



TRI MY BEST

Miles on a Mission Toolkit



Thank you for participating in St. Louis Children's Hospital's Miles on a Mission. Together we will celebrate 10 years of Tri My Best by completing 10 miles of activity. All donations from this challenge will support programming for cerebral palsy and movement disorders.

Below you will find resources to set you up for success!

Fun ways to reach 10 miles:

- Run, swim or cycle one mile a day for 10 days!
- Walk your dog one mile a day for 10 days!
- Go on a nature hike!
- Play a sport and track your miles!
- Get creative and get moving with our athletes!

Email friends and family!

Let family and friends know you are participating in Miles on a Mission by sending them an email! Encourage them to join you in the challenge or donate in support of your goal. Don't forget to send a link to TriMyBest.com!

Need help writing an email? Use the template below.

Hello, friends and family!

*To celebrate 10 years of Tri My Best, I will be participating in Miles on a Mission. I am **[Share how you will be completing your 10 miles. Need an idea? Choose from one of the activities listed above.]** to help raise funds for St. Louis Children's cerebral palsy and movement disorder programs. These programs are designed to promote the integration of young people with cerebral palsy and related disorders into sports activities like Tri My Best. **[Share details, reasons, or a personal story about why you are donating.]***

St. Louis Children's Hospital has one mission and that is to do what's right for kids. Who doesn't want to be a part of that?

Join me in Miles on a Mission today! Make a 100% tax-deductible donation and make a difference for kids! Visit TriMyBest.com to donate today!

*Sincerely,
[Your Name]*

Utilize Social Media!

Below is copy that you can personalize to help spread the word:

- To celebrate the 10th annual Tri My Best, I will be participating in Miles on a Mission, a 10-mile challenge in support of the athletes participating in Tri My Best. Visit TriMyBest.com and join me by participating in the challenge or donating today.
- Get active with me in support of a good cause! I am participating in Miles on a Mission, a 10-mile challenge benefiting St. Louis Children's cerebral palsy and movement disorder programs. Visit TriMyBest.com to donate today!
- I am on mile # of the Miles on a Mission challenge. Donations support St. Louis Children's cerebral palsy programs helping children with movement disorders. I would appreciate your support by donating today at TriMyBest.com.

Provide Updates!

Be sure to keep your friends and family updated on your progress. We have found they love to follow and cheer you along!

