

Sample subject lines:

- Guess what I'm doing on May 22<sup>nd</sup>
- Please help me make a difference
- You can make a difference
- 2 million people could use your help
- Will you help me help others
- I need you to help me RuNFor a Reason
- You will not believe what I am doing
- Check out how you can support me
- Running for a cause,
- Biking for a cause
- Running for a cure,
- Biking for a cure
- I'm running a marathon.
- I'm walking a marathon
- I'm riding 150 miles for a great cause