**Here we’ve made an email template for you to send to friends, family, colleagues and any other contacts you have. Just copy and paste the text below into the body of your email, personalise [anything highlighted in the brackets] and make it your own!**

**Don’t forget the email signature!**

**Signed up!**

I’ve signed up to take part in the [insert event name] on [insert event data] to help raise money for Cancer Research UK. It’s going to be a challenge so I’d really appreciate your support!

**I’ve decided to [run/swim/cycle] the […] because [your motivation]**

My target is […] so I need as much help as I can! For the cost of two coffees, £5 will kit out one of our ground-breaking research labs with essential chemicals. £35 could buy special ‘chemical scissors’ that chop up the reams of DNA in a cancer cell, to help scientists understand the disease to fight it better! Anything that you’re able to donate will really make a difference - if you’d like to see what your donations can buy, click [**here**](https://www.cancerresearchuk.org/sites/default/files/what_your_money_can_buy_one_pager_for_website.pdf)

This is going to be a [big] challenge for me, but I’ve already managed to run [number of miles] and I’m going on another training run today/tomorrow! I’ve still got lots of work to do before race day so please dig deep and donate here [link to page] to help bring forward the day when all cancers are cured.

Thank you so much for supporting me!

[Email signature]

**1 month to go!**

One month to go! I’ve been putting in the miles for [number of months] for [insert event name] on [insert event date] and the end is nearly in sight! I’m nearly at my target of [fundraising target] so I’d really appreciate your support as the [event] is getting really close now!

**I’ve decided to [run/swim/cycle] the […] because [your motivation]**

For the cost of two coffees, £5 will kit out one of our ground-breaking research labs with essential chemicals. £35 could buy special ‘chemical scissors’ that chop up the reams of DNA in a cancer cell, to help scientists understand the disease to fight it better! Anything that you’re able to donate will really make a difference - if you’d like to see what your donations can buy, click [**here**](https://www.cancerresearchuk.org/sites/default/files/what_your_money_can_buy_one_pager_for_website.pdf)

I’ve already managed to run [number of miles/do this race] as part of my training and I’m going on another training run today/tomorrow! Please dig deep and donate here [link to page] to help bring forward the day when all cancers are cured.

Thank you so much for supporting me!

[Email signature]

**I did it!**

I’ve done it! On [date] I completed [insert event name] in [time]!

Thank you so much for your support so far, at the moment I have raised [amount raised]

**I [ran/swam/cycled] because [your motivation]**

My target is […] so I am almost there! For the cost of two coffees, £5 will kit out one of our ground-breaking research labs with essential chemicals. £35 could buy special ‘chemical scissors’ that chop up the reams of DNA in a cancer cell, to help scientists understand the disease to fight it better! Anything that you’re able to donate will really make a difference - if you’d like to see what your donations can buy, click [**here**](https://www.cancerresearchuk.org/sites/default/files/what_your_money_can_buy_one_pager_for_website.pdf).

**My legs are feeling very sore after the [half/marathon/cycle/swim]** so please dig deep and donate here [link to page].

Thank you so much for supporting me!

[Insert picture of you with your medal!]

[Email signature]