

Sample #5 (From a Cancer Survivor):

Hello Everyone!

It's hard to believe that a whole year has past since the **2010 Connecticut Challenge** ride and once again, I'm writing to my family, friends and colleagues to ask for your support. The way I see it, it's my job as a survivor to help to raise awareness of the battle against cancer, the work of the CT Challenge and their partner hospitals, and to ask for your help in continuing to fund survivorship programs across the state, which I'm thrilled to say, are serving the survivorship community on many levels.

As you might know, the member programs of the Connecticut Challenge Survivorship Network are some of the few in the nation designed to assist survivors in dealing with the unique issues they face. These include the adult and children's clinics at Yale Cancer Center, CT Children's Medical Center, St. Vincent's Medical Center and Stamford Hospital. Programs funded by the CT Challenge have helped hundreds of cancer survivors since 2006, and sponsored medical symposiums and cutting edge research on survivorship issues. Check out the **CTC** web site (www.ctchallenge.org) to see how the money we are raising is being put to good use. As one of the first lucky patients to go through the survivorship clinic at Yale Cancer Center I can honestly tell you that all of the funds raised by **CTC** riders couldn't be better spent on survivor care, and that's why I ride!

All proceeds from our rides supports cancer survivors. The CT Challenge is committed to cutting edge survivorship research and care, and we are supporting that effort wholeheartedly, especially since I know first-hand, how important it is to have survivorship clinics as a resource in all survivors' follow-up care. We're riding because we can, for each person who is still undergoing treatment and for those who are too ill to ride.

I will always be grateful to everyone who supported me during my illness, my treatment, my survivorship and my fundraising efforts. Last year, the Connecticut Challenge was able to donate over \$500,000.00 to new survivorship programs as well as education and research efforts. Please join me again in supporting these important resources. For information on how to make a donation to my ride, and/or join us as a rider or volunteer (there are loads of ways that you can help out), go to my personal web page at: (personal web page).

If you like to ride and want to help the CT Challenge too, you (and your family members and friends) can join our Team's efforts by checking out "My Team Page" on my site, or, just register to ride on your own. I hope you will support my effort by making a secure online donation or using the enclosed donor form and sending it in with a check. Any amount of money will help cancer survivors with the problems they are having after they have finished their treatments!

With a grateful heart and living stronger in survivorship every day,

- Stephanie