public awareness

## Donor Families—We NEED You!

None of this would be possible without the decision from donor families to save another's life through donation. We welcome and encourage donor families from the Northern and Central California regions to be a part of our team. Donor families work closely with the team's donor family liaison and attend special events for donor families at the Games.

## Questions?

For more information or to join team NorCal at the 2010 U.S. Transplant Games, please contact anyone on the Steering Committee, Team Managers, or Donor Family Liaison. You may also wish to visit these Web sites:

[www.teamnorcal.org](http://www.teamnorcal.org)  
[www.kidneync.org](http://www.kidneync.org)  
[www.transplantgames.org](http://www.transplantgames.org)



*"Attending the Transplant Games was a life altering experience! The competition was amazingly supportive & friendly but still a true example of real athleticism and I will cherish the memories forever. This being said, the PEOPLE I met were the absolute most incredible part. I was humbled by the energy, spirit and courage of the attendees, especially the donor families and the selfless gift they bravely chose to give so that we could live. I will never miss another one."*

Tiffany Van Alst  
Multiple Kidney Transplant Recipient

*"Attending the 2008 Transplant Games as a donor family was a wonderful experience. Every day was emotionally charged and action packed. We had the opportunity to meet incredible people and hear amazing stories. The Games are proof that organ donation turns tragedies into miracles. It was a blessing beyond description to witness my son's heart/double lung recipient run for the first time in her life. Our family truly felt the magnificence that comes from giving."*

Zona Zaragoza  
Donor Mom

## Team Manager

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National Kidney Foundation  
of NORTHERN CALIFORNIA & NORTHERN NEVADA



# 2010 U.S. Transplant Games



Team  
Northern California

## Who is Team Northern California?



Team NorCal is made up of an amazing group of people you will never forget. Transplant recipients hailing from all parts of Northern & Central California “sport” their new hearts, lungs, kidneys, pancreases and livers, in athletic events to celebrate their second chance at life. Donor families, whose “gift of life” make this all possible, bravely cheer on these athletes despite the pain of their own deep and personal loss. Each honors the other for their courage and sacrifice with their presence at the Transplant Games. And both, with the support and presence of their family and friends, seem to emerge transformed by the experience.

Team NorCal is organized and run by a volunteer group: Team Manager(s), Donor Family Liaison, and Steering Committee. Team NorCal is a program of the National Kidney Foundation (NKF) of Northern California and Northern Nevada working in partnership with the California Transplant Donor Network. Together they work closely with the NKF national staff to facilitate the team’s participation in this extraordinary event.

In 2004, Team NorCal brought home the “Team Cup”, a trophy given to the team that displays true sportsmanship in addition to winning the most medals of any team nationwide. In 2008, we achieved tremendous success, bringing home 29 gold medals, 7 silver medals and 10 bronze medals.

It’s not just about the medals though, it’s about being part of a wonderful team of people who truly understand the meaning of “Donate Life” and to appreciate every day as the blessing that it is.

## Frequently Asked Questions:

How can the Games help Donor families?

*This is an opportunity for donor families to meet other donor families and transplant recipients. It offers the opportunity to share their stories among those who understand. There are workshops for grief support and remembrance ceremonies to honor their loved ones. Many donor families are moved by the experience and return year after year. The Games celebrate the legacy of both living and deceased donors.*

Who can be an athlete at the Games?

*Any organ transplant recipient who is a minimum of six months post transplant may attend. Bone marrow recipients may also participate.*

What are the sporting events?

*In total, there are 13 events! The main events are in Swimming, Track and Field, Volleyball, Basketball, Golf, Table tennis, Tennis, Badminton, Bowling, 5K walk/run, Cycling, and Racquetball.*

Do I have to be very competitive and athletic to attend?

*No! Recipients of all ages and athletic skills are encouraged to participate. You can select your sport depending on your fitness level and ability. This is about celebrating life and honoring your donor. (Please note: a medical waiver must be signed by your doctor to participate.)*

How much will it cost?

*In addition to the team contribution, the estimated cost of attending is approximately \$1500 per person (plane & hotel costs) so fundraising and sponsorship is highly encouraged. The team works together to fundraise enough to offset the cost so all can attend without hardship.*

How can I get more involved?

*If you would like to join our sub-committees: fundraising, recruitment, publicity, hospitality, administrative tasks or athletic team leadership, please contact the team managers or any steering committee member. Your input and volunteer efforts are greatly appreciated and needed!*

Some Highlights of the Games:

- Opening Ceremony
- Donor Recognition Ceremony
- Donor Family Workshops: Giving, Grieving, Growing
- Games Expo
- Kids Time
- Quilt Pinning Ceremony
- Social Lounge
- Coffee House Social Gatherings
- 5K walk/run for Organ Donation Awareness
- Athletic events
- Recipient & Donor Golf Outing
- Closing Ceremony

