



Program Sponsorship Opportunities

Girls on the Run of the Greater Chesapeake (GOTRGC), a local nonprofit, provides girls in elementary and middle school with a youth development program that enhances girls' social, emotional, and physical well-being through a research-based curriculum.

The professionally developed 10-week curriculum addresses age appropriate issues such as dealing with difficult emotions, positive self-talk versus negative self-talk, healthy relationships, gossiping, bullying, peer pressure, gratitude, and teamwork. Girls not only discuss these topics and how they play out in their lives, but also learn different tools and techniques to help work through challenging situations they may encounter in adolescence. Lessons are integrated with training for an end-of-season celebratory, community 5K in which all girls participate and learn the very tangible lesson of setting goals and overcoming challenges. When the girls cross the finish line, they fully understand just how capable they are, and this confidence translates into all aspects of their lives.

GOTRGC wants to ensure that ALL girls who want to participate are able to do so regardless of family income or circumstance. Therefore, we partner with corporations, individuals and community members to offer nearly 50% of girls with financial assistance so that they are able to become Girls on the Run in our community.

Program Sponsorship Overview

A program sponsorship costs \$2,500 which funds the program fee for a scholarship team, the girls' 5K entries, medals, t-shirts, water bottles, coach kits and coach training. The corporate sponsor is able to attend practices with the team as often as their schedules allow during the fall or spring season. GOTRGC teams practice twice a week for 10 weeks after-school for 75-90 minutes. Corporate volunteers are helping the coaches, handing out activity sheets, participating in lessons and running laps with the girls if they like. **The program sponsor will receive:**

- **The opportunity to select a partner team with GOTRGC staff recommendations based on location / time / sites for that season**
- **The opportunity to participate in lessons during the 10-week season**
- **A volunteer opportunity for employees to see the curriculum up close**
- **Thank-you card / photo from their team**
- **Two complimentary entries to the 5K**
- **The opportunity to cheer on or run alongside their team at the season-ending, celebratory 5K**

If you're interested in becoming a program sponsor, please reach out to Kelly Makimaa, Kelly.makimaa@girlsontherun.org.