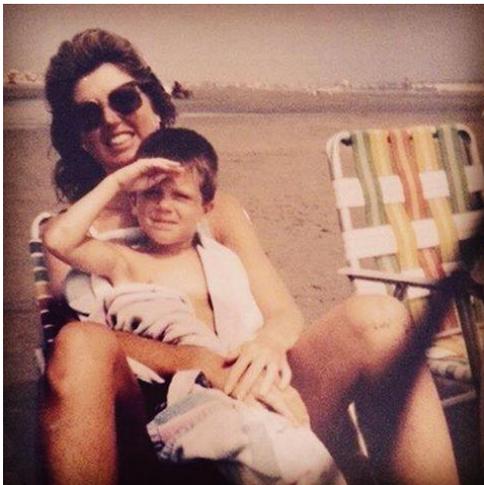


In the next installment of "Why I Run" we hear from another one of the founders of the Light Up The Room Foundation and the Angels Run, Brandon Rust. Want to share your story? Send us a message about why you run, along with a photo to accompany it, and we'll feature you! Hope you can join us on October 1st for what promises to be a memorable day honoring all of our angels, especially Karen Rust. Visit; angelsrun.org to sign up.

"When we agreed to write the "Why I Run" posts to promote the Angels Run as well as reflecting on our NYC Marathon experience, I felt angst to properly convey what it all means to me. Having to come up with a group of thoughts that would correctly justify why I run, what did my mother mean to me, and why do I run the marathon year after year? It's not easy. Like anything else in life, I just figured it would be best to honest and spill it out as best I could.



First and foremost, running is therapy. Therapy for the crap you deal with on a day to day, week to week, and year to year basis. I didn't come to this realization until my Mom passed and I was running in her memory. Every time I run I find myself speaking to her, reliving memories of her or listening to her in some fashion. Early on, I thought this was something that was going to pass, or perhaps just be a phase of mourning her loss. Eventually, I came to understand that these personal conversations were the reason why I run. Keeping her voice alive in my head, and hopefully finding others that find it to be the same sort of therapy.

Genuinely, all I can hope for the Angels Run and the Light Up the Room Foundation is that we provide some sort of inspiration to help people find positive energy for the things that we deal with in our lives. Cancer unfortunately took my mother's life, but her lasting memory and the inspiration she provided will last a lifetime. That is me being as honest and laying it out there as best and honest as I can--hopefully it resonates."

If you would like to contribute to our NYC Marathon effort and the Melanoma Education Foundation you can do so by following either of the two links below.

Thank you and God Bless. Brandon Rust

The Light Up the Room Foundation.org

Brandon: <https://www.crowdrise.com/melanomaeducationfoundationnyc2017/fundraiser/brandonrust>

Tom: <https://www.crowdrise.com/melanomaeducationfoundationnyc2017/fundraiser/tomrust1>

www.angelsrun.org