









Elizabeth & Mike

Dear Birth Parent(s)-

We can't even imagine the emotions you must be feeling right now and the difficult decision to make an adoption plan for your child. That said, we can guarantee your child will be placed in a home with a loving, caring, and fun couple - Mike & Elizabeth.

We have dreamed about becoming parents for years, but our journey to becoming parents has not been easy. It's been emotional and we have overcome hard times. But that isn't important right now. What is important is who we are as people and more importantly as parents. We can't wait to hold a child in our arms and guide them through all the adventures life has to offer. We talk about all the mundane things that happen when raising a child - changing diapers, crying, sleeping, etc. But we also talk about all the fun – showing them new things, seeing them accomplish things, and answering their many questions.

They will also learn what it means to work hard for something. We will always be there for our child and be their safety net. We also want them to know that things in this world are earned and make sure they understand that value and do not give up. Because we Duncanson's never give up. We talk about taking our child on road trips (they are our favorite, especially with two dogs in tow), showing them the world, and teaching them about different cultures. We look forward to the day we can run their first race with them and see the look of accomplishment on their face when they cross the finish line. And we can't wait to take them to all our races so they can cheer us on as we swim, bike and run to the finish lines of our respective races.
We will take them to the beach many times throughout the year. Rehoboth Beach is our happy place. No matter what is going on in life, we can spend a day at Rehoboth and forget about all our worries. We will show them Funland where they may not win at the games, but still have so much fun. Oh, and we will get ice cream!

We will head to the mountains for hiking and camping. There is something about being in the outdoors and smelling the fresh mountain air. Where our future child will grow up has the beach, mountains and city within a 3-hour drive- it can't be beat! When Mike was a little boy he hiked the Grand Canyon and told his dad that he was going to bring his kids here one day. So, we will definitely do that. We will go to football, baseball and hockey games. Mike is a huge New York Giants, New York Yankees, and New York Rangers fan. He is hoping his future child will like sports too! But if they don't it's okay. They can hang with Elizabeth (who isn't a huge fan) during all the games to support Mike and his teams. Like everything we do we will make it fun!
Life will be an adventure full of lots of happy memories, you can be sure of that. But we will also take it seriously and expect our future child to be their best, not the best at everything they do but making sure they are putting their best foot forward. We expect them to be respectful and nice to everyone they meet. They won't get away with cheating, lying, or being mean. They will learn right from wrong. We know they will make mistakes and we are here to be their foundation, to help them navigate through the mistakes and life's struggles. Our future child will have a great support system. We come from close, loving families who will do anything for one another.I hope you enjoy getting to know us a bit more throughout this book and get an inside look at our lives and the life your child will live.

Mike & Elizabeth








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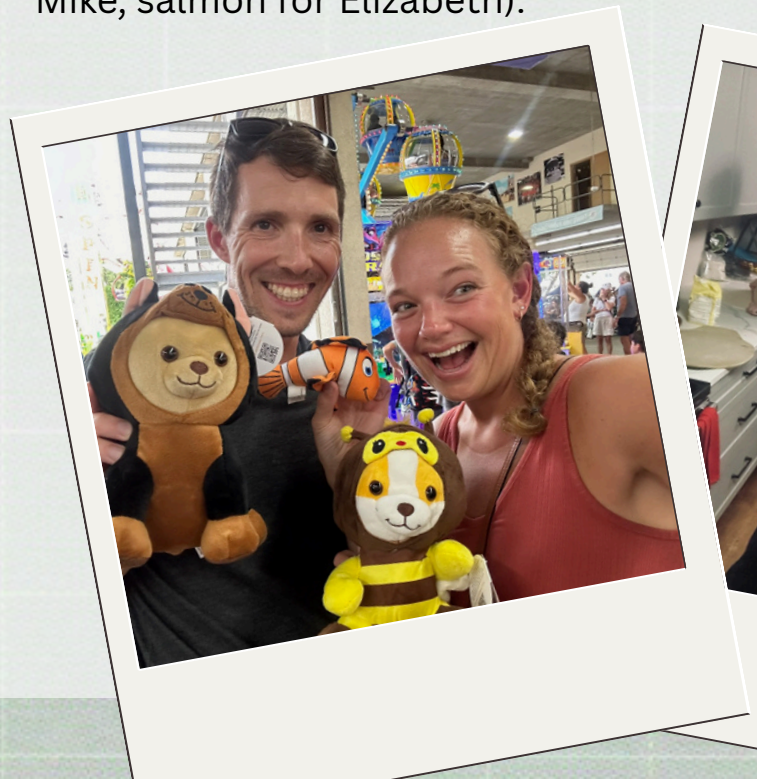
About Us

Hi! We are Mike and Elizabeth!
We have been together since 2015 and married since 2018. We live in Virginia in a cozy townhome with our two dogs (Runner & Peloton) and cat (Catzilla).
We were connected to each other and eventually fell in love because of our close family ties, love for running, and love for adventures. You will find us running, biking, trying out the newest brewery in town, headed to the beach, or traveling.
We also cherish the time spent in our home. After a long week of work, we can't wait for homemade pizza and sitting on our couch to watch a movie. The whole family is involved (See image below). On Sunday's, you can usually find us grilling (steak for Mike, salmon for Elizabeth).



