

eliminating racism
empowering women

ywca

Girls on the Run York



*Sponsorship
Opportunities*



“Girls on the Run is not all about running. It is about becoming a team.”

- Coach Erin

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

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

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 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-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

Girls face social pressures and conflicting messages about how they should act and who they should be. Studies show that by adolescence, girls' confidence drops about twice as much as boys'. Friendships become more complicated and challenging, girls' perception of their academic success declines, the likelihood of anxiety and depression increases and participation in physical activity plummets.

It doesn't have to be this way.

We believe that every girl is inherently full of power and potential. By knowing they are the leaders of their lives, these are the girls who will change the world.



YWCA Girls on the Run York Impact:

- **26 teams** participated in the 2018-2019 school year.
- **276 girls** took part during 2018-2019 school year.
- **119 girls** received financial assistance, who otherwise may not have been able to participate through the generous donations of sponsors and donors.

The Finish Line is just the Beginning

Your sponsorship of YWCA Girls on the Run York helps defray the cost of participation for girls in need and offsets the cost of our fall/spring 5k events as well as program materials.

Confidence Sponsor - \$1,500.00

- Opportunity to host a company table at both fall and spring 5k events
- Company sign at start and finish line for both fall and spring 5k events
- Includes all Compassion Sponsor opportunities

Compassion Sponsor - \$1,000.00

- Opportunity to provide a company promotional item in both fall and spring 5k event bags
- Company logo on fall and spring season swag, including t-shirts, flyers, and email blasts
- Includes all Competence Sponsor opportunities

Competence Sponsor - \$500.00

- Small company logo on fall and spring season swag, including t-shirts, flyers, and email blasts
- Includes all Character Sponsor opportunities

Character Sponsor - \$250.00

- Solo thank you social media posting on YWCA York's facebook page
- Includes all Contribution Sponsor opportunities

Contribution Sponsor - \$150.00

- Recognition on YWCA Girls on the Run York website
- Listing in YWCA York's annual report

YWCA YORK is a tax-exempt charitable organization as defined by IRS in section 501(c)(3). Your gift may qualify as a charitable deduction for federal income tax purposes. Please consult your tax advisor or the IRS. The official registration and financial information of YWCA YORK may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.



During the program girls learn:

- **Confidence** in who they are
- **Care and compassion** toward oneself and others
- Develop and improve **competence**
- Develop strength of **character**
- Make a meaningful **contribution** to community and society
- Create positive **connections** with peers and adults



Invest in a Girl Change the World

YES, I want to **support** this inspirational program! Please include me at the level selected: *(check appropriate box)*

- | | |
|--|--|
| <input type="checkbox"/> Confidence Sponsor (\$1,500) | <input type="checkbox"/> Character Sponsor (\$250) |
| <input type="checkbox"/> Compassion Sponsor (\$1,000) | <input type="checkbox"/> Contribution Sponsor (\$150) |
| <input type="checkbox"/> Competence Sponsor (\$500) | |

Company/Individual's Name: _____

Payment Method

- My **CHECK** is made payable to **YWCA Girls on the Run York**
- Please charge my **CREDIT CARD**
(circle one) **Visa** **MasterCard** **Discover** **American Express**

Account Number: _____ Exp. Date: _____

Signature: _____ CVV Code: _____

Printed Name on Card: _____

Billing Address: _____

Email: _____ Phone: _____

Please complete this form and return to:

Jessica Smith, GOTR Program Coordinator

320 East Market Street, York, PA 17403

or

jessica.smith@ywcayork.org

Other ways to help Girls on the Run

Engagement Opportunities

- **Motivate Girls at the 5k:** Host a cheer team or water station at a 5k.
- **Coach a Team:** Coaches are the heart of our program! Lead and assistant coaches are needed at teams across the York County area. Training is provided.
- **Become a SoleMate:** SoleMates are men and women who enjoy pursuing individual goals, such as completing an endurance event, while raising money for YWCA Girls on the Run York.
- **Customized Group Opportunities:** We can work with you to design a special group service day.

Company Matching: Companies often will match employee's donations to YWCA Girls on the Run York or donate money for employee volunteer time with our program.

Committee Positions: We have a 5K committee, advisory committee and a special events committee that meet monthly.

“Running the 5K is a lot like following your dreams. When you run, you set a pace and press on. When pursuing your dreams... you must accomplish goals along the way to reach your dreams. Never give up!

- Shaylee, 5th grade GOTR participant



Learn More

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Girls on the Run York

www.ywcayork/gotr

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