

Hello Everyone,

I want to let you all know that my *friends/family/ coworkers* and I have signed up to **Hike for Lung Health on September 27th**. Our goal as a team is to raise \$(*insert team goal*) and I personally would like to raise \$ (*insert individual amount*) to support Respiratory Health Association of Metropolitan Chicago.

September 27th will be an important day for the (*insert team name*). This will be my (*insert number of years participating*) year doing the 3-mile walk in Palatine/ Lincoln Park to help find a cure for lung disease. As you may know, my father was diagnosed with COPD last fall. Our family has seen first hand the effects of this disease. Respiratory Health Association has provided resources, education and support to our family to help fight this disease. (*Sample personal story, insert your personal story above*)

It is because of individuals like YOU that help make the event a more than meaningful experience. Each dollar that helps a child with asthma, educates a family about COPD, helps advocate for cleaner air (like Smoke Free Chicago!) -- it gives us all a sense of great accomplishment. Your donation will help people breathe.

If your time allows, we would love you to join (*insert team name*) and support Respiratory Health Association at the Hike! Click here to register for our team: www.hikehomepage.org. This is a wonderful event; one that I am really looking forward to supporting. I know that with your continued support we will find a cure for lung disease.

THANK YOU,

Your name & team name

P.S. For additional information about the Hike for Lung Health and the work it supports, visit Respiratory Health Association of Metropolitan, visit <http://www.lungchicago.org>.