

LETA BROOKS HAYS had a deep inner knowing she was going to be the kidney match her father desperately needed. On April 6, 2017, all that knowing became a reality when her dad, Frank Perry, got one of her kidneys. Leta explains, “Prior to donation, I'd been athletic my entire life. I loved dancing and even owned a studio for almost 10 years. I turned my passion for dancing into a love of running after my children were born. I began training and competing in ultra marathons, completing 3 different 50K trail races in 3 years. Since donating, I've continued to run, competing in smaller races throughout Georgia. I've also trained and completed a 25K in June of 2022 which was a great accomplishment on only one kidney.”

Leta hopes to summit Kilimanjaro to show everyone you can still have incredible adventures and be in strong physical shape with only one kidney. “I'm ready to push my body and show anyone considering donating; if I can do it, so can you!” Her climbing mission is to spread awareness about living kidney donation. “Athletes make the best donors. Even if you're not specifically a runner, or train in any specific sport, living an active lifestyle and being healthy makes you a terrific candidate for living donation.”

Leta is an interior designer, blogger, and podcaster living near Athens, GA. When she is not training to climb mountains, she enjoys traveling, collecting antiques, and reading, but most of all spending time with her family.