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Kidney Donors to Climb 3 Volcanoes in Guatemala to Advocate for Living Kidney Donation

August 5, 2024 – January 2025 a group of 13 kidney donors will attempt to climb 3 volcanoes in Guatemala, totaling over 12,000 vertical feet, in 4 days. Their goal is to demonstrate that living organ donors can accomplish any physical challenge that could be achieved by a person with two kidneys. This is the third One Kidney Climb, following in the footsteps of the success of the first, which took place March 2022 where 20 living donors summited Mt Kilimanjaro in Tanzania, Africa and the first climb in Guatemala in 2023.

The climbers are all members of the nonprofit Kidney Donor Athletes (KDA), founded in 2018. “Something important to all of us is to normalize kidney donations,” KDA supporter and climber Patty Graham said. “We’re not heroes. We are normal people leading normal lives.”

KDA group leader and board member, Steve Mura explained the benefits of the trek, that “showing the world that living kidney donation does not negatively impact your life, in fact it makes it better. As a living kidney donor, I can do everything I did before donation.” The group is fundraising to promote awareness and raise funds for the many educational, sponsorship, and advocacy programs KDA offers those considering donation or post donation.

Currently, there are nearly 100,000 people on the waiting list in the United States in need of a kidney. With an average wait time of three to five years for a transplant, 13 of them die every day. Increasing the number of living donations would significantly reduce the number of unnecessary deaths from kidney failure, as kidneys from living donors last, on average, 50% longer than those from deceased donors.

More information about living kidney donation and Kidney Donor Athletes can be found kidneydonorathlete.org. The video is available on the [KDA YouTube channel](#).

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Kidney Donor Athletes is a 501(c)3 nonprofit whose mission is to promote the gift of life through living kidney donation among active individuals and athletes by building a community that inspires, supports, and educates people about the experience of kidney donation.