

Dear Family or Friend,

I am running in the 14th annual Canmore Rocky Mountain Half-Marathon, 10km and 5 km race on Sept. 13, 2009 and would like to ask you for your support in raising funds for green projects in West Africa and Central America

CAUSE Canada has a long history of implementing green projects with their local partners in Guatemala, Honduras and Sierra Leone. This year as CAUSE strives to continue their efforts to create the greenest race in Canada they are also striving to support more green projects overseas.

Through your pledges all money raised will go towards the following initiatives:

- Building of wells in West Africa
- Reforestation in Guatemala and Honduras
- Supporting Organic Agriculture
- Introducing and Constructing Composting Latrines

To support this important initiative, please go to http://www.eventsonline.ca/events/canmore_rocky/confirm.htm and click on my name to make a secure on-line donation or write a cheque, payable to CAUSE Canada. I will collect all cheques and submit them on race day so you may choose to post-date your cheque for September 13, 2009.

Thank you for your support!