

SAMPLE EMAIL FOR LUPUS WARRIORS:

Dear friends and family,

By now you might have heard what I am doing, **running/walking** my first ever **half marathon/5K** with the Lupus Foundation of America's *Team Make Your Mark* program on **xxx**. As you can imagine, this is a big deal for me. I will be challenging my body in ways I never thought possible. I am participating not only to challenge myself, but to raise critical funds to improve the quality of life for all people affected by lupus through programs of research, education, support and advocacy.

Add 2-4 lines about your journey with lupus.

In addition to running/ walking **13.1** miles, I have committed to raise **\$500** for the Lupus Foundation of America. I am running for a cure, for myself, and for the 1.5 million American who suffer with this disease.

The Lupus Foundation of America is the only national force devoted to solving the mystery of lupus, one of the world's cruelest, most devastating diseases. We envision a life free of lupus. That is why I'm coming to you now, **to ask for your support**.

Please help me reach my goal by making a tax-deductible donation to support my fundraising efforts by **xx. You can donate HERE: (Include link to fundraising page)**

Thank you for your support! I truly appreciate anything you can donate to support my efforts. Race day is going to be a big day for me. Thank you for being part of it and for helping me cross the finish line to help end lupus.

PS. If your employer offers Matching Gifts, you can double your donation and help me get closer to my goal.

SAMPLE FOR FRIENDS/ FAMILY RUNNING/ WALKING FOR LOVED ONES:

Dear friends and family,

By now you might have heard what I am doing, **running/walking my first ever half marathon** with the Lupus Foundation of America's *Team Make Your Mark* program on **xxx**. I am participating not only to challenge myself, but to raise critical funds to improve the quality of life for all people affected by lupus through programs of research, education, support and advocacy.

Add 2-4 lines about your WHY.

In addition to running 13.1 miles, I have committed to raise \$500 for the Lupus Foundation of America. I am running for a cure, for my mom, and for the 1.5 million American who suffer with this disease.

The Lupus Foundation of America is the only national force devoted to solving the mystery of lupus, one of the world's cruelest, most devastating diseases. We envision a life free of lupus. That is why I'm coming to you now, **to ask for your support.**

Please help me reach my goal by making a tax-deductible donation to support my fundraising efforts by xxx You can donate HERE: [include link to fundraising page](#)

Thank you for your support! I truly appreciate anything you can donate to support my efforts. Race day is going to be a big day for me. Thank you for being part of it and for helping me cross the finish line to help end lupus

PS. If your employer offers Matching Gifts, you can double your donation and help me get closer to my goal.