



Dear Friends,

This June 4th I am will be running the am To Dam 20K/5k for a very special friend and cause.

My friend, David Cook, is raising funds to donate to Myotonic Muscular Dystrophy (MMD) research at the University of Virginia. Both Dave and his niece have been diagnosed with this



crippling illness and as of now there is no treatment or cure. I am hoping that you will sponsor my run by making a donation to the research.

Your tax deductible donation goes directly to a lab at UVA to fund preliminary experiments, purchase lab equipment and pay for PhD team members. Dr. Mahadevan can now reverse the illness in his mouse model taking it completely away. The Stone family is working hard to make this reversal possible for this generation.

To learn more about the Stone organization, please visit www.StoneCircleofFriends.com.



To sponsor me please go to www.MilesforMuscles.com/damtodam/runners.html and click the donate button by my name.

I am grateful for any amount you can donate. My goal is to raise \$650/450 by Saturday May 28th, the week before the run.

Thank you for considering this very personal request,
Your Name here

Tips when asking donors:

- *The more personal you make it about me, you and the person you are asking the better.*
- *Ask each person individually rather than asking a mass group.*
- *Ask via Individual emails, private Facebook messages or in person.*
- *Ask for any amount, but tell them your goal.*
- *Tell them why it is important to you.*
- *Send them to SCF website; ask them to view the movies on line.*
- *Always follow up with in a few days...*

Giving will be mostly on line but if someone wants to write a check to "Stone Circle of Friends" or give cash, accept it. If cash is given, write down their contact info: name, email address and mailing address.

It gets MUCH easier each time you ask, and when you get some donations you will be psyched and it all gets easier and even fun!