

Farrell's 2008 Media Coverage

The Des Moines Register

Headline: **Dostal can rely on eXtreme friends**

Subhead: **Folks at Farrell's eXtreme Bodyshaping hold benefit run and kickboxing marathon to help WDM woman battling cancer.**

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When Becky Dostal was diagnosed with cancer earlier this year she knew she would be able to count on her friends for support. She just didn't realize how overwhelming that support would be.

Becky's friends, working through Farrell's eXtreme Bodyshaping in Waukee, organized a benefit for her. Kickin' it for Becky started off with a 5K fun run on Saturday morning and continued with a kickboxing marathon that lasted from 7 a.m. until 5 p.m. Participants helped raise more than \$10,000 to help Becky and her husband, Doug, offset the costs of treatment. The 5K fun run had more than 100 pre-registered runners. Event organizers estimated the total number of participants at 150.



Lance Farrell, founder of Farrell's U.S. Martial Arts and Fitness, said it was evident when he first met Becky and Doug that they were special people. He wasn't surprised to see so many people come out to support the West Des Moines woman. "Everyone loves Becky, she always has a smile on her face, and she always brings a smile to your face," Farrell said.

The couple first came to Farrell's when Doug won an eXtreme Bodyshaping course at a charity auction. Upon completing the course, Doug won the \$1,000 prize for most improved. He returned the money to Farrell, asking him to use it to sponsor a child in taekwon do. Eventually, Doug got Becky to go to Farrell's as well, where she became a part-time instructor.

Doug said, "The support we've received from Farrell's has been fantastic, they've been a second family to us. With their help all we've had to worry about is getting Becky better." The idea for a race was proposed by a group of Becky's friends when they learned via an e-mail that she had been diagnosed with cancer this summer. Shortly before diagnosis

Becky had taken up running, and had just completed her first long- distance race, running in the Dam to Dam.

"Running is a big part of Becky's life," said Liz Hiveley of Waukee, one of the event organizers. "We wanted to do something for Becky that would allow people to participate in something that she loves to do and to raise money for her." While they were finding sponsors and organizing their benefit for Becky, Hiveley realized this was something she wanted to keep doing, as well. "We formed a corporation called Kickin' it for Becky LLC, and we're going to continue raising money each year. We hope to find a different person to sponsor next year, and to keep this event going," Hiveley said.

At the start of the race Becky addressed the crowd, thanking them for all of their love and support. "I've got a mountain to climb, but then I'm going to get back to business as usual. I want to thank everyone for all of their love and support," she said.