

Richard Runs for Hope-Closing Ceremonies September 17, 2011

Reflections from Mike Cappetta- Diane's Brother

I would like to thank Bill Barrett, Luz and the ENF Staff for everything that they did to make this great event happen.

When you think about The Emilio Nares Foundation, you immediately think of a grass roots organization that started with a hand full of friends, neighbors, and family members; many of whom are here today.

We have all become one ENF Family, with the premise of **Family helping Families**.

It's about ENF supporting our families and our children and doing whatever possible to make their fight against Leukemia a little easier and to help the children to become a little stronger.

So, as Richard stated, the Theme for this Run is **Family**.

Family members taking care of one another.

Family members keep one another safe. They keep everyone fed, rested, shaded from the sun, cool enough, warm enough, iced down and hydrated. They keep one another healthy and strong; in body, in mind and in spirit. They make certain that their family members are always on the right course, going in the right direction and they make certain that no family member ever has to run alone.

What we witnessed over the past week was the manifestation and the initiation of Richard's newly formed Family. There is Bob, Sally, Chong, Mark, Mike, Steve, Karen, Lindsey, Paul, Jameson, Noah, Bobby and Richard's brother Charlie. Each of them, in their own unique way, displaying a consistent and unconditional love and support for Richard.

This has become quite a Story and it is a classic example of the Dedication and the Passion that the ENF Family has for their work and the Commitment and the Connection that Richard and Diane have to these Families and to these Children.

As for Richard, running 175 miles in 7 days. Wow!

This takes me back to the early days before the Foundation was actually formed, when Richard and Diane's primary goal in life was to get as many San Diegans as possible signed up on the National Bone Marrow Registry. Richard and Luz would have their sign up table at Bone Marrow Drives at Qualcomm Stadium and at shopping malls by the borders in San Ysidro and Calexico, trying to get people signed up for the Registry, desperately looking for a potential transplant match for Emilio.

Everyone's first question was, "if I am found to be a match, will the bone marrow transplant hurt a lot and how long will I need to stay in the hospital". The honest answer was that it hurts a lot; in fact, it is said to be Excruciating. And average "in patient" recovery time for most donors is a 7 to 10 days.

Roberta and I saw Richard at Children's Hospital in Boston the morning after his Bone Marrow was surgically extracted from his hip, to then be transplanted into Emilio. Richard was up and about right away, meeting with Emilio's doctors and nurses, comforting the other patients and parents, spending time with Emilio and visiting the chapel, whenever there was a little down time.

When I asked Richard about the Pain, he proceeded to say "It wasn't any Big Deal compared to what Emilio is going through". "I have important things to do here and a simple extraction won't slow me down."

So whether it is a Bone Marrow Transfusion or a 175 mile run, Richard continues his Mission to help Children and Families to battle and to win their fight against this dreadful disease. This is about Family, and it's about Richard's Passion, his commitment and his promise to Emilio.

We thank all of you for your support and we truly appreciate you welcoming ENF into your individual families over the past few months. We love you guys and we hope that you will continue to share in Richard and Diane's Mission, as a valued member of the ENF Family.

Best Wishes, Warm Regards and God Bless you,

Mike