



SPONSORSHIP OPPORTUNITIES 2024

Girls on the Run Southeastern
Suburban PA
www.gotrpa.org

OUR MISSION

Our mission is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

Our Program

At Girls on the Run we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Trained coaches lead small teams through our research-based curricula which includes dynamic discussions, activities and running games.

Over the course of the ten-week program, girls in 3rd through 8th grade develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. The program culminates with girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5K event.

Why It Matters

Studies show that 3rd through 8th grade is a critical period of time for girls. Their self-confidence begins to drop by age nine, 50% of girls ages 10 to 13 experience bullying, and physical activity levels begin to decline.

A [recent independent study](#) found that the Girls on the Run intentional life skills curriculum, delivered by highly trained coaches, positively impact girls' lives by helping them increase their self-confidence, develop healthy relationships and feel good about themselves.

At an age when girls are constantly trying to measure up to ideas of who they should be when they're still discovering who they are, Girls on the Run shows them that their potential isn't just enormous, it's beyond measure.

"I love spending time with my coaches and friends after school. We learn about being friends, how to help each other, and how to fix problems. I also love to run each week and see how I improve."

- Kaylee, 3rd grade



"I still get tears in my eyes when I think about that moment when they crossed the finish line and received their medals. After the race, they all kept saying, 'This was the best day ever, this was the best day of my entire life. I can't wait for the next 5K.'"

- Parent

After reviewing the enclosed opportunities, please contact Development Director [Glynis Braun](#) at Glynis.braun@girlsontherun.org or 215-540-0813 to sign up to become a Girls on the Run sponsor.

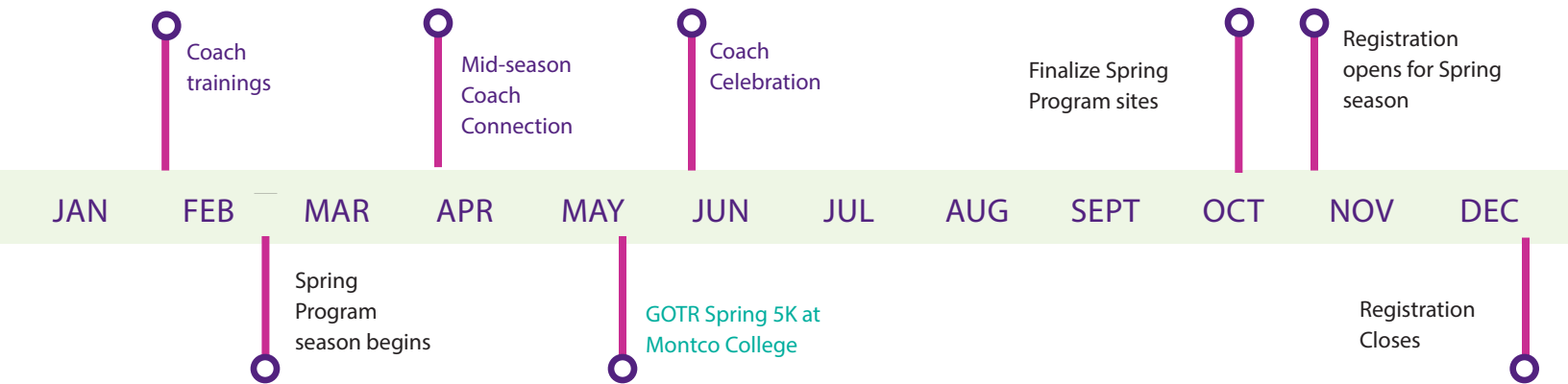


CURRENT AUDIENCE

Email Subscribers	14,000+
<i>Social Followers:</i>	
Facebook	relaunched in 2023
Instagram	1200+
Coaches	over 400+ per year
Friends, Family, Spectators, Supporters	over 3,000+ per year
Event Volunteers	over 100+ per year
Program Participants	over 1,500+ per year



when will you reach our audience?



2024 5K Sponsorship

SPONSOR

Benefits

	Finish Line	Pace Setter	5K Buddy	Starting Line	Warm Up	Stretch
SPRING SEASON	\$20,000	\$10,000	\$5,000	\$3,000	\$1,000	\$500
Official Program Sponsor	*					
Logo on 5K Bibs + Registration	*					
Grow with GOTR Employee Event	*	*				
Logo on Coach T-shirts	*	*	*			
Logo on 5K Signage	* <i>finish line</i>	* <i>finish line</i>	* <i>water stop</i>	* <i>mile marker</i>		
Logo on Girls T-shirts <i>* if committed by January</i>	*	*	*	*	*	
Sponsor Table at 5K	*	*	*	*	*	
Logo on Program and 5K Communications	*	*	*	*	*	
Logo on Website	*	*	*	*	*	*
Social Media Acknowledgement	*	*	*	*	*	*
Use of "Proud Sponsor of Girls on the Run" logo	*	*	*	*	*	*
Public Acknowledgement at 5K	*	*	*	*	*	*
Complimentary 5K Entries	10	8	5	3	2	1

Custom sponsorship packages available upon request. Please contact [Glynis Braun](mailto:glynis.braun@girlsontherun.org) at glynis.braun@girlsontherun.org or 215-540-0813.



