



Help Us Grow





What is Girls on the Run?

Girls on the Run is a life-changing after school program for 3rd through 8th grade girls. The interactive curriculum combines self-esteem enhancing lessons with uplifting workouts designed to develop the whole girl: her physical, mental, emotional and social self. Young girls are empowered with a greater sense of self-awareness, a sense of achievement and a foundation in team building to help them become strong, self-confident women.

Our mission is to use the power of running to educate and prepare girls for a lifetime of self-respect and healthy living.

Our 12-week program uses interactive activities such as running, playing games and discussing important issues to teach life skills like making healthy decisions, how to deal with bullying and gossip, and contributing to the community. Each session is led by trained coaches who guide and mentor the girls through the curriculum and help them train together to run or walk in the New Balance Girls on the Run 5K.

Currently, there are more than 150 Girls on the Run councils across the U.S. and Canada serving more than 50,000 girls.



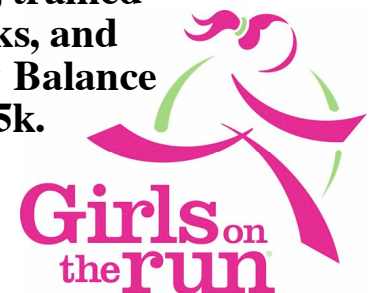


Sponsorship Opportunities



Your support allows Girls on the Run of Iredell to provide the program to any girl regardless of her family's financial situation.

Girls on the Run's modest registration fee of \$100 provides each participant with a Girls on the Run program t-shirt, lesson materials, trained coaches, healthy snacks, and registration for the New Balance Girls on the Run 5k.



How can I help?

Be our presenting sponsor with a \$5000 donation.

“New Balance Girls on the Run 5k presented by you!”

As presenting sponsor, your name will appear in the title of both our Fall and Spring races for one year. Additionally, your logo will appear on our program and race t-shirts and newsletters and website. Your company is welcome to host a booth at our New Balance Girls on the Run 5k and provide coupons or advertisements for our race goody bags.



Testimonies

My daughter and I have been training for the big event (5k race)! I am so impressed with how much she has learned from this program!! It's gotten me into shape as well!

-Kathy Sharp, mom

Girls on the Run is an incredible experience for these girls....

Positive energy and a positive message that these coaches are passing on to all of our girls! My daughter Elise loved it! It was a way for her to spend time with friends while doing a healthy activity! Thank you GOTR Coaches for all that you do! I highly recommend this for anyone's daughter!

-Abby Rapier, mom

What an amazing experience!!!! I can't tell you how much GOTR has meant to us this season. My daughter experienced such positive growth in self esteem. We saw it at home, and her soccer coaches noticed it when the new season began. Where she had been struggling to find her place in a new school, she had found friends and mentors that made her feel strong and appreciated. Where she felt shy and withdrawn, she found her smile and her laugh. I am so thankful for all this program has done for us. I strongly recommend GOTR to every mother I talk to.



-April Smith, mom



How can I help?

Impact of your investment:

\$5000

Fully funds the program for one season at 3 sites!

\$2500

Supports our New Balance Girls on the Run 5k!

\$1000

Provides program t-shirts for all participants for one season!

\$500

Provides game pieces and materials for all sites for a full season!

\$100

Gives the gift of Girls on the Run to one girl for one season!



How can I help?

Sponsor Benefits:

	BENEFITS FOR FULL YEAR						
	\$5000	\$2500	\$1000	\$500	\$250	In-Kind	\$100
Presenting Title	X						
Logo on Program shirt	X	X					
Logo on Race shirt	X	X	X				
Display Plaque	X	X	X				
Logo in newsletter	X	X	X	X			
Banner at race	finish line	mile	mile	mile			
Booth at 5k	X	X	X	X	X		
Logo on website	X	X	X	X	X		
Race bag insert	X	X	X	X	X	X	
GOTR special gift	X	X	X	X	X	X	X

