

SAMPLE EMAIL:

Dear friends and family,

By now you might have heard that I will be completing 6 Miles in 6 Days to help end lupus, Sept. 19^t–24th. I am taking on this challenge as part of the Lupus Foundation's Virtual 6 Challenge. Why 6 Miles? Because on average it takes someone 6 years to receive a correct diagnosis of lupus from when they first notice symptoms. Together, we can take steps to change this.

Add 2-4 lines about your connection to/ journey with lupus.

In addition to running/ walking/ biking/ paddling/ swimming 6 miles, I have committed to raise \$500 for the Lupus Foundation of America. 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.

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. Virtual 6 Challenge week is going to be a big week for me. Thank you for being part of it and for helping me make a difference in the fight against lupus.

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