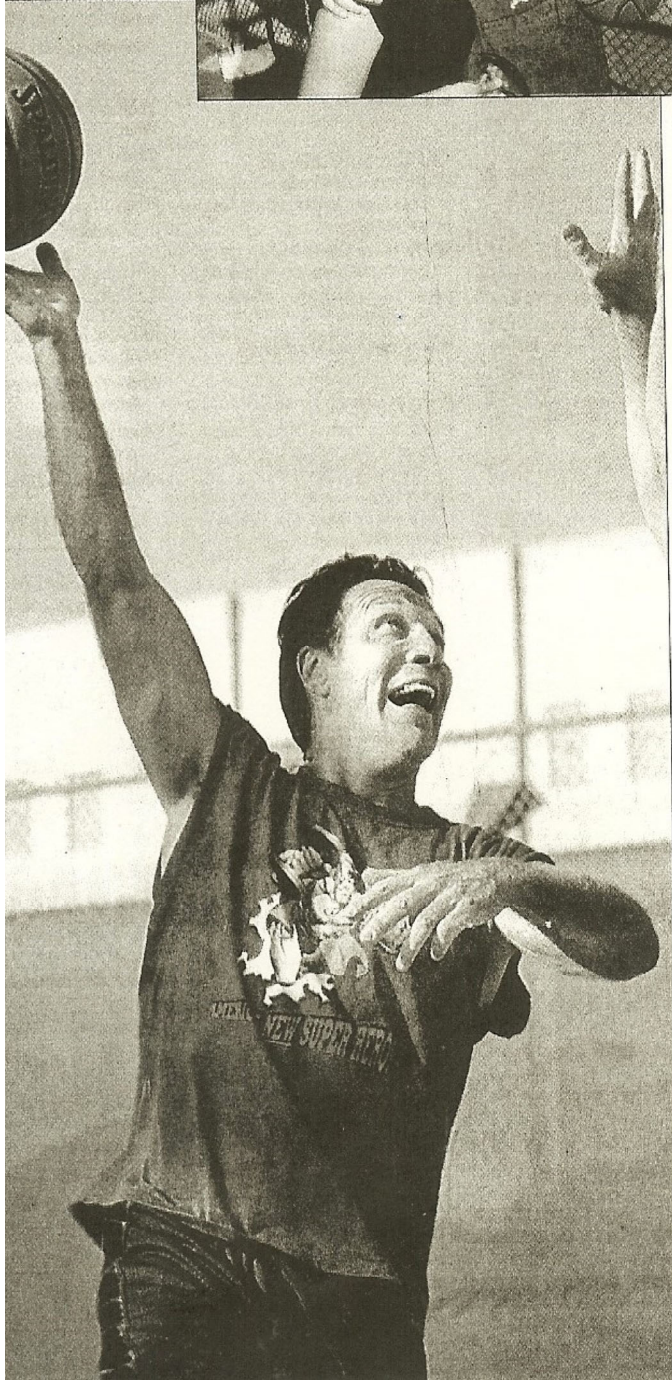


Los Angeles will be held in Redondo Beach. The event is managed by Michael Garvey, at right with manager of SportCenter fitness fund-raiser will be held in Redondo Beach. The event is managed by Michael Garvey, at right with manager of SportCenter fitness fund-raiser will be held in Redondo Beach. The event is managed by Michael Garvey, at right with manager of SportCenter fitness fund-raiser will be held in Redondo Beach.

BRUCE HAZELTON/DAILY BREEZE



After surviving leukemia, Redondo Beach man uses his background in fitness to create a local fund-raiser that will give others a ...

# shot AT hope

By Sandy Cohen  
DAILY BREEZE

**M**ichael Garvey thought he had the flu.

He'd been healthier than ever since he'd moved to California from his native Boston. At 32, he was in top shape, living in Redondo Beach and running his own successful fitness business.

So when the flu symptoms hit, he chilled out a little. When they progressed, he called a doctor.

He never expected to be diagnosed with life-threatening leukemia.

"I told them to spread my ashes in Fenway Park," he joked.

But there would be no ashes. Instead, Garvey would become a candidate for an experimental treatment at City of Hope. He would become a success story. And then he'd become a fund-raising leader for the facility that saved his life.

Garvey is the chairman of Workout for Hope Los Angeles, an annual charity fitness event benefitting HIV/AIDS and cancer research at City of Hope National Medical Center and Beckman Research Institute. SportCenter Fitness in Redondo Beach hosts the event, which has supporters sweating it out on the basketball court or relax-

in experimental treatment blood cancers such as Ga

It was there that he learned about leukemia and chemotherapy, and the autologous marrow transplant procedure doctors hoped would save his odds, they told him, were

"I thought, 'That's better than blackjack,'" Garvey said. "pretty good."

He endured months of treatment: rounds of chemotherapy, transfusions of blood, harvested stem cells. He's been free and healthy since June of 1995.

The following year, Garvey involved with Workout for Hope. After that, he agreed to take the helm, Workout for Hope Los Angeles has raised \$1.5 million.

In 2000, Garvey brought Workout for Hope to the South Bay to the neighborhood where he lives and the gym where SportCenter Fitness was play host.

"We support it because Michael," said manager Michael Brancato. "We wanted to and involve people from Redondo Beach, but we couldn't get a drive to Duarte. So we brought City of Hope to us. very successful."

Garvey also holds local golf and billiards tournaments to raise money for City of Hope. In 2001, he expanded the event to include a silent auction to generate more funds.

"He is consistently committed and he gives it his all," says Michael Devine, a marketing and communications supervisor with City of Hope. "He brings his own passion and his own passionate endeavor, which is terrific. It's neat to have an event in Redondo Beach that normally would be held in Duarte on its mind."

Garvey said he just wanted to get back to the place that gave him life.

"Once you become a parent, you're their baby make them proud," Garvey said. "It's sad to say, but soon you know is going to get caught. The more you know about places like City of Hope, the more you'll be."

■ **Silent auction:** SportCenter Fitness silent auction to benefit City of Hope will be held from 6 to 9 p.m. Thursday at SportCenter Fitness, 819 N. Harbor Dr., Redondo Beach.

**Want to go?**

■ **Fund-raiser:** Workout for Hope will be held from 9 a.m. to noon Saturday at SportCenter Fitness, 819 N. Harbor Dr., Redondo Beach. A minimum \$25 donation is required to participate.

**EVENTS:**  
9 a.m.: 3-on-3 basketball or master spin class  
9:15 a.m.: Power hour circuit training  
9:30 a.m.: Aqua blast/Pilates  
10:30 a.m.: Yoga

life-saving research. This year's fund-raiser will be held Saturday.

"It's such a natural fit because this is my industry," said Garvey, now 41, founder and president of The Dumbbell Man, a fitness equipment company in Torrance. "And basically, they saved my life."

Garvey was diagnosed with acute myelogenous leukemia in June 1995. Doctors at Torrance's Little Company of Mary hospital referred him to City of Hope in Duarte, which specialized