Rock CF

Job 33:4

“The Spirit of God has made me,
And the breath of the Almighty gives me life.

Emily’s Story (2019 – Children’s Hospital of Michigan Article)

Emily grew up on Grosse Ile with her two brothers and parents.

When you hear about Emily Schaller, the word inspiration will almost certainly come to mind, yet most who know her would probably agree that word is an understatement for this remarkable young woman.

Emily was born with Cystic Fibrosis spent most of her first 27 years seeking treatment at Children’s Hospital of Michigan. Perhaps because she didn’t know any better, she never used the condition to get in her way of achieving so many of her dreams.

Cystic Fibrosis, which is the leading genetic killer of children and adults, causes thick mucus to build up inside the body and block vital organs like the lungs and pancreas from functioning properly. Despite taking 40 pills per day and extensive breathing treatments, to combat this life-threatening condition, Emily has kept a schedule many people couldn’t keep up with. She worked several years as a wholesale manager for Pure Detroit while pursuing her musical interest as a drummer in a rock band and raising money for Cystic Fibrosis research.

In 2007, she launched her own foundation, Rock CF Foundation, which raises funds to support research and increase awareness of Cystic Fibrosis, through her interests in the arts, entertainments, fashion and fitness.

Emily began extensive exercise training in 2007. Some people may find it surprising that she is able to do 1-2 hours of running, biking and strength conditioning six days per week, yet Emily credits exercise, with not only a great avenue to pursue her fundraising but with improving her overall condition.

"I used to check into the hospital 2-3 times per year for routine treatment for CF and since I have started exercising, it's been reduced to once a year."

More About Emily, Director + Founder of Rock CF

At 18 months, Emily was Diagnosed with Cystic Fibrosis. As a child, she was taught that the most important thing was for her to eat a diet rich in calories, regardless of where they came from, since individuals with CF have difficulty maintaining a healthy weight. In 2006, her focus changed from not just how many calories she ate, but where they came from. After dealing with multiple hospitalizations a year for several years, she decided she was sick of being sick and began researching nutrition and exercise, tweaking the advice she read to specifically meet her needs as a person living with CF. She soon discovered that when she fueled her body better, it served her better. She is now a health nut, an avid runner, and an evangelist for the good news of good nutrition, though she is happy to make an exception for a good craft beer.

After being diagnosed with "failure to thrive" as an infant, she now lives a life dedicated to proving the Doctor that made the diagnosis wrong. She lives in Grosse Pointe Woods with her red poodle Uschi.

PRAYER:

O Lord my creator, You are the author, the maker, the keeper of life. You hold everything, you are all love poured out. You have blessed Emily with the wonder of medicine, and love of friends and family. Thank you. I pray that you would help Emily in carrying out her mission to help people living with CF lead more healthy lives and to teach them the value of health and fitness. Come breathe in new life, new hope, new dreams and promises into their hearts, minds, body and soul. In the name of Jesus, Amen.

Rock CF is a community thousands strong changing the face of what living with Cystic Fibrosis looks like and giving those living with CF the tools to not only survive, but thrive.

In 2004 Emily got the idea to bring awareness to Cystic Fibrosis by throwing a rock show for her friends, a few years later in 2007 Rock CF was born.

What began as one woman on a mission to educate her peers through some banging drums and guitar licks has now, a decade later, evolved into a multi faceted organization inspiring people living with CF to lead more healthy lifestyles and bringing awareness about CF to the metro Detroit community at large. Rock CF is empowering individuals with CF to live healthy lifestyles, through their Kicks Back Program, race sponsorships, and nutrition coaching. Their annual Half Marathon in Detroit, and apparel line has helped to fund research through the Cystic Fibrosis Foundation.

Rock CF is heightening awareness and making sure that an illness that often goes unseen, doesn't get forgotten.

http://letsrockcf.org/run-rock-cf

IN 2021, IT'S TIME TO GO BIG WITH ROCK CF! VIRTUAL

YOUR CHALLENGE

In March 2021, it's time to go BIG: 65,000 miles. We challenge you to run, walk, cycle, swim or row as many miles as you can between

Friday, March 26th - Sunday, March 28th

to contribute to the total event goal of 65,000 miles. As a participant, you will have the ability to upload your miles and track your progress as well as the entire event's progress. Simply log onto your personalized dashboard and upload after each activity. We will share your event progress and amazing efforts across all of our socials to keep the fun going!

The next piece of the challenge comes in the form of fundraising! And yes, this challenge will have its perks. We set a total participant fundraising goal of $25,000. *Last year, we had over 2,000+ virtual registrants... What if we all raised $100 each?* **Top 65 fundraisers receive a locally created ceramic medal!**

Within your dashboard, you will have the ability to create a fundraising page to track your efforts and share them along with your social and email channels. **100%** of **ALL** proceeds will go towards the various Rock CF programs like Kicks Back, where we donate a pair of shoes to ANYONE living with CF around the globe!

So lace up those kicks and get those miles in!

You've got a BIG WEEKEND ahead of you!

https://runsignup.com/Race/Donate/MI/Detroit/RockCFBigWeekend