



## KEEP GOING FOR SARCOMA CANCER LIFTING/CARDIO CHARITY EVENT JOSH POWELL FOUNDATION

Hello Family and Friends!

I need your help! On **Saturday, June 2nd, 2018**, I will be participating in a KEEP GOING for Sarcoma Cancer Lifting/Cardio charity event to benefit the, **JOSH POWELL FOUNDATION**.

**ABOUT THE EVENT:** This is a great event where we workout and raise money to empower the minds of newly diagnosed sarcoma patients by proving them with encouragement, inspiration, and motivation to KEEP GOING beginning on their first day of treatment.

The two participation options are:

1. **LIFTING** (Max Effort recorded from a combination of Bench Press, Back Squat, and Deadlift) and/or
2. **CARDIO** (Total miles logged from any combination of Treadmill (running or walking), Cycling, Elliptical, Rowing, or Climbing Stairs).

**WHAT I NEED FROM YOU:** For this event we ask sponsors to support our efforts by pledging donations.

- Pledges can be made on an "amount per miles logged and/or lbs. lifted" basis (Example: donate \$5 for every mile logged)
- One time flat-rate donation. (Example: \$100 to support my participation and the cause)

**HOW FUNDS ARE USED:** The Josh Powell Foundation uses all funds raised to cover the cost of the 1,000 "Powell Packs" that will be gifted to the projected 1,000 newly diagnosed sarcoma patients that will be treated at MD Cancer Center this year. All donations are tax deductible.

**Would you please sponsor me for my KEEP GOING for Sarcoma Lifting/Cardio charity event?  
I promise to work out on June 2<sup>nd</sup> to earn your pledge.**

There are three easy ways to make a donation:

1. PayPal via JPF's secure website: [www.joshpowellfoundation.org](http://www.joshpowellfoundation.org)
2. Eventbrite (Click on the donation ticket option):  
<https://www.eventbrite.com/e/keep-going-for-sarcoma-cancer-tickets-45620497135>
3. Mail a CHECK to the following:

Josh Powell Foundation  
1515 Demonbreun St. #814  
Nashville, TN 37203

**Thank you for your support of the Josh Powell Foundation and me!**