

(Today's date)

(Recipient Name)

(Recipient Address)

(Recipient City, State or Province zip or post code)

Dear (first name):

I am writing this letter to everyone I know because I hope you will support me in an annual event that is very important to me and my family. It is the annual Spastic Paraplegia Foundation TeamWalk.

I will be participating in a TeamWalk in (location) on (date). (Or, I am going to participate as a Walker-by-Proxy and a designated Walker will walk for me (location) on (date).

As you may know, I have (or family member has) a rare neurological disorder called (HSP or PLS). This disorder slowly damages the nerves that help me (walk, move my arms, speak). It is progressive, and will make it more difficult for me as time goes on. However, I hold on to a positive attitude and make the best of everything life places before me because there is so much to be grateful for (give a personal statement here).

Although there is currently no cure, I have a lot of hope because research is finally accelerating. Experts are hopeful that cures can be found in this generation. But that, of course, depends upon funding. The Spastic Paraplegia Foundation (SPF) has made significant contributions to understanding the causes of these conditions. In the last seven years, we have raised and spent over Two Million Dollars through TeamWalk events.

I realize that there are many charities that vie for your attention, but any contribution, large or small, will be greatly appreciated. I hope you'll return the enclosed envelope to me by (date) or visit ([www.address.com](http://www.address.com)) to make your online contribution.

If your company has a matching gift program, please include the form so that your gift can be matched. Thank you so much for your consideration!

(your name)

For additional information on HSP and PLS, please visit  
<http://www.sp-foundation.org>