

Dick Fickling

"I read a blog post in early 2024 about non-directed kidney donation, and couldn't get it out of my head. By May I had contacted NYU Langone about joining the donor waitlist. By the end of June I had scheduled my surgery. I donated my kidney to a stranger in early December 2024. Never one to sit still for long, I ran my first 5k back four weeks after leaving the hospital, and my first one-kidney half marathon in March.

Now, almost a year later, I'm 100% back to pre-donation activity. I live in Madrid with my wife and two lovely dogs, running or lifting five days a week. I've never met my kidney recipient, but I'm ultimately incredibly glad I donated. I'd do it again in a heartbeat."