



ONE KIDNEY CLIMBER: J'ne Day-Lucore, Denver

J'NE DAY-LUCORE was inspired to donate when a family acquaintance needed a kidney due to congenital PKD. Her husband and three daughters could not donate so after weighing the risk/benefit she knew she was the right one in her family to donate. She was afraid her competitive Ironman triathlon training/racing could end after donation but decided it was worth the risk.

A few weeks after her donation she saw an article in the Denver Post about Tracey Hulick finishing an ultramarathon after kidney donation. Her decision

to donate would have been so much less stressful if she had known Tracey and all the other KDA athletes that have since shared their stories.

She is climbing primarily to share how living kidney donation has no negative impact on donor health/ fitness or lifestyle. Secondly she turns 60 this year and wanted to try a new challenge that she has never done (hiking and camping) with a supportive group that will be patient with her post hip replacement from a 2019 bike crash.

J'ne is a retired engineer and current triathlon and running coach in Denver, Colorado. She lives with her husband Paul Day-Lucore and has three adult daughters Kari, Nicole, and Jessica (twins). When she is not climbing mountains she enjoys swimming, cycling, running, yoga, reading, theater, and choir.

J'ne donated her kidney on September 11, 2018, at Johns Hopkins Medical Center, Baltimore, Maryland. “I wanted to be like Tracey and spread the word to encourage other healthy people to donate.”



www.kidneydonorathlete.org/one-kidney-kili-climb/
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