

Research For A Cure Starts with You

Call on Congress to Fund Research and Programs for a Cure with the Jingle Bell Run

Background | What is the Jingle Bell Run?

'Tis the season to live it up and be jolly for a reason! The Arthritis Foundation's Jingle Bell Run is the longest-standing, holiday-themed 5K race series anywhere - participants are racing to raise funds and awareness to cure America's #1 cause of disability. There is no cure for arthritis, and for some forms of the disease like osteoarthritis, there is no disease-modifying therapy. Arthritis is an urgent public health priority and it's time for federal investments in arthritis medical research and programs to match the disease burden.

Step One | Sign Up to Jingle—Either in Person or in Your Jammies!

First thing first, do your part to support research for a cure by [signing up](#) for your nearest Jingle Bell Run, or [jingle in your jammies with the Advocacy in Action team](#). Then, ask Congress to do theirs! When you sign up to jingle, you are moving the needle closer to a cure—but don't stop there! **We need to make our voices heard with Congress to encourage them to match our support through federal appropriations for arthritis research and programs.**

Step Two | Send a Message to Congress

We are calling on you to share your story with your member of Congress, asking them to support research for a cure through appropriations for the Centers for Disease Control and Prevention, the Department of Defense, and the National Institutes of Health.

If you do not have the contact information from a staff member in your Senator's office, you can contact your Senator through [our legislator look up tool](#). Simply supply your address, and a list of all your legislators will populate. Check the box next to the name of the Senator you wish to connect with and click compose to write and send your message, all through the Arthritis Foundation's website.

Draft Email:

Dear Senator,

Arthritis, an umbrella term encompassing over 100+ diseases, impacts Americans of all ages, sexes, & races. Arthritis affects 1 in 4 Americans and is the leading cause of disability in the United States, limiting the daily activities of nearly 24 million Americans. This chronic disease also has a total economic burden of over \$300 billion annually - surpassing tobacco-related health effects, cancer, & diabetes.

There is no cure for arthritis, and for some forms of the disease like osteoarthritis, there is no disease-modifying therapy. Arthritis is an urgent public health priority & it's time for federal investments in arthritis medical research & programs to match the disease burden.

[INSERT YOUR ARTHRITIS STORY HERE]

I am doing my part to support research for a cure through the Arthritis Foundation's Jingle Bell Run. Please do your part as well by ensuring robust investments in arthritis research & programs. To learn about Arthritis Foundation appropriations priorities, such as increased funding for the CDC Arthritis Program or the creation of a standalone arthritis program within the Congressionally Directed Medical Research Program, please visit the following link, bit.ly/FederalInvestment.

Only through strengthened investments in arthritis research and programs will we be able to unlock a cure for the more than 54 million Americans and 300,000 children with rheumatic disease.

Thank you for all you do.

Step Three | Recruit Others to Take Action

The most effective way we can make our voices heard on Capitol Hill and beyond is by motivating members of our community to join you in sharing your story. After you've connected with your members of Congress, encourage friends and family to take action.

Ask 5 Friends to Take Action through our Action Alert that Sends a Letter to Congress in 5 Minutes or Less!

We're calling on Ambassadors to use our quick pre-formatted action alert as a recruitment tool through their social media accounts. Every time someone new takes action on the Jingle Bell Run action alert, they will be enrolled in our Advocacy Program. **Please send this action alert to your communities to get them engaged: arthritis.org/AdvocateJBR.**

Volunteer at your Local Jingle Bell Run

Jingle Bell Run events around the country have Advocacy and Mission Booths to promote our Arthritis Foundation tools and resources. Volunteer at your local Jingle Bell Run to help encourage participants to send a message to Congress either by taking action on their smartphone or by signing a petition!

Encourage People to Take Action on their Smart Phones

Ambassadors can encourage folks to type in arthritis.org/AdvocateJBR into the search engine on their phone. There, they'll be able to send a message to Congress. You can use this [flyer](#) at your booth to guide people in using the Action Center on their smart phones. **Remember:** taking action through the action center will automatically sign someone up as an Advocate!

No Phone? No Problem! Encourage People to Sign Our Petition!

At the booth, you can encourage folks to support research for a cure by having them sign our [NEW Race Doesn't Stop Here petition](#). The petition supplements our message to congress that we need funding for a cure for arthritis and that they can help! Once the event is over, please type the names of those that signed up into an excel document that separates first name, last name, address, city, state, zipcode, and email into separate columns. Then send the excel sheet onto your local staff person and your state director!

Hang these Running Tips Posters at your local Event

This year to engage runners, we've created posters with Runner's Tips. Each poster can be hung at your event over the water foundations or wherever you have some available real estate. These posters promote advocacy with the message that our race to the cure doesn't end at the finish line. The posters promote our Action Alert and advocacy program. [View the posters here.](#)