



Girls on
theRun



HAMPTON ROADS

Team Sponsorship Opportunities 2023-24



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WHO WE ARE

Girls on the Run® is a comprehensive youth development program that teaches girls concrete strategies to build self-esteem and healthy habits.

The evidence-based social-emotional learning program creatively integrates exercise. Lessons are age-appropriate and culturally relevant for elementary or middle school girls.

- ★ Hampton Roads Council founded in 2006
- ★ Served over 20,000 girls to date
- ★ Headquartered at Virginia Wesleyan University
- ★ Partner with 120 schools and community centers in 15 cities and counties



WHAT WE DO

Girls on the Run® has a transformative impact on girls' social, emotional, and physical health during the early years of adolescence when they are forming life-long habits and attitudes. We work with girls in grades 3 through 8. Teams meet three hours a week for 12 weeks to explore critical topics that improve self-esteem, peer relations, nutrition, physical fitness. At the end of the season, each team designs and implements an age-appropriate community service project.

Each girl completes a celebratory 5k alongside a personal, adult "5k buddy" and hundreds of other girls from the region. Through training and teamwork, the girls learn that triumph is tangible with careful planning and preparation. These achievements provide them with a framework for setting and reaching larger goals as they mature.

EACH YEAR:

- ★ 475 coaches volunteer
- ★ 2,100 girls enroll
- ★ Teams complete 170 Community Impact Projects
- ★ We host two regional 5k events with approximately 4,000 attendees each
- ★ We enlist 200 corporate & individual 5k volunteers



WHY IT MATTERS

GIRLS' SELF CONFIDENCE
BEGINS TO DROP
BY AGE 9

50% OF GIRLS AGES 10-13 EXPERIENCE
BULLYING
SUCH AS NAME-CALLING AND
EXCLUSION AT A TIME WHEN
PEER RELATIONSHIPS BECOME
MORE CENTRAL TO GIRLS' LIVES



PHYSICAL ACTIVITY LEVELS
DECLINE
STARTING AT AGE 10 AND
CONTINUE TO DECREASE
THROUGHOUT ADOLESCENCE



GOTR TEAM

Sponsorship Benefits

As a GOTRHR Team Sponsor, your \$2,500 contribution will make it possible for 15 low-income girls to enroll in our program. To show our gratitude, you will receive:

- ★ custom yard signage with your logo at the site
- ★ a recognition plaque
- ★ notes and pictures of gratitude from the girls on the team
- ★ an opportunity to visit the team for a session
- ★ 2 free 5k entries to celebrate alongside your team
- ★ sponsorship recognition at the 5k
- ★ a full heart

WILL YOU CONSIDER A GIFT OF \$2,500 TO SUPPORT FINANCIAL AID FOR LOW-INCOME GIRLS?

For more information contact Ellen Carver, Executive Director, at:

ellen@gotrhr.org or 757-965-9040

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