



Lupus Foundation of Northern California

2635 N. First Street, Suite 211 San Jose, CA 95134

408-954-8600 | FB: [LupusOnline](#) | Twitter: @LFNC

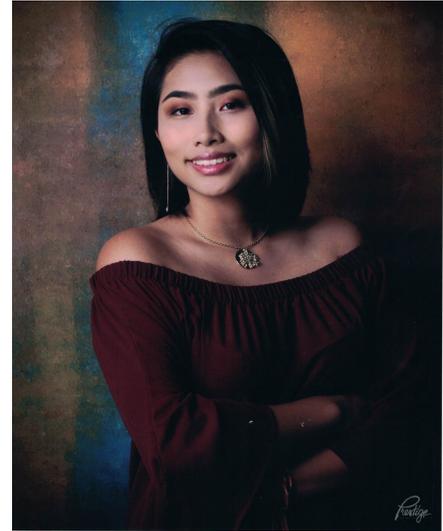
[OUTRUNLUPUS.ORG](#)

2019

The Lupus Foundation of Northern California is proud to announce our 2019 Outrun Lupus honoree: **Thu Vu**.

Thu was diagnosed with lupus at 11 years old. She began chemotherapy and high doses of prednisone causing her to quit swimming, aikido, and choir and not attend the last month of 5th grade, but she persisted on and attended the 6th grade through all the medical treatments. She found her passion in the Vietnamese instrument, dan tranh, and music in general with the free time lupus left her.

Even though Thu faced many obstacles with lupus, she has been able to persevere through them with her strong spirit and determination and the support of her family, friends, and other lupus patients she has met along the way. Lupus has not stopped her from achieving her goals like obtaining a grant to be part of a dan tranh apprenticeship program, earning first place in an art competition, doing 2 internships in one summer, joining choir again, and traveling the world.



For her high school senior project, she chose the topic of lupus where she was introduced to the Lupus Foundation of Northern California when seeking more resources to help with her research and testimony. She is awed and inspired by the work that the foundation does and how much they help the lupus community.

In the fall, she continues to not let lupus stop her and will be attending the University of Portland for a nursing degree to pursue a career in the clinical research field and **help others with lupus and other chronic autoimmune illnesses.**

Now in our 25th year, 2019's Outrun Lupus 5K expects to welcome approximately 800 runners and walkers, friends, family members, community members and exhibitors. We invite you to Northern California's largest lupus awareness event, the Outrun Lupus 5K.

Help support "**Team Thu**" and meet her in person at the Outrun Lupus 5K!