



Triathlon Letter

Dear Family and Friends-

Let's face it: I've gone nuts.

I mean, what sane person would decide to get up off the couch and go do a triathlon? And not just any triathlon, but the **ENTER EVENT NAME**: a mile swim in frigid waters, then a hilly twenty-five mile bike ride, and then a six-mile run in the blazing sun. Pros find this race challenging, for Pete's sake. What kind of person decides, "Hey, this all sounds like a hoot"?

Well, yours truly, for one. And my teammates, for another several thousand. I've made a pledge for the Institute for Myeloma and Bone Cancer Research. I have committed to raising **ENTER GOAL** and doing this triathlon

An estimated 100,000 Americans are diagnosed with myeloma and bone cancer. Myeloma is the second highest cancer of ALL blood cancers.

(TALK ABOUT YOUR PERSONAL CONNECTION WITH MYELOMA OR BONE CANCER).

My training will be tough, but nowhere near as tough as the doctors' visits, the months of chemotherapy, and the endless pokings, proddings and needle stickings that patients with myeloma have gone through. It will be nothing compared to the treatments that hundreds of thousands of myeloma patients go through every day. I'm in for a long race, but theirs is longer. Every bit helps bring us closer to the finish line, and we'll get there with your help.

100% of my pledged amount of **ENTER GOAL** goes directly to research. All donations are 100% tax deductible, and the IMBCR tax ID is ????????. Feel free to pass this along to your friends & family. Also check to see if your company has a matching gifts program, it's an easy way to double your donation!

Please join in the race for a cure by filling out the enclosed pledge form, giving whatever you can and mailing it back to me by **ENTER DATE YOU WOULD LIKE YOUR FUNDS TO BE IN BY**.

Rowdy cheers, ice packs and fish tacos are just as welcome and appreciated.

Yours,

YOUR NAME HERE

