



Strength United CrossFit Gym
235 Center Street
Hanover, PA 17331

February 2024

Dear MSA Supporter,

We invite you to join us in supporting a worthy cause affecting someone very close to us. Any donation, big or small, will help us work towards our goal. Your donation will be directly utilized to raise funds for the **Multiple System Atrophy Coalition**, which helps fund research, support, and advocacy surrounding the disease. A member of our community was diagnosed with Multiple System Atrophy (MSA) in the summer of 2021. Multiple System Atrophy is an extremely rare, degenerative neurological disorder affecting the body's involuntary/autonomic functions, including blood pressure, breathing, bladder function and motor control. MSA shares many Parkinson's disease-like symptoms, such as slow movement, rigid muscles, and poor balance, but it progresses more quickly. Treatment includes medications and lifestyle changes to help manage symptoms, but unfortunately there is no cure. The condition progresses rapidly and is terminal 7-10 years from symptom onset.

In conjunction with SU CrossFit, in order to help raise awareness of MSA and to fundraise for the MSA Coalition, we are holding our third annual 5K on **Saturday, March 23th, 2024 at 9:00 a.m.** Proceeds will directly benefit the MSA Coalition, which funds research for patients with MSA globally. We are seeking your help to make our fundraiser a success. Monetary donations can be contributed to our race page at <https://runsignup.com/Race/PA/Hanover/MSA5K> or you can donate directly to the coalition at <https://support.multiplesystematrophy.org/TeamChadSprankle>.

Other monetary donations can be made payable to the MSA Coalition and mailed to the address on the above letterhead. In addition, other donations such as promotional items, gift cards, or discount cards and coupons to support our 5K are most welcome and appreciated.

If you have any questions, please feel free to contact Ashley Sprankle at Sprankle2018@gmail.com. We are grateful for your time and support to help us in the fight against MSA and to raise awareness surrounding this extremely rare disease.

With appreciation,

Strength United CrossFit
& the Sprankle Family

Donate here!

