

## Why it Matters

Girls on the Run reaches girls at a critical stage, strengthening their confidence at a time when society begins to tell them they can't. Underscoring the important connection between physical and emotional health, our program addresses the whole girl when she needs it most.

### Evidence-based research from leading youth development experts has proven that Girls on the Run:

- Builds confidence
- Strengthens self-respect
- Enhances girls' ability to stand-up for self & others
- Fosters healthy relationships
- Establishes a life-long appreciation for health and wellness
- Prompts independent thought and intentional decision-making
- Coaches say they get more out of the program than the GOTR girls

## ENDORSED BY THE U.S. SURGEON GENERAL

*In May 2023, the U.S. Surgeon General released a report underscoring the link between physical and mental health among children and adolescents. The nation's top health official acknowledged Girls on the Run as an exemplary program that is focused on removing barriers for underserved populations to access to physical activity. The report from cites how the program increased participants' overall physical activity by over 40% and helped girls learn critical life skills, including resolving conflict, helping others, or making intentional decisions.*

*"97% of girls said that they learned critical life skills, including resolving conflict, helping others [...] and 85% reported improvements in confidence, caring, competence, character development, or connection to others."*



# SPONSORSHIP OPPORTUNITIES

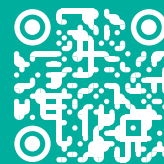


## Vision

We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

## Mission

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



[girlsontherunsv.org](http://girlsontherunsv.org)

To help inspire girls to be joyful, healthy, and confident.

## Proudly serving

**Virginia:** the cities of Harrisonburg & Winchester, Clarke, Frederick, Page, Rockingham, Shenandoah, Warren Counties

**West Virginia:** Berkeley, Grant, Hampshire, Hardy, Jefferson, Mineral, and Morgan Counties

## Who We Are

Girls on the Run Shenandoah Valley is a 501(c)(3) nonprofit organization. We are part of a national network of over 200 councils operating in all 50 states. Operating locally since 2011, **we have served over 4,734 girls in the Shenandoah Valley.** We are a physical activity-based positive youth development program designed to enhance girls' social, psychological, and physical skills and behaviors to successfully navigate life experiences.

## What We Do

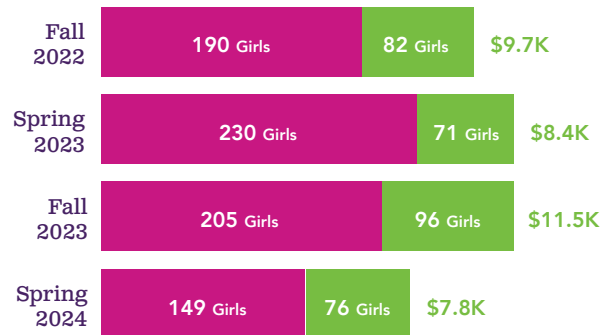
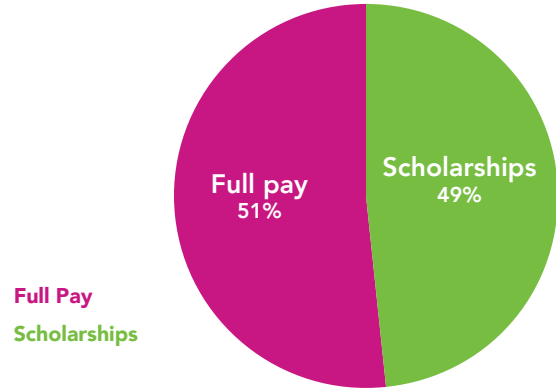
At Girls on the Run, **we inspire girls to recognize their inner strength and celebrate what makes them one of a kind.** Trained volunteer coaches lead small teams of 8-20 girls twice a week through our research-based curricula, which includes dynamic discussions, activities, and running games. Girls 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.

**RATED AS #1**  
place to volunteer  
by *Glamour.com*

## Why are we seeking funding?

No girl is turned away from participating with us. Funding for scholarships and financial assistance is crucial to ensure that all girls, regardless of financial constraints, have the opportunity to participate in our programs.

Average Percentage of girls in Shenandoah Valley area receiving financial assistance from the past year (Fall 2023-Spring 2024)



"Girls on the Run helped me gain self-confidence in myself now so I can tell myself I can do it."  
- Hannah age 11

## PARTNERSHIP OPPORTUNITIES

Impact of your investment*	Limitless Potential \$5,000 per year Underwrites two full scholarship sites including healthy snacks and supplies*	Star Power \$2,500 per season Provides full scholarship for 1 team and healthy snacks	Joy Power \$1,000 per season Provides healthy snacks for 5 teams	I can \$500 per season 20 coaches trained CPR/First Aid
Logo on program t-shirt	★			
Logo on race bib	★			
Mention in 5K promotional materials (online & print)	★	★		
Display banner at 5K	★	★		
Lawn sign along 5K race route	★	★		
Verbal recognition at 5K	★	★	★	
Logo on 5K shirt	★	★	★	
Table/booth at 5K	★	★	★	★
Provide item/offer in 5K race bag	★	★	★	★
Logo on council website	★	★	★	★
Complimentary entries to 5K* As requested. Up to:	10	5	4	3

### \$300 Sponsorship

**Impact:** Provide healthy snacks and team supplies for 1 team for a season\*

- Company name on council website.
- Complimentary entries to 5K. As requested. Up to 2.

\*Based on \$150 registration, \$400 snacks and \$100 supplies

## Why partner with us?

- The opportunity to make a **transformative impact** on the lives of girls and their families
- Meaningful employee **engagement opportunities**
- The opportunity to **showcase commitment** to strengthening health and wellness within your community
- **Exposure** on GOTR website, social media platforms, and marketing material



"She learned leadership skills, bravery, confidence, and openness in trying new things."  
-Parent

## OTHER WAYS TO GIVE

Whether through in-kind contributions, monthly commitments, sponsoring a girl for \$200, impactful donations, or engaging in our SoleMates® community, discover empowering ways to support our mission and make a difference in the lives of young girls.



**LEARN MORE & CONTACT US**  
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