2024 Volunteering

ENGAGEMENT Opportunities

GROUP SIZE	1	2-3	5-15	TOTAL NEEDED
ONGOING				
Serve on Board or Young Professional Board - meetings 6-8X/year	*			
Consultative Support - Social Media, Technology - 1-2hrs as needed	*			
PROGRAM SUPPORT				
Pack supply bins for all sites - 4 hrs in Fall			*	
Coach a team - 2x/week for 10 weeks plus 4 hrs training Feb-May	*	*		@450
Coaches Training Staff Support - Saturdays in January and February	*	*		
Unpack supply bins - 4 hrs in June			*	
5K RUN				
5K Committee - meets 6-8X/year	*			
Pack bibs and shirts for pick-up - 4 hrs in April			*	
5K Day - 5/4 at Montco Community College	*	*	*	@100

If you are interested in volunteering individually or as a group, contact Glynis Braun at glynis.braun@girlsontherun.org.



2024 Pledge Form

GET INVOLVED today!

5K Sponsor

SPONSORSHIP LEVEL (check one):

- Finish Line Sponsor - \$20,000
- Pace Setter Sponsor - \$10,000
- 5K Buddy Sponsor - \$5,000
- Starting Line Sponsor - \$3,000
- Warm Up Sponsor - \$1,000
- Stretch Sponsor - \$500

Program Underwriting

FUNDING OPPORTUNITIES:

- Scholarship for Title 1 school team (18 Girls) - \$5,000
- Journals for all girls for the season (1,800) - \$4,200
- Coaches Training (400-500) - \$2,500
- Sneakers & sports bras for team (18 girls) - \$1,200
- Transportation for Title 1 school team - \$1,000
- Scholarship for one girl - \$250

Volunteer/Engagement

SMALL GROUP (5-15 people at Fort Washington office):

- Pack supply bins for all sites - 4 hrs in Fall
- Pack bibs and shirts for pick-up - 4 hrs in April
- Unpack supply bins for all sites - 4 hrs in June

OTHER:

- Volunteer on 5K Day - 5/4
- Join 5K Committee
- Become a SoleMate
- Provide consultative support - tech or social media
- Become a coach
- Donate in-kind goods

Payment Information

- My check is enclosed
Please make payable to Girls on the Run Southeastern
Suburban PA and send to:

Girls on the Run of Southeastern Suburban PA
1300 Virginia Drive, Suite #117
Fort Washington, PA 19034

- Charge my credit card (Please complete billing
information to the right.)

CC number: _____

Exp. date: _____ Security code: _____

- I will donate online.
www.gotrpa.org/Donate

Billing Information

Company: _____

Name: _____

Address: _____

City, State & Zip: _____

Email: _____

Phone: _____



EVEN MORE WAYS TO GIVE

We have many opportunities for you, your organization, or your employees to support and engage with our program. As a non-profit, we appreciate every kind of support we receive from our wonderful community partners and welcome that support in all shapes and sizes. Now more than ever, our passion is ignited to empower our future generation of women--and we hope you'll join us!

Donate an In-Kind Good or Service

Interested in contributing your product or services to our 5K event? Some in-kind perks include name and logo on website and a shout-out on social media. Please contact **Glynis Braun** at glynis.braun@girlsontherun.org, to discuss a donation.



Adopt a School

Your business or organization can empower an entire team of girls at one of our Title 1 schools. Includes opportunities for your employees or members to engage with the program as coaches, running buddies, or general volunteers. To learn about the Adopt a School program, please **contact Glynis Braun** at glynis.braun@girlsontherun.org.



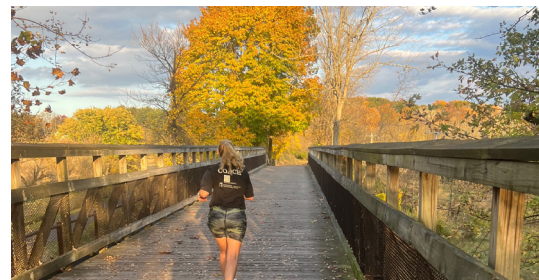
Become a SoleMate

SoleMates is a motivating community and the Girls on the Run charity running program committed to empowering girls, changing lives and supporting its members with their own fitness goals, such as running a marathon or 5K or another athletic event. To learn more or sign up please visit www.gotrpa.org/solemates.

