

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 Empowerment Programs and I want you to join me! On Saturday, June 25, 2022, we can complete 5k together, even if we are apart.

MCRC's All 4 Her Virtual 5k is a family-friendly fundraiser that the whole community can participate in. 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 Empowerment Programs](#). Empowerment Programs are free, accessible programs and services designed to meet the unique needs of girls and women in our community.

Fundraising and donations are critical to how many community members our Empowerment Programs can reach. Our goal for our 2021 All 4 Her 5k is to raise \$25 000 in support of Empowerment Programs. **My Personal Fundraising goal is \$500.**

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 [mcr.on.ca/5k](https://mcr.on.ca/5k) to register, create your own team, or make a donation. Thank you so much for helping me support this important cause!