



It is my pleasure to invite you, your family, and friends, to join UNBREAKABLE FITNESS in honoring and recognizing one of our favorite people and members, Tuny Mokrauer. As we celebrate our friendship and blessing of having such an amazing and selfless friend in our lives, I ask that we honor her with 20 minutes of your time and a donation to ALS Research. Tuny is battling ALS and I know of no greater honor and love for her than to support the research that is underway toward fighting this devastating disease.

In partnership with the River Forest Tennis Club, 2021 Philanthropy Foundation, The Daly Bagel, and Play it Again Sports Forest Park we are planning a special **ROW-A-THON fundraiser event for Saturday, November 19, 2022**. Details of the event are noted below:

- A fun-filled and healthy activity starts with your decision to **“ROW” as an individual or a team of two.**
- Each rowing team is required to submit a donation toward our collective goal to raise \$5,000 for ALS Research. To accomplish this, we will need to have at least 50 teams participate.
- Make your donation to [ALS HERE](#).
- Each team will select a preferred time slot [HERE](#). **Unbreakable Fitness Members will select their time slot via the Zen Planner Member App.**
- Each individual or team will row for 5000 Meters (or 20 minutes). You don't have to be a champion rower; you just need to be someone who cares.
- Awards/Prizes will be for fastest male, female, and mixed gender team(s).
- We'll also have COOKIES, coffee, bagels (all from Daly Bagel - YUMM!), as well as other cool swag.

Our challenge is easy in comparison to combating ALS.

To show our love for Tuny and for maximum fundraising success, we need volunteers who are committed to living a healthy lifestyle, who are willing to **devote 20 minutes of time** and who will each donate for a very worthy cause. Does that sound like anybody you know?

If you have any questions, or need a rowing partner, send me a message [HERE!](#)

