Dear Friends & Family –

As many of you know, I am a member of an organization called F3. The three F’s stand for fitness, fellowship, and faith. The mission of F3 is to plant, grow, and serve small workout groups for men for the invigoration of male community leadership.

The men of F3 the Fort (Fort Mill, SC) began an annual fundraising effort in 2019 to support local charities within our community. The fundraising efforts revolve around an annual relay. The Dam to Dam 100K relay consists of teams of 2-6 runners who spend a day running ~62 miles from Lake Murray to Lake Greenwood. This year, F3 the Fort will be sending 10+ teams to the relay.

In the 3 previous years, the men of F3 the Fort have raised over $100K to benefit charities within our community. This year, our goal is to raise an additional $45K to benefit the following organizations:

* **F3 Fort Mill Scholarships** - additional funding to previously established scholarships, based on outstanding community leadership, that are awarded to local high school seniors for further education
* **Autism Strong Foundation** - provides support, community, and hope for those touched by autism
* **Defend the Fatherless** - provides support for the physical, emotional, educational, financial, and spiritual needs of local foster and adoptive families
* **Fort Mill Care Center** – provides assistance with food, utilities, and prescriptions to local families in need

I am asking each of you to please consider making a donation to support our efforts. All donations are managed through the F3 Foundation, a non-profit 501(c)(3) organization. Donations are tax deductible. If you would like to help, please click on the link below. Thank you for your support!

[Donate Now | Dam To Dam for a Cause 2023 by F3 Foundation (givelively.org)](https://secure.givelively.org/donate/f3-foundation-inc/dam-to-dam-for-a-cause-2023)

[Name]

[F3 Name]