



ONE KIDNEY CLIMBER: Shawna Sampson, Spokane

SHAWNA SAMPSON first learned about kidney donation when she was 12 and her uncle needed a kidney. When her cousin Sammi needed a kidney in 2013, she stepped up. She did not hesitate when she learned there was a need, and once the initial test results came back, she had a gut feeling she would be the one to donate.

During the quarantine phase of the Covid pandemic, several Kidney Donor Athletes participated in a virtual Yahtzee tournament out of a desire to connect with others. Shawna was one of the two KDA members who came up with the idea of the One Kidney Climb during a post-tourney video chat. They had no idea at the time that this fun idea would grow into what it's become. "We not only get to challenge ourselves physically with this endeavor but will also be building community while raising awareness and hopefully inspiring others to donate!"

Shawna is a social worker in Spokane, Washington. When she is not climbing mountains, she enjoys trail running, kayaking, biking, staying active, reading, and hanging out with her dog George. Shawna donated her kidney on

June 26, 2013, at the Mayo Clinic in Rochester, MN, and is on the Board of Directors of Kidney Donor Athletes. “I donated because someone I loved was in need and I was able to help. It’s really that simple.”



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