

## Know who to turn to



March 2, 2008



Dear Friend/Family Member,

The accomplishments of my friends and family have inspired me to challenge myself to my fullest potential. For that reason, I have committed to running my first half-marathon as a member of Team Diabetes Canada, in the Reykjavik Marathon on August 23<sup>rd</sup>, 2008. I have pledged to raise \$6,100 for the Canadian Diabetes Association for this event.

Raising the money for this cause is especially important to me, as I work with people affected with diabetes and its complications as a Registered Dietitian for a diabetes centre. I am not what one would describe as an athlete, let alone have I ever been a great runner. However, the day-to-day triumphs and struggles of the patients that I see, has inspired me to fundraise and train for this cause

Children and adults with type I and type II diabetes face day-to-day challenges that many of us don't have to struggle with. More than 2 million Canadians have diabetes, by the end of the decade, this number is expected to rise to 3 million. Chances are you know or will know someone who will be affected by this condition. If left untreated or unmanaged, diabetes can result in complications including: heart disease and stroke, kidney disease, eye disease and nerve damage. It is the leading cause of death by disease in Canada. For more information on diabetes, visit [www.diabetes.ca](http://www.diabetes.ca)

I am running to help prevent type 2 diabetes and to help find a cure for type 1 juvenile onset diabetes. I am also running to raise awareness and help people affected by diabetes achieve an optimal quality of life

I am counting on your support to help me reach my goal of \$6,100. In return, I will:

- Run at least 450 km during training (about the distance from Calgary to Lethbridge and back).
- Spend over 30 hours running in Calgary's winter weather.
- Run 21.1 km / 13.1 miles at the Reykjavik Marathon in Iceland.
- Educate at least 360 people about the prevention and treatment of diabetes.
- Raise at least \$6,100 for the Canadian Diabetes Association.

There are 2 ways that you can contribute. You can make a conventional donation or you can also contribute by attending a Singles Auction that I will be holding in May. Please visit: [www.NatalieSiu.com](http://www.NatalieSiu.com) for more information.

Thank you for your support and inspiration,

Natalie Siu