**ASCP FOUNDATION RUN FOR RESULTS 5K**

**Sample Appeal Message**

(Preferred salutation and name),

I am running in the ASCP Foundation 5K Run for Results on (insert day that you will run during the week of Sept. 30 to Oct. 6th). The Run for Results directly benefits the ASCP Foundation, helping to provide scholarships, grants and fellowships, promote laboratory visibility and support ASCP global health initiatives. These are causes that I am truly passionate about. Bringing attention to them by participating in the Run for Results is a no-brainer for me.

Can you help support my run? It’s easy. I do all of the running. You don’t have to lift a single toe. But you do have to lift a finger and click on “Donate Now” at [ascp.org/foundation](https://www.ascp.org/content/about-ascp/ascp-foundation). When presented with the donation options, select the “Run for Results.”

While I run in honor the ASCP Foundation’s important work, you can help me support those key causes.

Thanks for helping me and the ASCP Foundation!

(Preferred sign-off),

(Insert name)