

Hi Friends,

I'll keep this short and sweet. As many of you know, I signed up to train for a half marathon and fundraise for the Crohn's & Colitis Foundation a few months ago. I've hit a few obstacles including a leg injury, but remain committed and have been attending weekly group trainings (see attached photo). I even completed 7 miles this weekend!!

In a few days, **my credit card will be charged to get me to my fundraising minimum - \$3,900.** I'm very proud of having raised over \$500 so far, but I need your help to get closer to my goal.

So here's my proposition. Give up something nominal in your everyday life and donate the equivalent to help find a cure for Crohn's & Colitis! To you it may be two weeks of coffee, but to a patient with IBD it is a complimentary Foundation membership providing them the support they need to know they are not alone.

\$10 – Lunch out

\$15 – One week of coffee

\$40 – A week of lunch out

\$50 – A night out to dinner

\$100 – A nice new outfit

Please consider donating today and help me reach **\$2,500 by next Monday.** Together, I know we can make a difference!

DONATE SAFELY AND SECURELY HERE

To read more about my efforts to raise money for Crohn's & Colitis, please visit my link: **add your donation link here.**

Thank you for your support. It means the world to me and the 3.1 million who suffer from Crohn's disease and Ulcerative Colitis.