

## • IDEAS •



By Kevin McKenna



### Stunt Man Attempts To KO Cancer

**H**ollywood stuntman Ron Sarchian went the distance June 15 through 17. He broke the Guinness Book world record by hitting a hundred pound punching bag for almost a straight 36 hours and 3 minutes. This battle of man vs. the heavy bag was fought at Premier Fitness, 16654 Ventura Blvd., (off Balboa) in Encino. The event started around noon on Tuesday and ended Thursday a little after 12 am., with Ron still standing.

Ron did this to promote cancer awareness, a cause that is close to his heart, because his own father died of testicular cancer – the same insidious disease that almost took the life of Lance Armstrong when Ron was only three-years-old. All the proceeds that are raised by this event go to the Lance Armstrong Foundation, a non-profit corporation that is committed to enhancing the quality of life for those living with this horrible disease. The organization is comprised of cyclists, cancer survivors and other volunteers who want to make a difference in the survivorship community; also members of the foundation help raise funds and cancer awareness in their local communities.

Ron works as an actor, stuntman, and personal trainer and specializes in kickboxing and boxing. He also runs Action for Actors, a

comprehensive training program designed to prepare professional performers to execute action and fight scenes. Ron has also appeared as an actor in many television shows, mostly as the bad guy.

Ron is now resting up after the 38.6 hour bout. He threw more than 100,000 punches, thrashing the old record of 24 hours and 16 minutes set in 2001, by the hard-hitting Irishman Eunan Devenney.

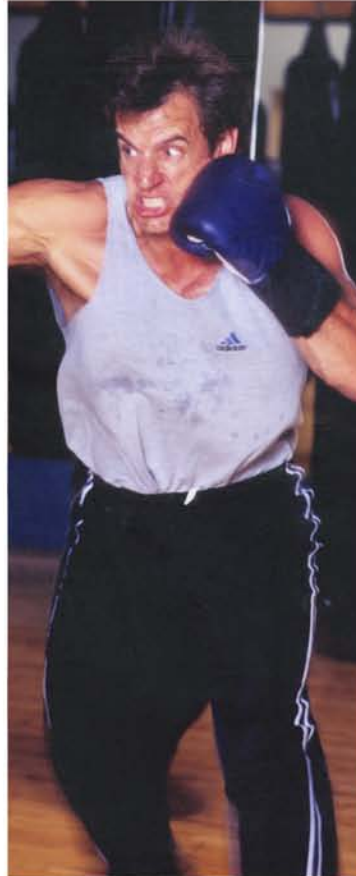
Ron was very confident he could do it. "I ran a marathon in Seattle and equate it to that, the time, the dedication. I put a lot of stress and pressure on myself because I had to do this right. I'm not making money, but now I'll be able to look back and say, *Wow!* I did that."

Ron wants to thank everyone who joined him in the battle against cancer by coming out to watch him beat the old record. This was a history-making event and could very well earmark the beginning of a cancer awareness month for men.

What healthier present could you give your dad, on Father's Day, than the knowledge and courage to get physical?

Local restaurants, like Michelle's, The Electric Cafe, Senor Fred, and Quickie's Sub, pitched in some fine cuisine to help support the occasion. In addition, it was Ron's 40th birthday.

Cancers can be found in the earlier stages through trouble-free tests that can save thousands of



Ron Sarchian at the punching bag.



Ron Sarchian.

men's lives each year. Without these tests, most cancers will spread and many men will die unnecessarily. Most men will not become aware of symptoms until the disease is so far advanced its too late to treat. A nationwide survey shows that the majority of men do not talk with their health care providers about their probability for cancer. Almost half the men in this country are not concerned enough to have a check up even though it is the nation's second leading cause of death in American men. Cancer in many cases is curable with early detection; many men with cancer can survive. More than one in three men will be diagnosed with cancer at some point in their lives. So we must get the word out, treat-

ments are improving but early detection remains the best way to stop the spread of cancer and save lives. Also we are trying to flood Mayor Hahn's office with e-mails in order to get a National Men's Cancer Awareness Month. Please write or e-mail about the importance of a National Men's Cancer Awareness Month to: MayorHahn@mayor.lacity.org.

For further information regarding how you can help contact Ron at (818) 702-7540 or (818) 389-2522. Or Ron at: www.ronsarchian.com and www.laf.org.

Ron's membership number to attach to your donation is #20013229. He's raised over \$2,000 so far, and the identification number will track the end result.