

Hi friends and family,

I know everyone is really busy so I just thought I would remind you that you can still sponsor me for the **[name of your event]**.

I would love to reach my fundraising target of **[your fundraising target]** for **The Oncology Children's Foundation (OCF)**. With your help, I know I can make it. 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.

I have been putting in the hard yards and training for the tough challenge ahead. Next time you're lying on the couch, think of me cycling the house down and find a way to support me.

You can sponsor me at my own Everyday Hero website below.

**[Your Everyday Hero website]**

Your support would be greatly appreciated and help OCF give kids the opportunity to live their dreams. Also, all donations automatically receive a tax receipt.

Yours in training,

**[Your Name]**