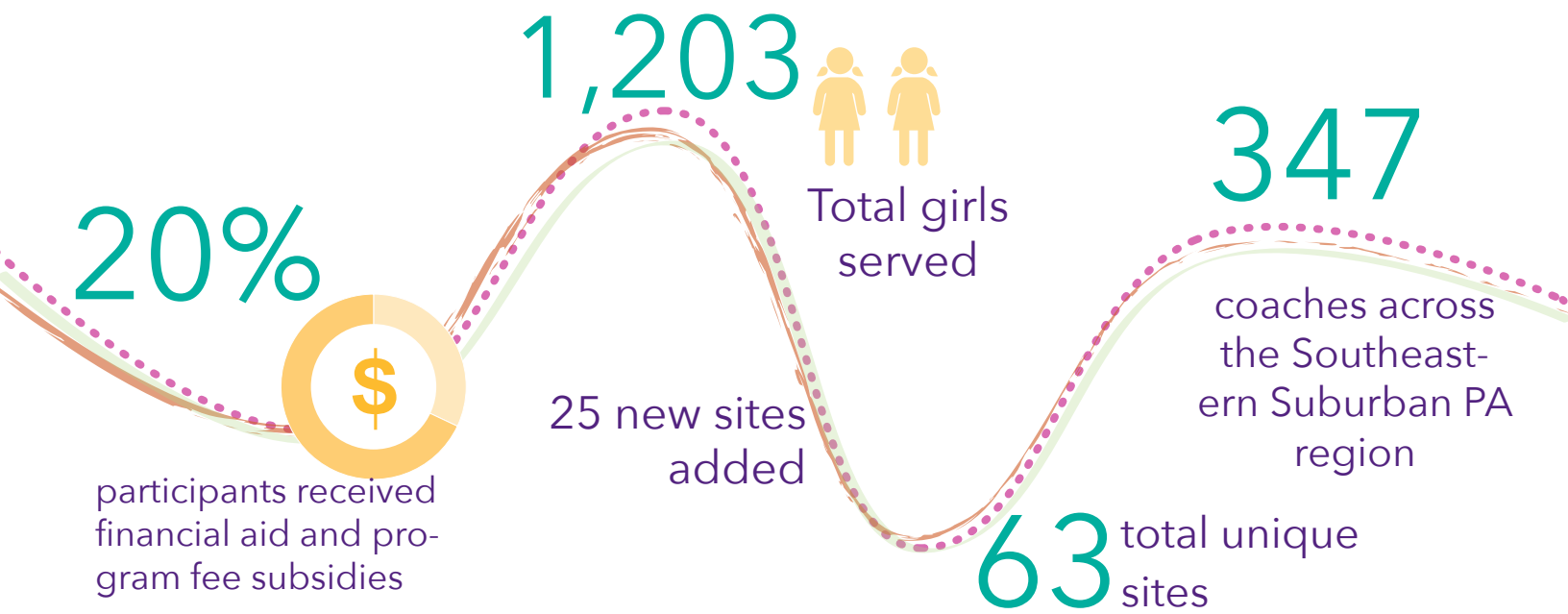


Honor our Coaches

At Girls on the Run, we know what an impact having a trained, caring coach can make in the life of a young person. Our coaches train in-person and online, learning our intentional curriculum and how they can connect with their team. To learn more about how to support our 450+ coaches, please **contact Jen Molod** at jennifer.molod@girlsontherun.org.



PROGRAM YEAR 2023 ACCOMPLISHMENTS



For the past 18 years Girls on the Run has supported girls in developing the confidence and character they need to become strong, healthy women, using a unique, research-based after school curriculum which creatively integrates running.



MARATHON

- * Serve **15,000 girls** by our 20-year anniversary in 2025
- * Launch updated curriculum for our **life-changing program**, reflecting the needs of girls in the post-pandemic world
- * Grow our footprint in more Title 1 school districts, continuing our commitment to offer Girls on the Run to **every site** and **every girl** in our community who wishes to participate, regardless of financial need
- * Expand our evaluation efforts to track the **long-term impact and outcomes** produced by our intentionally-designed curriculum

"Thank you for all your work and time in making this program amazing! This was my daughter's first year participating and she was more than excited every practice and of course the end result with the 5K. She is already talking about next year."

