

On June 11, 2013 at 1:02 p.m. my mom, Allison Downs, passed away after a long and courageous battle with ovarian cancer. Minutes before this, I was given the chance to kneel down beside her, hold her hand, and to tell her everything a son could ever tell his mother.

I vowed to continue the fight against this disease any way that I could. I also told her about a 24-hour endurance race I would compete in on November 16th and 17th of this year. I promised to exhibit the same fight, determination, and strength that she had throughout her bout with this disease. My mom was calm, comfortable, and proud at her time of passing. I knew at that moment that she had in fact beat cancer, and it was only when I told her she could rest and relax, that her fight ended. Without the loving care from the Hospice team at VNA Northwest, I would never have gotten this invaluable opportunity to speak to my mom one last time. More importantly my mom was able to spend her last moments with us comfortable and pain-free.

On November 16th I will be competing in the World's Toughest Mudder, a 24-hour obstacle race in Englishtown, NJ. This course is meant to push my mental, physical, and emotional state to the limit.

I will be running in support of the staff at VNA Northwest, whose time, love, and care was crucial for our family in our time of need. I will also proudly be running in loving memory and honor of my mom and hero, Allison Downs.

Please help support my run, the VNA for all that they have and will continue to do for our community, and my beautiful mother, Allison Downs. Thank you so much.

— Allan Darrow, New Milford