

Dear [\[insert recipient's name\]](#),

During the month of May, I will be participating in Tamarack Ottawa Race Weekend to support people who turn to Rideauwood Addiction and Family Services for vital addiction care.

I hope that you will help me succeed and raise money to support people impacted by addiction to reclaim their lives. One way to help is to join Team Rideauwood with me!

Please visit my personal fundraising page here [\[insert link to your personal fundraising page\]](#) to register and become a member of the team.

You can run or walk the race of your choice: 2k, 5k, 10k, ½ marathon, or full marathon. There are also special challenges and an option for children.

You can also choose to participate in-person or virtually.

By joining Team Rideauwood, you will be helping people who are struggling with substance use, gambling or technology use such as gaming to reclaim their lives.

At Rideauwood, compassion is at the heart of what they do, and clients determine their own recovery goals. Clients can choose to reduce their use, use in safer ways or eliminate their use entirely – there is no one “right path” to health.

What I find particularly unique to Rideauwood is how the organization also supports families and parents who have a loved one with an addiction.

The need for addiction treatment services is at an all-time high, and I sincerely hope you will join me in helping people to live well.

Please visit my personal fundraising page here and click JOIN TEAM (just below the fundraising progress bar on the right): [\[insert link to your personal fundraising page\]](#).

Thanking you for your consideration,
[\[insert your name\]](#)



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