

# STRIKE OUT ALS 5K AND 1 MILE RUN, WALK & ROLL

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TURNER  
ALS  
FOUNDATION

STRIKE  
OUT 5k  
ALS

Tuesday, July 17, 2018  
Guaranteed Rate Field

## Strike Out ALS 5k and 1 Mile Coaching Email Series

Edition 3

### Against All Odds



One of the most awe-inspiring scenes at our Strike Out ALS 5k and 1 Mile Run, Walk & Roll is watching our Foundation family members living with ALS cross the finish line.

Patti Greer was diagnosed with ALS in 2017 while training for her first half marathon. Last year, surrounded by her family and Libertyville Running Club teammates, Patti overcame all obstacles to complete the 1 Mile Walk. "Living with ALS, it's just that, living with it. So I'm still me, I do whatever I can and I would encourage anyone else to continue to do that too," says Patti.

We look forward to having Patti and other people living with ALS cross the finish line with us again this year. [Hear more from Patti and other members of our Foundation family about what makes this event so amazing>>](#)

Donate Now >

Register >

### Useful Tools:

[StrikeOutALS5k.Org](#)

[Strike Out Facebook Event](#)

[Fundraising Resources](#)

[Participant Center User Guide](#)

[Previous Coaching Emails](#)

### Fundraising Report:

Days Left to Fundraise:

12

Fundraising Goal:

Dollars Raised:

Dollars Left to Raise:

### Small Gift, Big Impact



By joining us at the Strike Out ALS 5k and 1 Mile Run, Walk & Roll, you are making a difference in the lives of people living with ALS like Patti. In fact, if each of you gave a self-gift of **just \$10, that would raise over \$7,000 and pay for 350 hours of in-home respite care** for people living with ALS.

Donations of all sizes provide hope and help for people living with ALS and our entire Les Turner ALS Foundation family. Your fundraising allows us to continue to ensure we can provide the best care and support, every step of the way. [Give your \\$10 self-gift today>>](#)

### Training Tip: Why We Race for Charity



It's no surprise that running for a cause keeps you motivated as you train and fundraise. By focusing your attention on something greater than yourself, whether it is a family member, friend or coworker who has been touched by ALS, you increase your drive and free yourself from negativity and doubt.

According to the publication *Outside*, "when we release from focusing so much on our self,

that is when we rise to great heights." [Read more about how running for charity will help you achieve your personal goals>>](#)