



Dear _____,

As you may know, I am a member of **Capital Crew**. We are a competitive junior rowing team of the **Sacramento State Aquatic Center**.

Capital Crew was founded in 1988 and is open to all high school students. We row at the **Sacramento State Aquatic Center** at Lake Natoma, which will be the host and site of the **2010 NCAA Women's National Rowing Championships**. Nearly 200 athletes and six coaches make up our team. We practice five days a week, nine months a year. We learn the benefits of hard work, goal setting and what it takes to be successful both in rowing and in our daily lives. **Capital Crew** competes in local and regional regattas and in the annual **National Junior Rowing Championships**. In addition, our team has been invited to attend some of our nation's most highly regarded international rowing events.

On **Saturday, November 7, 2009**, I will be rowing in **Capital Crew's Annual Ergathon**. "Ergs" are stationary rowing machines that measure the time, power output and meters each athlete rows. Our team goal is to row **1,000,000 meters (over six hundred miles!)** in seven hours. The **Ergathon** is our team's major fundraising event and our goal this year is to raise **\$30,000**. Although each athlete pays fees to cover basic expenses, we rely on fundraising to offset the cost of travel to races, as well as to upgrade and acquire new equipment that keeps us competitive.

I greatly appreciate any amount you donate. To make a contribution, please fill out and mail the form below. I've enclosed a self-addressed stamped envelope for your convenience.

Capital Crew Boosters Club is a non-profit organization and our tax ID is 68-0262297. Your canceled check is your receipt. **Capital Crew** does not share any information about our donors. Donations may be sent to: **Capital Crew Boosters Club, P.O. Box 2031, Fair Oaks, CA 95628**.

Of course, if you'd like to check out the **Aquatic Center** and cheer me on in person, you'll find us at the boathouse on **November 7th from 7:00 a.m. - 2:30 p.m.** You may even decide to take up rowing for yourself! The **Aquatic Center** is located near Highway 50 at 1901 Hazel Avenue, in Gold River.

Thank you in advance for your support!

The Capital Crew athlete I am supporting is: _____.

Enclosed is my check made payable to "Capital Crew Boosters Club" in the amount of:

\$20,000 (you can name a boat!) \$250 \$100 \$50 \$25 _____

Your Name: _____

Address: _____