



The You Choose event is about having fun and raising money for Team Survivor. Getting the word out about the event and the Team Survivor organization is the best way to get your friends, family, colleagues and neighbors involved. To assist in your fundraising activities we've drafted a sample letter/email you can use to promote your involvement and ask for support. Feel free to use as much or as little as you would like, and to change the paragraphs to fit your needs and writing style.

If you have a personal reason for participating that you're willing to share with others please feel free to do so anywhere in the letter. Personal reasons are extremely meaningful to you and the people you're asking to sponsor you. For example: "After my mom's successful battle with cancer I really wanted to do something to help other women and families with cancer" or "Many of you know how much Team Survivor has meant to me and I want to give something back to this wonderful organization" or "My father-in-law's recent cancer diagnosis made me realize how important keeping active during treatment can be."

### SAMPLE LETTER/EMAIL

Dear Friends and Family,

One in three American women will have some type of cancer during her lifetime. Despite research proving that exercise is beneficial during cancer treatment, many women diagnosed with cancer do not participate in health and exercise programs. Reasons for not exercising might include cost, lack of programs or classes, and limited information about the benefits of exercise. Also, many of these women are self-conscious about going to public exercise facilities and sharing them with others who may not understand their condition. It's hard enough changing clothes in a locker room without also dealing with hair loss, weight gain, fatigue, surgical scars, and other effects of treatment!

On [date], I am participating in a fundraiser for Team Survivor California. Team Survivor's mission is to enable women to regain and maintain their physical and emotional well-being following a cancer diagnosis. They offer free fitness and exercise programs that are sensitive to the special needs of women with cancer, including Walk & Talk walking groups, cycling, swimming and aquatics, strength training, aerobics, triathlon training, yoga, and more. Team Survivor welcomes women with any type of cancer, of all ages and fitness levels, in all stages of cancer treatment and recovery.

I am asking you to consider making a pledge on my behalf as I prepare to (Your event here). Any money you donate will go directly to Team Survivor. Below you will find instructions on how to donate. Please note that Team Survivor California is a non-profit organization and donations are tax deductible as allowed by law.

I am truly excited about my event on [date] and would love to have you join me in the event or sponsor me to help raise funds to help women affected by cancer. To learn more about Team Survivor and donate to this amazing organization, please visit their website at <http://www.teamsurvivor-la.org>. Sponsoring me is easy!

1. Online using a credit card: have your sponsor(s) go to [www.teamsurvivor-la.org](http://www.teamsurvivor-la.org) and click on "support", then donate with a "secure online credit card transaction." You will be taken to Team Survivor's partner website where credit card donations are securely processed. Make

sure you use the "Designation" field on this website to donate in my honor so Team Survivor knows you're supporting me!

2. By mail with a check or money order: please mail your donation with my name in the subject line to Team Survivor ▪ 1223 Wilshire Blvd. #570 ▪ Santa Monica, CA ▪ 90403.
3. I'll be happy to accept your check (made out to Team Survivor) or cash! Please note that Team Survivor is unable to provide a receipt to sponsors who donate cash that is submitted in the form of a check by a third party.

Remember, funds raised by this event will directly support the Team Survivor exercise programs, which support the physical and emotional healing of women with cancer. Team Survivor California is a non-profit 501(c)(3) corporation and contributions are deductible as allowed by current state law. All donors will receive a receipt for tax purposes.

Thank you for your consideration,

Your Name