



# Fighting H.A.R.D. Foundation

Helping kids who Have A Rare Disease or chronic illness



## To Whom It May Concern,

Hello there! My name is Jonna Crocker, and I am the co-founder of Fighting H.A.R.D. Foundation with my sister, Alexandra Crocker. Our mission at Fighting H.A.R.D. is to help children with rare diseases and chronic illnesses to not feel alone in their battles. We accomplish this by sending care packages, providing emotional support through social media and get-togethers, and financially assisting kids and their families by providing things like meals, groceries, and medical equipment not covered by insurance. We are currently assisting 50+ families right here in New Jersey.

With 1 in 10 Americans having a rare disease, the likelihood is that at least one person that you know is dealing with a rare condition. There are many children right here in our own community who battle with autoimmune conditions, gastrointestinal diseases, heart conditions, visual impairments, seizure disorders, chronic pain conditions, and much more. Some of these diseases are visible due to devices like wheelchairs or feeding tubes, while others are invisible to the regular person. This is why we hope to spread awareness through our Rare Disease Day campaign and provide support to these kids.

One of our largest events of the year is Rare Disease Day. Celebrated on the last day of February each year, we strive to raise awareness for rare diseases and the impact they have on many individuals!

In this packet, you will find a few different ways that your organization can get involved! Our biggest two initiatives are Rare Your Jeans Day and our Run HARD for Rare Kids. Please take a look at all of the opportunities to raise awareness and funds! If you have any questions, do not hesitate to reach out. We would love for you to get involved in the great things happening this year.

Sincerely,




**Jonna Crocker**  
**Founder, Fighting H.A.R.D. Foundation**  
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# Rare Your Jeans Day 2024

Why rare your jeans?

-  80% of rare diseases are caused by rare or faulty genes
-  Denim patterns are used in rare disease campaigns globally
-  Helps to raise awareness in a fun, creative, and educational way!

Ways to get involved:

-  Have your business or school wear & decorate jeans on 2/29/24 (or any designated day that works for your school/company/organization)
-  Have staff members collect a donation for Fighting H.A.R.D. Foundation
-  Make copies of the HARD Facts sheet and share them with your office/classroom
  - See Fighting H.A.R.D. Rare Facts on page 6 to print and distribute
-  Wear your Fighting H.A.R.D. T-shirts or awareness t-shirts on a designated day!
-  Donate any amount to our organization. All money raised goes directly to kids battling rare diseases in our local community. See page 5 for more details
-  Have students/staff color paper jeans and put them on their lockers!
  - See worksheet on page 3 to print out and distribute





# Fighting H.A.R.D. Foundation

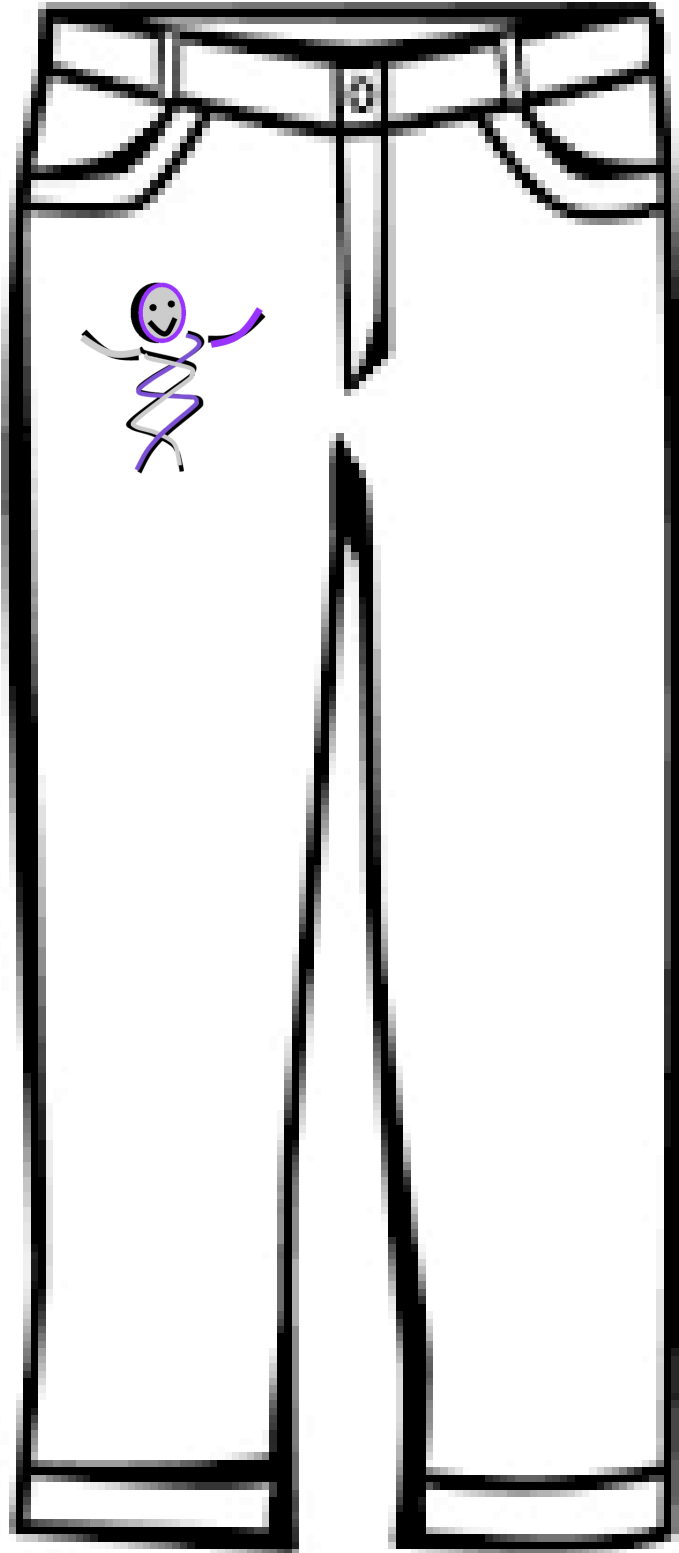
Helping kids who Have A Rare Disease or chronic illness

