




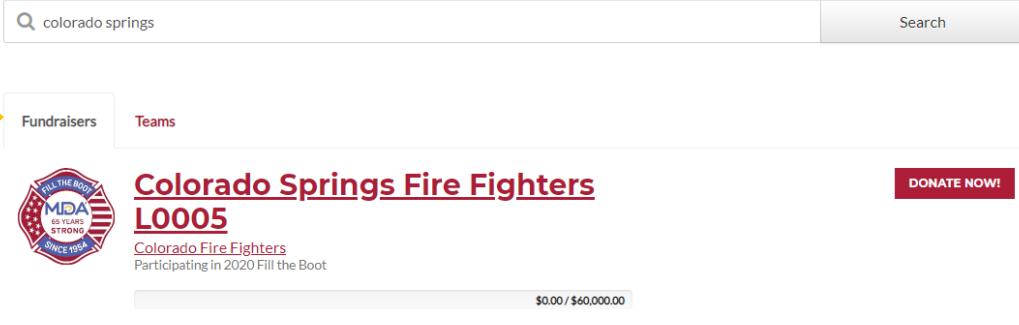


It's now easier than ever to help Fill the Boot and fight back against muscle disease along side the fire fighters! Below are some easy step by step instructions to help you get the word out and make it easier than ever for people to donate and help Fill The Boot with your local fire department! Thank you so much for your support of our local families fighting back against muscle disease!


How to Help Fire Fighters Fill the Boot

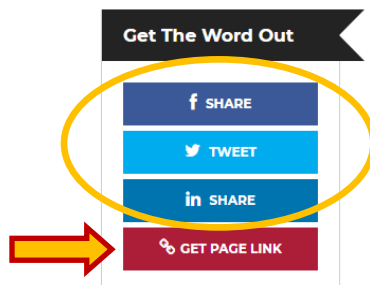
-  Click on this link: www.mda.org/ftb
-  Scroll to the bottom of the page and click on **“Get Started”**
-  Click on the **“Fundraisers”** tab and then type in the name of your city (i.e. Colorado Springs). The webpage for your local should pop up. Simply click on the red text to navigate to your website.


Fill The Boot Search



The screenshot shows a search bar with 'colorado springs' entered and a 'Search' button. Below the search bar, there are two tabs: 'Fundraisers' (highlighted with a yellow arrow) and 'Teams'. Under the 'Fundraisers' tab, there is a result for 'Colorado Springs Fire Fighters L0005'. The result includes the MDA logo, the text 'Colorado Fire Fighters Participating in 2020 Fill the Boot', and a progress bar showing '\$0.00 / \$60,000.00'. A red 'DONATE NOW!' button is visible to the right of the result.

-  Once you find your local's website, simply scroll to the bottom left of the page and find the **“Get Page Link”** button. You can copy the URL and share however you see fit. You also have the option to share on social media directly from this site.



-  Share with your friends and family and ask them to do the same. We need all hands on deck to help support MDA now more than ever!

Thank you so much for helping your local fire fighters Fill the Boot for MDA!