



# National Postal Mail Handlers Union

**Paul V. Hogrogian**  
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*Vice President  
Southern Region*

**Don J. Sneesby**  
*Vice President  
Western Region*

March 3, 2021

Dear Friends:

We are writing to solicit your financial support of the Juvenile Diabetes Research Foundation. Back in 1997, the National Postal Mail Handlers Union adopted JDRF as its official national charity, and we have been a proud sponsor of the JDRF Capitol Chapter's "Walk to Cure Diabetes" for each of the last 25 years. This year our walk will be held virtually with our co-workers, friends, and family members on Sunday, May 23, 2021.

We encourage everyone to get registered and participate in the [Miles Towards Mission](#) challenges leading up to the walk. You can log any miles walked in your participant center. So sign-up and get your walk on.

If you or your organization has any funds set aside for charitable contributions, we invite you to consider donating to the important research work of JDRF.

If you are able to support this effort, please make your check payable to **the Juvenile Diabetes Research Foundation** and forward it to our attention at the NPMHU National Office. We have included a pre-addressed envelope for your convenience. All donations for this years walk must be received by May 30, 2021.

Thank you very much for your consideration. With your help, we will find a cure for this dreaded disease.

With warm regards,

**Paul V. Hogrogian**  
National President

**Michael J. Hora**  
National Secretary-Treasurer

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# LOG YOUR MILES WITH THE STRAVA APP!

JDRF ONE WALK IS ALL ABOUT  
COMMUNITY, HOPE, EMPOWERMENT AND IMPACT.

THIS YEAR, WE EMBARK ON ONE OF OUR BIGGEST JOURNEYS EVER:  
WALKING 1.6 MILLION MILES FOR THE  
1.6 MILLION AMERICANS WITH T1D!

## HOW TO CONNECT



**STEP 1:** Download the FREE **Strava** fitness tracking app.



**STEP 2:** Register for the Walk at [walk.jdrf.org](http://walk.jdrf.org) or login to your JDRF Participant Center if already registered to set your fundraising and mileage goals.



**STEP 3:** Click on the **orange button** to link to “**Strava**”



**STEP 4:** Click on the **blue link** to create a “**Facebook Fundraiser**”



**STEP 5:** Start Walking...and don't forget to log your miles. Use social media to share your personal story to drive fundraising as you accumulate miles!



**DON'T WANT TO USE STRAVA?** You can **manually add miles** by clicking the “Add Miles” button below the “Miles Towards Mission” box in your participant center.

ON NATIONAL T1D DAY (NOVEMBER 1ST), WE'LL COUNT UP ALL THE MILES AND COME TOGETHER ON OUR LOCAL FESTIVAL WEBSITE TO