



Premier 'AA' Hockey League
NEWS RELEASE

FOR IMMEDIATE RELEASE

June 3, 2020

ECHL Commissioner Ryan Crelin to participate in LLS Big Virtual Climb

PRINCETON, N.J. – On Saturday, June 13, [The Leukemia & Lymphoma Society](#) (LLS) will host a trailblazing event, the [Big Virtual Climb](#) - 61 stories and 1,762 steps up San Francisco's iconic Salesforce Tower, to support LLS's investment in groundbreaking research to advance blood cancer cures, and its first-in-class patient education and services, including financial support and clinical trial navigation.

ECHL Commissioner Ryan Crelin has accepted the LLS Challenge and will be participating in the Big Virtual Climb on June 13. He is challenging ECHL staff, players and fans to join him in climbing the 61 stories.

"It's my honor to assist the LLS in raising awareness for their efforts in the Big Virtual Climb and hope many others from around the ECHL will join me in this challenge to come together to support their cause," Crelin said. "During these unprecedented times caused by COVID19, this is an opportunity to unite the ECHL family and come together to remind us of the great organizations that are doing inspiring work to fight other battles amidst the coronavirus."

Anyone can participate in Big Virtual Climb by climbing stairs in their home or by replicating the challenge of climbing the Salesforce Tower's 61 flights by taking 8,810 strides while walking or doing 600 chair step-ups using any chair to accomplish your climb. Once registered, LLS provides all the tools needed, including a heart-pumping music playlist with motivational messages, to fundraise and train to be ready for the big day. Here's how it works:

- **Climb your way.** On June 13, participants will gather virtually for an inspirational and uplifting Opening Ceremony before they're sent off on a personal virtual climb, walk or run.
- **Fundraise your way.** Every dollar raised fuels LLS's cutting-edge research to advance new and better cancer treatments, and to provide support for the 1.4 million people in America with blood cancer.
- **Train your way.** LLS provides weekly training guides featuring famous staircases across the country so participants are well prepared and motivated.

About the ECHL

Began in 1988-89 with five teams in four states, the ECHL has grown into a coast-to-coast league with 26 teams in 19 states and two Canadian provinces for its 32nd season in 2019-20. There have been 676 players who have gone on to play in the National Hockey League after starting their careers in the ECHL, including 14 who made their NHL debuts in the 2019-20 season. The ECHL had affiliations with 25 of the 31 NHL teams in 2019-20, marking the 23rd consecutive season that the league had affiliations with at least 20 teams in the NHL. Further information on the ECHL is available on its website at [ECHL.com](#).

About The Leukemia & Lymphoma Society

The Leukemia & Lymphoma Society® (LLS) is a global leader in the fight against cancer. The LLS mission: cure leukemia, lymphoma, multiple myeloma, and improve the quality of life of patients and their families. LLS funds lifesaving blood cancer research around the world, provides free information and support services, and is the voice for all blood cancer patients seeking access to quality, affordable, coordinated care.

Founded in 1949 and headquartered in Rye Brook, NY, LLS has chapters throughout the United States and Canada. To learn more, visit [www.LLS.org](#). Patients should contact the Information Resource Center at (800) 955-4572, Monday through Friday, 9 a.m. to 9 p.m., ET.

For additional information visit [lls.org/lls-newsnetwork](#). Follow us on [Facebook](#), [Twitter](#) and [Instagram](#).