**Email Template 1: First Ask**

Hi <Friend>!

This year, I'm participating in the Champions for Children Virtual 5K. The proceeds from this event directly support the Children's Advocacy Center of North and Northwest Cook County. The organization strives to help children who have been physically and sexually abused heal and prevent violence from happening to other children.

Your support will benefit children in your community who are forced to shelter in place with their abusers during the pandemic. CAC's entire staff is working hard to provide the best care possible for clients now and to prepare for an increase in new clients once this over, but they need your help now more than ever.

Because I believe in the work CAC is doing, I'm trying to raise <Insert Goal>. Will you help me reach this goal by donating or joining my race team? <Insert Link>.

You can learn more about the work CAC does at <cachelps.org>.

Thank you!

<Name>

**Email Template 2: Follow-up Ask**

Hi <Friend>!

I wanted to follow up to see if you had a chance to look over my previous email. I am participating in the Champions for Children Virtual 5K in support of the Children’s Advocacy Center of North and Northwest Cook County and I could really use your help. My goal is to raise <$XXX> to help children in the community who have experienced abuse receive free, healing services. In 2020 CAC served over 1,100 children and families in 38 suburban Chicago communities!

I want to help CAC because <Insert your fundraising story>.

Any amount will make a big difference in these young lives. Will you help me reach my goal? You can donate here <your fundraising link> and learn more about the healing work of CAC at <cachelps.org>.

Thank you!

<Name>

**Email Template 3: Thank You**

Dear <Friend>,

Thank you for your donation to my Champions for Children Virtual 5K fundraiser. Your contribution helped me raise <$XXX> for the Children’s Advocacy Center of North and Northwest Cook County! Because of your generosity, children who have experienced sexual and physical abuse in our community will receive free access to high-quality care that will help them build resilience and regain confidence to lead healthy lives.

Learn more about the healing work of CAC at <cachelps.org>.

Thanks again!

<Name>