



ABOUT SO

# MUCH MORE

THAN

# RUNNING

**Girls on the Run has served over 1,500 girls in 22+ schools and community sites across the Memphis area since 2018**

When you partner with Girls on the Run, you are telling young people that you believe they can make a difference, ignite change and be part of the solution. We invite you to join us in inspiring, encouraging and strengthening confidence in the next generation of women in our community.

## OUR VISION

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

## WHAT WE DO

Girls on the Run's after-school programs enhance 3rd-8th grade girls' social, emotional, and physical skills and behaviors to successfully navigate life experiences.

The program, provided by trained coaches, builds confidence, fosters peer connection, and establishes a non-competitive environment to explore physical fitness. Participants and coaches create a supportive community where they feel empowered to live up to their full potential.

## WHAT YOU DO

YOUR generosity provides over 70% of our program participants with financial assistance - including 100% of students at Title 1 Schools - to help ensure they have the opportunity to engage in high-quality programming, regardless of their ability to pay.

## WHY IT MATTERS

*It's fun. It's effective.*

*"Girls on the Run has allowed me to meet new people, learn how to build myself up and how to communicate with others."*

*- Sanaia, participant*

- Participating in Girls on the Run transforms girls' lives by helping them increase their **confidence**, develop **healthy relationships** and **feel good about themselves** - inside and out.
- Girls who were the least active at the start of the program increased their **physical activity** by more than **40%.\***
- **97%** of participants said they learned critical skills to **manage emotions**, **resolve conflict**, **help others** or **make intentional decisions.\*\***

\*\*Results cited in the US Surgeon General's 2023 article, "Physical Activity: An Untapped Resource to Address Our Nation's Mental Health Crisis Among Children and Adolescents;" based on an independent study conducted by Maureen R. Weiss, Ph.D.





# Fall '25-Spring '26 5K Sponsorship Opportunities

Includes Two 5k's Spring and Fall	Presenting Sponsor \$15,000	Unstoppable Us \$10,000	Girl Power \$5,000	Limitless Potential \$2,000	Energy Award \$1,000	Running Buddy \$500
Digital partnership highlight/profile	♥					
Premier logo placement on GOTR Mem homepage	♥	♥				
Recognition in all 5K promo pieces & media	♥	♥				
Logo on 5K banner	♥	♥	♥			
Verbal recognition at 5K	♥	♥	♥	♥		
Logo on 5K shirts	♥	♥	♥	♥	♥	
Host table/booth or station at 5K	♥	♥	♥	♥	♥	♥
Logo on 5K event page	♥	♥	♥	♥	♥	♥
Recognition on social media	♥	♥	♥	♥	♥	♥
Item in 5K event bag	♥	♥	♥	♥	♥	♥
Volunteer opportunities	♥	♥	♥	♥	♥	♥
Complimentary 5K entries	<b>10</b>	<b>8</b>	<b>6</b>	<b>4</b>	<b>2</b>	<b>1</b>

Call or email Joanna Lipman, Executive Director, to secure your preferred level today! [Joanna.Lipman@gotrmemphis.org](mailto:Joanna.Lipman@gotrmemphis.org) or 901-848-0054

Your sponsorship includes two program 5K events - spring and fall. Employee engagement opportunities are also available!

Sponsorships can be made online by [clicking here](http://www.gotrmemphis.org/5K)  
or going to <http://www.gotrmemphis.org/5K>