Our Favorite Things:

-Friday Night Pizza
-Rehoboth Beach
-Traveling the country and world
-Saturday's at the pool during the summer
-Visiting new breweries



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About Mike

Hi – I'm Mike!

I grew up in rural New York, with my parents and older sister. I also have three half-siblings who live around the country. I've been in Virginia since college and now work as a lawyer helping those who are injured.

I have a lot of "loves" in life from cycling and sports to learning and baking. I also enjoy watching sports. I hope one day to introduce my child to all the sports I love and dream they also become fans of the teams I watch so we both can celebrate their wins (or suffer their defeats) together.

The holidays are my absolute favorite. I love decorating, watching all the holiday shows (Hocus Pocus, Charlie Brown Thanksgiving, and Santa Claus to name a few) and baking. Every year I make dozens of cookies, using a recipe passed down from my dad. I hope to one day share the fun of baking with my child.

I also look forward to teaching my child things about the world, life, and anything they want to know. I want them to always be curious and I want to feed that curiosity.





Mike's Favorite Things

-Cheering on the New York Giants, Rangers and Yankees
-Cycling – watching and riding
-Triathlons
-Sweets, especially a crumb cake or box of donuts
-Trying out new steakhouses and grilling steak at home









About Elizabeth



Hi, I'm Elizabeth! I grew up in Virginia with my parents and younger brother. I currently work as a communications specialist for a government contractor.

I'm extremely close to my parents. They are my role models and always there for me when I need to vent, cry, or need advice.

In my early 20's, I quickly learned that I love being outside and more so love running. Over the years it has turned into my passion. I hope to run a marathon in all 50 states. And I dream of going on runs with my child and seeing the look of achievement on their faces when they complete their first race. But if they are not into running, that's okay – I only wish they find something they are passionate about that makes them happy.

I love reading (audio books included) and listening to podcasts when working out, cooking or cleaning the house.



Elizabeth's Favorite Things

- First cup of coffee in the morning
- Running (and being outside)
- Decorating for Fall and Christmas
- Little moments in the kitchen with Mike and animals
- Oreos (but they have to be double-stuffed)


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Our Home

We recently moved to our forever home, a beautiful 4-bedroom single-family house at the end of a quiet road,surrounded by a spacious backyard where our future childcan play and where our pups love to run.



Nestled in a family-friendly community, our neighborhoodfeatures multiple pools, walking trails, and playgrounds.Within a mile, you can reach the elementary, middle, andhigh schools, and we often see kids riding bikes, walking,and playing outside. Our community is well establishedand has activities year round for families – including aTurkey Trot and Haunted House at Halloween.

Our home offers the perfect balance of calm andadventure, located within three hours of the beach, the mountains, and the city. Welove that our adventures can be spontaneous, whether it's a short trip to a local parkor exploring a charming nearby town, often resulting in our favorite memories





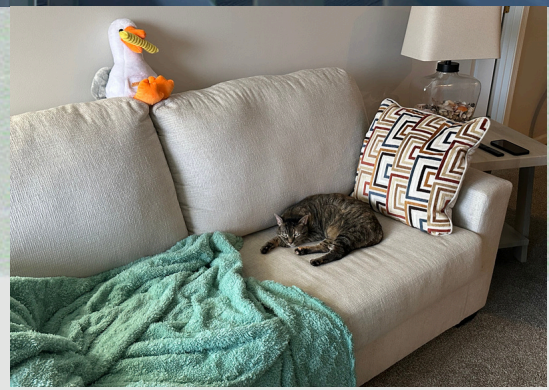


Home Away from Home: Rehoboth Beach

We go to Rehoboth Beach many times a year, which is our happy place. Mike has been coming here since he was a child and we started going a lot after we began dating. We go so often that we decided to buy a place that is ours to visit whenever we want. It is a cute condo about 4 miles from the beach; perfect for a kid! Rehoboth Beach is a place we can sneak away to, when we need to recharge, or just need a break from reality. They have activities all year round that are family-friendly, so it is not just a summer vacation spot. We truly hope our future kid will find joy at Rehoboth as much as we have!







Our Pets





We have three pets – two dogs and one cat. They are our world. All three are goofy, friendly, and loving! Runner and Peloton are our adventure dogs. They come everywhere with us – road trips, the beach, breweries, races, and on errands! If we can bring them, they are most likely coming. Catzilla does her thing but will greet us at the door when we come home from work, hang out in the kitchen when we are cooking and cuddle with us on the couch every night.

We can't wait for our future child to fall in love with them as much as we have.





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Friend & Family

Mike and Elizabeth both came from strong families and stay connected via text, calls and family gatherings, despite being spread out across the country.
We currently live about 10 minutes from Elizabeth's parents, which we have found beneficial from helping take care of the dogs and cat, fixing house issues, and dropping off cookies at random times.
Mike's parents still live in New York, but we make sure to see them regularly throughout the year in New York or at Rehoboth Beach.
The holidays are a big deal to both of our families, so when make sure to see each family at least once during the holiday season!
Then we have our friends. We got lucky with many still living close by allowing us to see them on a regular basis. We can't wait to introduce them to our future kid knowing they will love and support them!






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Thank you

