[DATE]

Dear Friends, Family and Colleagues [or person],

On June 24th I am pedaling out with my team in the Cape Cod Getaway (CCG), a two-day, 150 mile bicycle ride from Quincy to Provincetown MA to benefit the National Multiple Sclerosis Society (NMSS).  Last year, Team Velox Rota (TVR) raised over $100,000, adding into our 12 year total of $1.1 million dollars.  This year, we’ve set a goal of $200,000.

Multiple Sclerosis (MS) is an unpredictable, often disabling disease of the central nervous system that disrupts the flow of information within the brain, and between the brain and body.  Symptoms are variable and range from numbness and tingling to blindness and paralysis.  No two people have exactly the same symptoms.  MS typically strikes those between the ages of 20 and 40.

As you may know, I can speak to the serious effects of MS.  [**Insert your connection here].**I am devoting this summer to raising money for the NMSS to find a cure for this crippling disease.  I’ve pledged not only to ride 150 miles at the CCG, but I’ve pledge to raise **[Insert your personal fundraising goal].**I also plan on participating in **XXX** events with TVR throughout the summer to continue my support and efforts in the fight against MS.

Your support, without saying, would be greatly appreciated.  I promise to put into the endurance effort on behalf of every dollar raised.  You can mail a check payable to the “National MS Society” or “NMSS” at NMSS Greater New England • 101A First Avenue • Waltham, MA 02451.  If you’d prefer to make a donation online you can visit the following link: [www.nationalmssociety.org/Donate](http://www.nationalmssociety.org/Donate) and select “Support an Event Participant”.  You can then type in my name and **[state]**.  All of my events are listed below, but i request you chose the Cape Cod Getaway 2017 for your donation. **[if you set up your direct short link - use that instead]**

Thank you for your generosity, and supporting my efforts with the NMSS.

#CoveringGroundToEndMS!

Sincerely,

**XXX**