

Simple Ways to Ask for Support

1. Ask for a \$25 Donation

“Hey! I’m doing the Green Mountain Shred-A-Thon to support the High Fives Foundation. Would you be down to donate **\$25** to help me reach my goal? Every little bit helps!”

2. Ask Them to Join Your Team

“Hey! I’m shredding for a cause at the **Green Mountain Shred-A-Thon on March 8**. Want to join my team and ride with me? It’s for an amazing nonprofit and it’s going to be a blast!”

3. Ask for Both (Join + Donate)

“Hey! I’m participating in the Green Mountain Shred-A-Thon to support the High Fives Foundation. If you can’t join me, would you consider donating **\$25**? If you *can* join — even better. Let’s shred together!”

4. Easy Text Ask (Low Lift)

“Hey! I’m supporting the High Fives Foundation through the Green Mountain Shred-A-Thon. Any chance you’d be willing to toss in **\$10–\$25** to help me get closer to my goal? It goes directly to adaptive athletes. Thank you!”

5. Social Media Caption (Quick Post)

“I’m riding for a reason ❤️ Supporting @HighFivesFoundation at the Green Mountain Shred-A-Thon on March 8. If you’re able, help me reach my fundraising goal — every dollar makes a difference! [link]”

6. Brand / Team Ask (Great for Vendors)

“Our team is proud to support the High Fives Foundation through the Green Mountain Shred-A-Thon. If you’re able, we’d love your support — donate, share, or join us on March 8 to help adaptive athletes get back to the sports they love.”

7. Story-Driven Ask

“I’m participating in the Green Mountain Shred-A-Thon because High Fives helps athletes get back to the mountains after life-changing injuries. I’m raising funds to support that mission — if you’re able to donate or share, it would mean a lot.”

8. Workplace / Community Ask

“I’m fundraising for the High Fives Foundation through the Green Mountain Shred-A-Thon. If you’re looking for a meaningful cause to support, even a small donation goes a long way. Thanks for being part of my community!”

9. Last-Minute Push

“Shred-A-Thon is almost here! I’m just a bit away from my fundraising goal for High Fives. If you’re able to help me cross the finish line with a **\$10–\$25 donation**, I’d be so grateful!”

10. Invite + Donate (Short & Friendly)

“I’m riding in the Green Mountain Shred-A-Thon on March 8 to support High Fives! Want to join my team? Or if you can’t make it, a **\$25 donation** would mean the world.”