



Ray & Nancy DePauw and Peanut

Ray's Hope Lives

This is in honor of Ray DePauw of Newark, NY. Ray continues to touch and inspire a community far and wide, with the strength, dignity, determination, hope and humor he embodied in his battle with ALS. Ray's struggle with this horrible disease ended on October 4, 2013 but his spirit lives on in the positive mental attitude that he inspires. Ray bravely confronted adversity that most of us can, thankfully, only imagine. Ray refused to allow himself to be defined by ALS and lived every single day to the absolute fullest. I remain inspired by his anything-is-possible attitude and he was my inspiration to register for the inaugural Ironman Chattanooga, I will race in his honor.

On September 28, 2014 I will give my best in hopes of completing the 2.4 mile swim, 112 mile bike and 26.2 mile run that comprise an ironman triathlon and I will do so in honor of Ray DePauw and the thousands of individuals battling ALS across the country and across the world. I am incredibly blessed that this athletic event is the most difficult physical challenge I have faced.

In this challenge I have experienced incredible love and support from an entire community of friends and family and it is this community that I turn to now in order to raise funds to support those battling ALS. One of the things Ray was known for was his compassion for others in this battle and reaching out to them to lend his support in any way he could. It is in that spirit that Ray's wife Nancy help select the ALS Guardian Angels Foundation as the beneficiary of this fundraiser in Ray's honor.

ALS Guardian Angels is a small 501(c) (3) nonprofit that is dedicated to help those facing ALS and easing their pain. I encourage you to take a moment and check out their website: <http://www.alsguardianangels.com/who%20we%20help.html> (and challenge you to leave with dry eyes).

ALS Guardian Angels shows what an incredible difference a small number of people and a relatively small amount of money can make. Please join me in supporting them. As ALSGA Foundation is a 501(c) (3) nonprofit charitable organization all donations are 100% tax deductible and I have committed to providing matching funds to offset the administrative fees charged by Crowdrise.

I estimate it will take me approximately 1,700 swim strokes, 31,350 pedal revolutions and 32,000 steps to complete an Ironman, but that is nothing compared to the challenges that those struggling with ALS face each day just trying to survive.

If you want to help me, help them.

If you like to run, bike or swim, help those who can't.

If you can walk, talk, eat, drink, cough or breathe on your own, help those who can't.

But for the grace of God, so go us all.

www.crowdrise.com/RaysHopeLives



Nancy DePauw & Chad Crockford



Chad Crockford after Boston Marathon
April 21, 2014

Ray's Hope Facebook page:

<http://www.facebook.com/groups/337861324052/>

"It's been 9 ½ months since Ray left us. His legacy lives on in our lives each and every day. I feel it and I know you do, too!!! Chad Crockford is enduring an Ironman race on September 28, 2014. He is doing this in Ray's honor!!!! We have chosen ALS Guardian Angels Foundation as his fundraiser. I strongly encourage you to check out this amazing foundation. This is exactly what Ray would want - money to be available for families in need of assistance while the ALS family member is still alive. Please check out this website and what it is all about. There are 1,342 members in Ray's Hope (Facebook). What a difference each of you could make by donating at least \$5.00 to this awesome foundation in Ray's honor. Chad Crockford is giving his strength and endurance. What can you give? Give it up for Ray and let Ray's Hope live on!!! I challenge you!"

"I encourage you all to visit the ALS Guardian Angels Foundation. However, when making a donation, please go to CrowdRise and Rays Hope Lives. This is the website for the donations in Ray's honor that Chad Crockford is doing the Ironman competition. Once they get all the donations, then all the money will go to the ALS Guardian Angels Foundation."

Thank you!

Nancy DePauw

Please make your donations here:

www.crowdrise.com/rayshopelives

Check out the ALS Guardian Angels Foundation:

<http://www.alsguardianangels.com/who%20we%20help.html>

Chad Crockford wrote on Ray's Hope Facebook page:

"I will be competing in Ironman Chattanooga in Honor of Ray DePauw and in support of the ALS Guardian Angels Foundation. Please take a minute to learn more, and if you can please consider helping out a very worthwhile cause. Thank you!"