3/1/24 SAMPLE Dear Friends & Family: On April 27th, I plan to run in the LC Medical & Support 5K. This 5K is special to me {insert reason why this ministry is important to you here}.

Last year, Life's Choices, is a faith-based non-profit organization, served over 220 unique clients and provided a free ultrasound to over 50 new mothers. Through their Thrive program, over 3,000 public school students were taught about healthy relationships.

Would you consider joining me in this important effort to help women choose life for their babies?

You can help in 2 ways:

- Sponsor me. You can donate online at: {insert QR code or link to your personal fundraising page here}
- 2. Join my team and start fundraising! If everyone on our team fundraises \$250, we will earn team prizes, including a team tent on race day with extra snacks and runner swag. You can find the details and registration link at www.friendsoflc.org/springchicken.

Thank you in advance for supporting me and for supporting LC Medical & Support.



Or Know I'm praying for Mike's health}