

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.

OCF is a successful Australian charity willing to journey to the edge of science to find cures for childhood cancer. They target those cancers with the lowest survival rates. Their goal is to ensure every child has the opportunity to grow up and fulfil their dreams. 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]