

Dear friends and family,

I have just registered for the **[name of your event]**. This is going to be a demanding challenge! I am planning to raise money for the **Oncology Children's Foundation (OCF)** in support of their determination to save the lives of children with cancer. I would love you to support me and contribute to this great cause.

Every year around 700 children are diagnosed with cancer.

200 won't survive.

OCF funds research into childhood cancer. We are the only charity in Australia willing to journey to the edge of science and target those cancers with the lowest survival rates. Our mission is to ensure every child has the opportunity to live their dream. We are determined to succeed. Find out more information about OCF and their research at www.ocf.com.au.

Please dig deep to sponsor me, your support will keep me going cycling up the steep hills! You can sponsor me at my website below.

[Insert your Everyday Hero address.]

And of course all donations are tax deductible and you will be emailed a tax receipt.

Spread the word! Thank you very much for your support.

Yours in training,

[Your name]