

Be the Change for Veteran Mike

**... dare to dream big and crush the limits
we have set for ourselves ...**



**Be the
CHANGE**
IN MENTAL HEALTH

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Scan QR to
fundraiser
& website

FUNDRAISER

Mike is an esteemed Veteran who proudly served as a Marine Rifleman completing two deployments in Iraq. He has PTSD and needs our help.

Raise money for Mike's fund by cycling, swimming or running.

Swim = \$2.40 (2.4 miles) or \$3.90 (3.9 km) or \$3900 (3900 meters)

Bike = \$112 (112 miles) or \$180.2 (180.2 km)

Run = \$26.2 (26.2 miles) or \$42.2 (42.2 km)

Iron Man = swim+bike+run \$4,122.40 (metric distance)

Ride, bike, swim all at once or over time. Keep track of your collected miles via Strava, Garmin, or your Apple Watch. Collect Funds for executed distance. Follow the QR code below. Deposit the funds you have raised for Mike. Put your feet up and feel great about helping out someone who really needs it.

We make it easy for you! Simply go to our website <https://btcmentalhealth.org/library.php> and download all the support you need including social media posts and an email to encourage your friends, family and coworkers to donate to Mike's Fund.