



The Life & Hope Fund directly assists patients lacking adequate health insurance or financial resources by helping to fund:

- Prescription fees and co-pays
- Medical equipment and supplies
- Transportation to medical appointments
- Emergency respite care

Run Strong, Live Strong for Life & Hope

When it comes to running marathons all over the country, Eric Strand, vice president, sales and marketing with Drury Hotels, is counting his 35th and just completed his fifth Boston Marathon in April 2012. Active in the Parks & Trails Commission for the City of Town and Country, Eric's passion for the outdoors and the sport of long distance running has become his obsession. "When I turned 39, I thought I'd better sign up for a race or I'd be too old to ever accomplish the goal of running a marathon. In my first marathon, I got beat by three 70+ year-olds. I realized then that distance running was something I could do for a long time," states Eric. For the past 10 years, he has run over 2500 miles a year.

Eric and his wife, Tami, director of clinical performance improvement at St. Luke's Hospital are a team when it comes to running. Tami travels all over the country with Eric and has participated in some of the events as well. Coming August 18, on his birthday, Eric will participate in one of the toughest races in the world, the Leadville 100 Trail Run, all in the thin air surrounding Leadville, CO at altitudes averaging over 10,000 ft above sea level. Tami will be at his side (figuratively) coordinating Eric's support team. He will have 30 hours to complete the run.



For added incentive, Eric selected to fundraise for Life & Hope as part of his Leadville 100 journey. The link: www.leadfeet.com will provide details on the event and track his progress. "Like most, cancer has hit home in my family. Tami and I are proud to support a program that directly impacts people in need in our St. Louis community."

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Eric's motto: "You are better than you think you are and you can do more than you think you can." – Ken Chlouber, Leadville 100 race director

Support Eric & Life & Hope

<http://www.crowdrise.com/myleadfeat/fundraiser/ericstrand>