



## The Gimme 5 Method Fundraising Tip

**Simply ask family and friends to send the e-mail message below to people THEY know, but who don't necessarily know YOU!**

Hi *<insert person's name>*,

My *sister/brother/husband/wife/friend, <insert person's name>*, is participating in a Bike MS event, raising money for multiple sclerosis benefiting the National MS Society.

This is *his/her first/second/third/etc.* time, and *he/she* could use a boost so I am asking you to GIMME 5!

**1. Gimme 5 minutes of your time**

- Go to *<insert participant page>* to read about what *he/she* is doing.

**2. Gimme 5 bucks**

- Donate five dollars online for a great cause, and hey, if you want to donate more, fantastic!

**3. Gimme 5 friends**

- Send this to five friends and help spread the word!

**4. Gimme 5 ideas**

- He/she would appreciate your fundraising ideas and tips!

**5. Gimme a HIGH 5!**

- For creating a world free of MS!