

Hi _____,

This year, I'm committing my participation in the [2019 CrossFit Games Open](#) to raising funds for [The OUT Foundation](#) to help remove the barriers that block LGBTQ+ individuals access and participation in health, wellness and fitness.

By signing up for The OUT Foundation's [OPEN+ LGBTQ Leaderboard](#), I am part of the LGBTQ+ community's all gender, 100% inclusive leaderboard corresponding with the 2019 CrossFit Games Open.

CrossFit, and fitness in general, can be intimidating spaces for LGBTQ+ individuals, and that's why I'm competing – to help raise awareness and support the work of nurturing, empowering, and celebrating LGBTQ+ bodies and minds to guarantee that our community thrives.

By donating to my 2019 OPEN+ fundraiser, you are helping to:

- [Provide health services to the LGBTQ+ community, including gender affirming care and more.](#)
- [Work with local business communities to educate and develop policies for welcoming and being inclusive allies of LGBTQ+ people.](#)
- [Award yearly gym memberships and more tools to succeed to over 30 LGBTQ+ individuals.](#)
- Fight – with and for – individuals to be their authentic selves in and out of sport and fitness.

Can I count on your support?

Please visit my fundraising page at _____ and give what you can. Every dollar counts, and I truly appreciate your support!

Thanks,
