

## ELIZABETH SUZANNE FREEL – Celebration of Life

Please join us for a Celebration of Life for Liz at **4pm Saturday the 20<sup>th</sup> April 2024**, at the gym immediately following the conclusion of the USPA 2024 Liz Freel Classic, Hawaiian Gardens, California.

MetroPlex Gym  
12551 E Carson St  
Hawaiian Gardens, CA 90716.



Liz did not want a formal funeral service and instead wished her friends to “*have a party*”, and ‘*not be sad*’. We cannot help but feel sad, but we will do our best to honor her wish.

Liz was born 21 February 1975 and passed Saturday 6 April 2024 after a 9 year struggle with liver cancer\* (a world record....)

She had a strong spirit and never took ‘no’ for an answer.

Doctors told Liz she had only 6 weeks to live when diagnosed with Stage 4 liver cancer in 2015. Those first doctors did not recognize her inner strength and

determination. Liz was fortunate to find Dr. Jenny Ru who understood Liz’s special gifts and treated her with exceptional care and professionalism as Liz exceeded every medical standard.

Liz continued to set records competing and continued to train her ‘kids’. She was relentless about her own training and was in the gym lifting until 1 week before she passed.

She was a dedicated world record holder powerlifter and coach. She founded the USPA Powerlifting Foundation to provide for those in need an opportunity to change their lives and become empowered through the sport of powerlifting.

In lieu of flowers, please donate to the **USPA Powerlifting Foundation**  
<https://www.uspapowerliftingfoundation.org/>

<https://www.facebook.com/USPAPE>

<https://www.youtube.com/watch?v=KveUAodR27s>

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7 April 2024 Message

Dear friends,

Our heart is broken. Our dear niece, Liz, passed away Saturday April 6 after a very long struggle with liver cancer.

She was generous with her friends and always had a gentle word of comfort for a stranger. She was also the most determined and focused person one will ever know.

She was a Power Lifting world record holder, but her pride and joy was the 'kids' she coached. "Kids" to her but each of them much bigger than me. She also created a charitable foundation to support worthy young power lifters.

She was also a cancer survivor who lived a full life for 8 years after her stage 4 liver cancer diagnosis. She was told in 2016 that she had only 6 weeks to live. As her friends would say, "they don't know this girl ". She fought bravely and continued her training until days before she passed.

We pray for her peace and are eternally grateful for the blessings we received from having her in our lives.