## Rare Your Jeans Day!

Decorate this pair of jeans to help raise awareness for kids with rare genes!

Hang them on your locker so everyone can see!

Thank you for Fighting H.A.R.D. with us and joining in on our rare disease day celebration!








# Run H.A.R.D. for Rare Kids 2024



Our Run HARD for Rare Kids started in 2021 as a way to safely raise funds and awareness during the COVID-19 Pandemic. The virtual run is held the week leading up to Rare Disease Day, this year being 2/22/24-2/29/24!

Ways to get involved:

-  Register your school or business as a team, and have your staff/students join your team!
  - Bonus - create a fundraiser for your business and get individuals to donate!
-  Sign up to run 2, 8, or 28 miles, a 5k, or Relax for Rare with us!
-  Use hashtags #RunHARDforRareKids2024 and #RunHARD2024 on social media!
  - Share pictures of your staff/students getting involved
-  Set up a physical run at your office, school, or another location and invite your network
-  Win prizes by gaining more participants and raising money

Sign up now at <https://runsignup.com/Race/NJ/Anytown/RunHARDforRareKids>  
or by scanning the QR code located below!





# Fighting H.A.R.D. Foundation

Helping kids who Have A Rare Disease or chronic illness

Celebrate Rare Disease Day and join in on our 4th annual



## RUN HARD FOR RARE KIDS



**VIRTUAL RUN!**  
Join from  
anywhere!

## February 22 - February 29

Run, Walk,  
or just Relax  
for Rare!

Raising awareness  
and funds for kids  
with rare diseases!

Win against  
other teams  
for prizes!



Scan for More Info

#RunHARDForRareKids  
#RunHARD2024

[www.fightinghardfoundation.org](http://www.fightinghardfoundation.org)

Tax ID: 474652204



Sign Up Now

# Sponsorship Opportunities

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Over the past three years, we have raised over \$45,000 for Rare Disease Day. We need your help to make this year even bigger! Every dollar raised goes directly to children battling rare diseases and their families. Thank you for Fighting H.A.R.D. with us - we could not do it without incredible donors like you!

## Rare Disease Awareness Warriors – \$5,000

Foursome to our Fighting H.A.R.D. Fore the Kids Golf Outing 2024, Website Recognition for Life, Full-Size Banner at Community Events, Specialty Plaque, Press Recognition, and Social Media Acknowledgement

## Rare Disease Awareness Champions – \$2,500

Website Recognition for Life, Full-Size Banner at Community Events, Specialty Plaque, Press Recognition, and Social Media Acknowledgement

## Rare Disease Awareness Ambassadors – \$1,000

Website Recognition for 1 Year, Banner at Community Events, Social Media Acknowledgement

## Rare Disease Awareness Partners – \$500

Website Recognition for 6 Months, Social Media Acknowledgement

**Or, make a donation of  
any amount that you  
would like!**

Please make checks payable to:  
Fighting H.A.R.D. Foundation  
PO Box 386  
Howell, NJ 07731  
or VENMO @fightingHARDpays





# FIGHTING H.A.R.D. RARE FACTS!

## THE HARD FACTS:

-There are over 7,000 known rare diseases in the United States

-it takes an average of 8 years and 10 specialists to receive an accurate diagnosis of a rare disease

**A RARE  
DISEASE IS  
ANY DISEASE,  
DISORDER,  
ILLNESS, OR  
CONDITION  
AFFECTING  
FEWER THAN  
200,000  
PEOPLE**

**80% OF RARE  
DISEASES  
ARE GENETIC  
IN ORIGIN!**

## KIDS FIGHTING H.A.R.D.

-30 million people in the U.S. have been diagnosed with a rare disease - over half of them are children

-Of the rare diseases identified, over 3,500 of them affect children

-55% of rare disease families will incur direct medical expenses not covered by insurance



For more information About Fighting H.A.R.D., or to donate directly through our website, please visit [www.fightinghardfoundation.org](http://www.fightinghardfoundation.org)  
Federal Tax ID 47-4652204 Thank you for your support!



# Check Out Previous Events!

