

Alex Clark donated a kidney to her sister-in-law in November 2019. She was facing renal failure while navigating life in her 30s as a wife and mother of two toddlers. For Alex, the decision to donate wasn't as weighty as "saving a life", but rather simply sharing the gift of time — life's most precious commodity. Nearly 5 years later, they are both healthy, happy, and thriving!

Alex is climbing to raise awareness about living donation and to prove that you can live a full, healthy, active life with one kidney. She has seen firsthand (personally and professionally) the devastating effects renal failure and dialysis have on a person's quality of life, and she hopes to prevent unnecessary loss of life by inspiring others to donate. She is proud to be a part of the Kidney Donor Athletes community and to advocate for such an important cause.

Alex lives with her toddler and dog in Northern Arizona and works remotely for a boutique PR firm. She loves rock climbing, camping, paddleboarding, traveling, hiking, and chasing after her vivacious toddler in her free time!