

Hello friends and family,

I have some big news to share...

I'm going to run the **San Jose Rock'n'Roll Half Marathon on October 3rd**! Think I'm crazy? You may not be so far off the mark! I'm not in really great shape. My knees aren't so good and sometimes I run out of breath walking up San Francisco's steep hills! I can't run very far or for a very long time. **13.1 miles** seems like a really long way to go. I mean, really really long!

I have decided I wanted to focus on two things this year. One is that I wanted to get into good shape and the other is that I wanted to give something to a worthy cause. I discovered an incredible opportunity to do both things at one time!

I have signed up with the Girls on the Run (GOTR), You Can Run (YCR) program. Through YCR, I will not just be running for myself, but in support of an organization that is dedicated to educating and building confidence and self-respect in young girls. In exchange for fundraising, YCR will help me train for the race and help guide me with my fundraising. Specifically, I will be running for three girls at **Malcolm X Academy in San Francisco. \$1300 will provide scholarships for one season of Girls on the Run each; maybe I can raise enough to provide scholarships to three other girls there!**

Thinking about how fortunate I am and the role models and mentors I have had in my life has made it very clear to me that I need to take advantage of the opportunity to allow more girls to reap the same positive benefits that I did as a child, through the incredible Girls on the Run program. Your financial support will help to create a future of empowered, self-respecting women who understand the importance of physical activity and nutrition.

If you can, please donate and please forward this email to anyone else you think may be interested in donating too!

You can donate online here: <http://your.website>.

Thank you for your support!

As always,
Your Name Here