Dear <NAME>,

You are not going to believe what I’m going to do on **<EVENT DATE>** of this year. I’m going to **swim/ride/run/walk** <**DISTANCE**>! I’m sure right now you are thinking this must be someone other than the <**YOUR NAME**> I know. That <**NAME**> only **runs/walks/swims/cycles** when someone bigger than **him/her** is chasing **him/her**, so why would <**NAME**> complete <INSERT MILES> miles?

***(THIS IS AN EXAMPLE- INSERT YOUR OWN PERSONAL CONNECTION HERE)***

You see, this isn’t really about me; it’s about my 4 year old nephew, Ethan, who was diagnosed with Leukemia in November. Since then, and for the next 3 years, Ethan will come to Charlotte each week for treatment. His life right now is a series of needles and doctors, steroids and medicines, living in constant fear of dangerous germs-everything about his life has been altered. Joining Team In Training is the best way I know to support my brother and his family, and the cause of curing childhood leukemia.

To prepare for this event, I’ll spend hours in the ***swimming/cycling/running through the streets of*** <**EVENT CITY**>***.*** My thought each day is to push on, the same way that I know that **<INSERT HONORED HERO>** **has/had** to do every day. I have made this decision to participate for **him/her,** and I hope and pray that I can raise the funds to help patients like <INSERT HERO NAME> live longer, fuller lives. It is a commitment that I hope will lead to the words “You’re cancer free!” for my honored hero and the other patients battling cancer.

I am writing to ask you for support. My goal is to raise at least **<$REACH GOAL>** by **<INSERT DATE 2 WEEKS BEFORE EVENT>** for the **<INSERT EVENT>.**

I want to thank you in advance for your generosity to this cause, and for helping me to make a difference in the life of honored hero and the many others like **him/her.** Their life can be better because of us.

To donate, go online to <INSERT LINK TO PAGE> or mail a check made out to The Leukemia & Lymphoma Society to <INSERT LOCAL LLS ADDRESS>.

All the best,

<**YOUR NAME**>