

Here is a sample email to send to your contacts as you raise money for The Arc. Please be sure to change the highlighted text below.

Subject: I'm Racing to Improve the Lives of People with Disabilities

Hi, there!

As you probably know by now, I'm a big fan of The Arc and the work they are doing to improve the lives of people with autism, cerebral palsy, Down syndrome and other intellectual and developmental disabilities (I/DD).

Because I believe in and care about The Arc, I am supporting them by joining their Achievement Challenge team. Not only am I racing with them during the **5K [or whatever race]** at the Colfax Marathon in May, I'm raising funds to support life-changing advocacy for people with I/DD.

I'm hoping to personally raise **[\$ Your Goal]** to help them continue this important work, and I'd be really grateful if you could help by sponsoring me with a gift of \$20 or more in my honor.

To give to my page, or to read more about why I'm doing what I'm doing, please visit:

[https://runcolfax.everydayhero.com/us/\[Your URL\]](https://runcolfax.everydayhero.com/us/[Your URL])

It would also be great if you could spread the word about what I'm doing by sharing the link above with your friends and family or on your Facebook page. The more people that know, the more money we can raise, and the more lives we change!

Thanks in advance for your generosity--it means a lot!

Genni Williams

PS: If you would rather send a check, please make your check payable to The Arc and note "Achievement Challenge" on the memo line. Checks should be mailed to The Arc at 13949 W. Colfax Ave., Ste. 150, Lakewood, CO 80401.