



Dear Friend:

Believe it or not, I am going to compete in the Tri-Quest 2010 event on September 19. It's a 5K run, followed by a 33K bike ride and then 18 holes of golf (*yes, all in the same day!*) This shouldn't surprise you: I know that whenever you think of people who are in exceptionally good shape for their age, my name pops into mind immediately, right?

Actually, I am participating for another reason than to prove my "buff-ness". This event will raise funds for the **Family & Children's Center**. Support from people like you and me allows this organization to offer a continuum of services designed to strengthen families and promote individual well-being.

Please help the youth and families of our region by making a tax-deductible contribution in support of my participation in this unique and exciting event. You're welcome to come to Drugan's Castle Mound in Holmen to laugh at (*uhhh...I mean cheer for*) me on September 19. Either way, please inform me ahead of time if I can count on you for a monetary contribution.

Thanks in advance,

Your "fit" friend