



THE AMERICAN LEGION
Veterans Strengthening America

NATIONAL HEADQUARTERS

PO BOX 1055, INDIANAPOLIS, IN, 46206-1055 • WWW.LEGION.ORG • P: (317) 630-1350 • F: (317) 630-1223

Suggested Speech For Lou Gehrig Day

The American Legion National Headquarters
Media & Communications
P.O. Box 1055
Indianapolis, IN 46206
(317) 630-1203
baseball@legion.org

Lou Gehrig was one of Major League Baseball's all-time greats, hitting 493 home runs over 17 seasons in a Hall of Fame career.

The date June 2 is an important one in the life of Lou Gehrig. On June 2, 1925, Gehrig started at first base for the New York Yankees, beginning a record streak of 2,130 consecutive games played. That mark stood until September 1995.

On June 2, 1941, Gehrig died at the age of 37 from amyotrophic lateral sclerosis, or ALS, which has come to be known as Lou Gehrig's disease.

Patients with ALS suffer from the degeneration of nerve cells in the brain and spinal cord. It affects muscle control throughout the entire body, making it increasingly difficult for a person to eat, walk, talk, and breathe.

The ALS Association reports that military veterans, regardless of service branch, era, or whether they served during peacetime or wartime, are at a greater risk of dying from ALS than non-veterans. In fact, veterans are twice as likely to be diagnosed with ALS than the general population.

On June 2, 2021, Major League Baseball began a new annual tradition of observing “Lou Gehrig Day” to raise awareness for those afflicted with ALS.

With American Legion Baseball’s connections to veterans and to Major League Baseball, The American Legion National Executive Committee adopted a resolution encouraging American Legion Baseball programs to follow suit in commemorating Lou Gehrig Day.

We ask that you join us in a moment of silence in memory of Lou Gehrig and all veterans who suffer from or have died from ALS.

For more information about ALS, please go to ALS.org.

#