

## Girls with Gears Pledge Request Sample Letter

Below is a sample letter / email you can send out to family and friends to help you raise money to support your ride this year. Just fill in the blanks appropriately (noted in red) and copy and paste either into a letter or email.

Dear Friends & Family,

Did you know that heart disease is the #1 killer of women in the United States? 1 out of 3 women will die from heart disease yet it is preventable. Knowledge is power and with the knowledge on how to prevent heart disease we can change these statistics. **On April 22<sup>nd</sup> I am participating in Girls with Gears: A Women's Cycling Event and plan to ride **????** miles.** Proceeds from this event benefit CAROL For Heart (CFH).

CFH is an all volunteer non-profit organization that educates women on the prevention of heart disease. They offer free programs and presentations to groups of women to learn more about risk factors, symptoms and prevention. CAROL For Heart is founded in memory of Carol Pawelski who died 10 years ago at the young age of 60 of massive, undiagnosed heart disease. She had no idea she was even at risk. She left behind a loving husband, 3 daughters and 7 grandchildren - all who would have loved many more years with her. CFH is providing information to women to prevent this to happening to others.

**I am asking for your support to help me raise (insert goal - \$300?) by making a flat donation in any amount.** \$300 can educate approximately 25 women and potentially save 25 women from a preventable disease. Please help save your mothers, daughters, aunts, nieces and girlfriends lives by supporting me in this ride. Checks can be made out to CAROL For Heart (and are tax deductible). Please send any contributions to: (fill in name and address). Donations can also be made online at **enter the link to your personal fundraising page** For more information on CAROL For Heart visit: [www.carolforheart.org](http://www.carolforheart.org).

Thanks so much for your support!

Regards,

Your name