

Subject: Help me support girls in our community!

Dear Friends and Family,

I am participating in MCRC's upcoming All 4 Her Virtual 5k in support of She Can! Programs and I want you to join me! On Saturday, June 26, 2021, we can complete 5k together, even while we have to be apart.

MCRC's All 4 Her Virtual 5k is a family-friendly fundraiser that the whole community can participate in, while staying apart. In this virtual race, you choose your own adventure - You choose whether you run, walk, roll or stroll and you choose what time and where!

All funds raised through All 4 Her will go directly to supporting [MCRC's She Can! programs](#). She Can! programs are girl centered, designed to empower and uplift girls in our community. These programs foster strength, leadership and resilience through hands on activities and thought-provoking discussions.

These free and accessible programs provide all girls the opportunity to participate regardless of their family's financial situation. Therefore, fundraising and donations are critical to how many girls She Can! can reach.

**Our goal for our 2021 All 4 Her 5k is to raise \$15 000 in support of She Can! Programs. My Personal Fundraising goal is \$200.**

You can help us reach our goals by getting involved! You can sign up to participate in the race yourself, or you can sponsor me to show your support.

Visit [mcrc.on.ca/5k](http://mcrc.on.ca/5k) to register, create your own team, or make a donation.

Thank you so much for helping me support this important cause!