



Start your day with joyful networking and inspiring storytelling while helping to unlock the limitless potential of girls in our community by ensuring access to high quality, confidence building programming!

Event Schedule

7:30-8:00 a.m.

Check in, breakfast & networking

8:00-9:00 a.m.

Hear from women leaders about the impact Girls on the Run is making in our community

9:00-9:15 a.m.

Wrap up, head out, and start your day encouraged and motivated!

Tickets: \$40

RSVP by October 28, 2025

**Reserve your seat at:
girlsontherunsemi.org/breakfast**

Girls on the Run inspires girls to be joyful, healthy and confident. Volunteer coaches are provided with evidence-based training and curriculum to lead teams of girls in 3rd-6th grade. Each lesson helps children develop important social and emotional life skills and an appreciation for health and physical activity through discussions, activities, and running games. The program culminates with girls positively impacting the world around them through a community impact project and completing a celebratory, non-competitive 5K.

"I am so grateful my daughter had the opportunity to participate in GOTR. Her interest in being physically active has increased, and she is so proud of herself for completing the 5k. The social-emotional curriculum hit on so many important topics, and she developed stronger bonds with her peers."

-Caregiver



**Thursday,
November 13, 2025**

Over the last 24 years, Girls on the Run of Southeastern Michigan has served more than 27,000 girls and provided need-based scholarships to almost 9,000 local families in Washtenaw, Livingston, Jackson, Lenawee and Monroe counties.

Why Our Program Matters:

- By adolescence, girls begin to experience faster rates of decline in physical activity levels, lower levels of confidence and positive perception of their academic abilities, and higher rates of anxiety and depression as compared to their male peers.
- As early as age nine, girls' self-confidence begins to decline, with their overall confidence levels decreasing by upwards of 30% between the ages of 8 and 14.
- From ages 10 to 13, at a time when peer relationships are becoming more central to girls' lives, at least 50% of girls experience bullying such as name calling and exclusion.
- According to the most recent data from the CDC, adolescent girls accounted for the largest increases in emergency department visits for mental health conditions.

What sets Girls on the Run apart?

Intentional curriculum, trained coaches, and an inclusive environment all lead to a long-term impact. GOTR participants scored higher in managing emotions, resolving conflict, helping others and making intentional decisions than participants in organized sports or physical education.

Recent studies show that:

- 85% of girls improved their confidence, caring, competence, and connection to others.
- 97% of girls felt they belonged at Girls on the Run.
- 97% of girls learned critical life skills they can use at home and with friends.
- 98% of girls would tell other girls to participate in Girls on the Run.
- 94% of parents reported Girls on the Run was a valuable experience for their child.

Every girl deserves the chance to cross the finish line



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Sponsorship Opportunities

Join us as a Limitless Potential Breakfast sponsor and inspire girls across southeastern Michigan to activate their limitless potential and boldly pursue their dreams, while being recognized as a champion for healthy girls, families, and communities!

	Star Power Sponsor	Transformation Sponsor	Inspiration Sponsor	Empowerment Sponsor
Investment	\$10,000	\$5,000	\$2,500	\$1,000
<i>Your generous support will impact lives by providing full program scholarships for...</i>	44 girls	22 girls	11 girls	4 girls
Tickets	2 tables	1 table	6 tickets	3 tickets
Recognition from stage	Mention in opening remarks			
Giveaway	Opportunity to provide a giveaway or swag item to guests			
Marketing	Logo and link on pre-event emails and post-event recap	Logo on pre-event emails and post-event recap	Name on pre-event emails and post-event recap	
Slideshow & Signage	Prominent logo placement on event slideshow and signage	Logo placement on event slideshow	Name on event slideshow	Name on event slideshow
Social Media	Recognition on social media	Recognition on social media	Recognition on social media	Recognition on social media
Website	Logo and link on website	Logo and link on website	Logo on website	Logo on website

**For more information or to become a sponsor,
contact Reese at reese@girlsontherunsemi.org or call 734-712-5640.**

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