



Dear Friends and Family,

I am about to embark on a fantastic journey and I need your help! I will \_\_\_\_\_ (RUN OR WALK) the 13.1-mile race at the \_\_\_\_\_ (EVENT NAME) Half Marathon on \_\_\_\_\_ (DATE), to raise funds and awareness for research leading to improved treatment options and a cure for Crohn's disease and ulcerative colitis.

**(ENTER A MORE PERSONAL PARAGRAPH HERE)**

It is estimated that as many as 1.4 million Americans have IBD; however, many more suffer in silence due to potential embarrassment and alienation. Together, we can make a difference! As a member of Team Challenge, I have a coach, a training program, and teammates to support me. I have committed to a tough training schedule, and I'm determined to raise \$\_\_\_\_\_ (FUNDRAISING GOAL). I am motivated! I am committed!! I will do it!!!

By now I hope you agree with me about the importance of this cause. Please help support me by visiting my webpage at \_\_\_\_\_ (WEBPAGE LINK GIVEN TO YOU BY TEAM MANAGER) to donate online or mail your donation directly to me at \_\_\_\_\_. (YOUR MAILING ADDRESS) (Made out to CCFA) with the enclosed envelope. A minimum of 83 cents per dollar raised by CCFA goes directly to research and patient support, and your contribution is 100% tax deductible. If your company matches charitable contributions, please include matching forms with your donation. Of course, your good wishes and positive vibes to sustain me in my training and as I cross the finish line will also be graciously accepted.

With my sincere thanks,

\_\_\_\_\_  
(YOUR NAME)

\_\_\_\_\_  
(LINK TO YOUR FUNDRAISING PAGE)

**Insert personal hand written  
note here**





**Illinois Carol Fisher Chapter - CCFA**  
 2200 East Devon Avenue, Suite 351  
 Des Plaines, IL 60018  
 Phone: 847-827-0404  
 Fax: 847-827-6563  
[www.ccteamchallenge.org](http://www.ccteamchallenge.org)

“ \_\_\_\_\_, I would love to help you find a cure for your disease and support you in your Crohn’s and Colitis Race for a Cure!!”

- \_\_\_\_\_ \$13.10 “Let’s get started with \$1 per mile.”
- \_\_\_\_\_ \$26.30 “At \$2 per mile, I am with your Mom and Dad every step of the way.”
- \_\_\_\_\_ \$100.00 “I will be one of your \_\_\_\_\_(number of) friends or family that give \$100.00 to hit the \$\_\_\_\_\_ goal.”
- \_\_\_\_\_ \$240.00 “Here’s a dollar for each pill IBD patients swallow every month.”
- \_\_\_\_\_ \$500.00 “You are crazy, so I’m going to make your fundraising a little easier!”
- \_\_\_\_\_ \$???”I’m just happy to be able to contribute to such important research and hope they find a cure soon!”

**WAYS TO DONATE:**

1. Website - Visit my fundraising website at (ENTER FUNDRAISING PAGE)
2. Check – Mail a check in the envelope provided made payable to CCFA. My address is:  
 \_\_\_\_\_
3. Credit Card – Name on Card \_\_\_\_\_  
 Card Number \_\_\_\_\_  
 Expiration \_\_\_\_\_  
 Visa Mastercard American Express Discover (circle one)

Call if you need any help making a donation or if you just want to make sure I am pounding the pavement (literally). I could use the encouragement! I am trying to reach my fundraising goal by \_\_\_\_\_ (DATE) but will continue to take donations up to and even after the race if I have not met my goal. Please don’t hide this in your “later” drawer! I can’t thank you enough in advance for supporting this cause!

Sincerely,