

WHAT OTHERS ARE SAYING



FROM THE US SURGEON GENERAL

In a 2023, The Office of the U.S. Surgeon General and the U.S. Public Health Service released a report about the vital connection between physical activity and mental health. Girls on the Run was highlighted as an example of a program for girls to learn life skills through engaging activities and lessons.



FROM OUR PRINCIPALS

"They [Girls on the Run participants] are learning tools, strategies and language to understand more about where people are coming from. They know what to do in situations with girl conflict. You can tell the girls who have been through the program and have had the lessons compared to girls who haven't"

"As the program continued our female students began to gain such confidence that it was indeed noticeable in the classroom. Students participated more, volunteered to take on tasks that once were believed to be too hard by them. The growth in character I witnessed has truly made me an advocate for Girls on the Run."



FROM OUR COACHES

"It gives [coaches] an opportunity to show girls that they can do anything they put their mind to, and there is so much power in just believing in that.."

"I am convinced that Girls on the Run is a portal for girls to directly view themselves as they are. It gives them the tools to shine brighter than before."



"Our daughter gained a great deal of confidence through her participation in the Girls on the Run program. She learned that when she sets her mind to a goal and puts in the work, she is amazingly capable."

"The friendships Charlee made during GOTR helped her adjust to new situations and she was able to talk through her problems because she had learned to express her emotions. This program doesn't just make an impact on one girl. It impacts the entire community."



YOUR SUPPORT CREATES A RIPPLE EFFECT

Studies show that 50% of girls experience bullying such as name calling and exclusion. By age 6, girls already identify boys as smarter than they are. Girls' confidence also peaks at age 9, falling steeply at 3.5 times the rate of boys, reaching its lowest point in 9th grade.

Girls who lack confidence become women who lack confidence. Close to 80% of women struggle with low self-esteem compared to 59% of men. Four in five women may be held back in their career advancement.

Girls on the Run programs focus on pre-teen and teen girls because of the tremendous pressure and adversity they experience. We know these girls are full of power and potential and given the right tools and support they can grow to be strong, creative and resilient.

Given opportunities to learn and practice key skills, with the guidance of trained volunteers, we are connecting girls to their limitless potential so that they can be the changemakers driving progress in their communities, building back a stronger and kinder community for everyone - women, boys and men included. Girls on the Run and companies such as yours are investing in girls because every day we witness the impact of how they use their power and potential to help their friends, their schools, and their communities.

SPONSORSHIP OPPORTUNITIES PRESENTING 20 PARTE OF THE PA CORPORATE BENEFITS (6) 5KS PER YEAR! \$5,000 \$2500 \$500 SPONSOR COMMITTMENT \$15,000 \$1.500 **StLuke**s WELCOME AT 5K EVENTS COMPANY LOGO ON RACE BIBS PROMINENT BANNER PLACEMENT ON STARTIFINISH LINE ARCH FINISH LINE BARRICADE COVER ENGAGEMENT AS CORPORATE TEAM **VOLUNTEERS AT A BRANDED** CHEERIWATER STATION COMPANY LOGO ON ALL PROGRAM SHIRTS (2,000+) COMPANY LOGO ON ALL 5K COMPANY SHIRTS (3,000+) LISTING TABLING OPPORTUNITY IN 5K EXPO AREA SOCIAL MEDIA ACKNOWLEDGEMENT COMPANY LOGO ON GOTR WEBSITE COMPANY LOGO ON EMAIL MARKETING FOOTER COMPANY LOGO ON 5K MILE MARKER SIGN (5K SPECIFIC)



YOUR SPONSORSHIP REACH

SERVING GIRLS IN THE FOLLOWING COUNTIES: CARBON, LACKAWANNA, LEHIGH LUZERNE, MONROE, NORTHAMPTON, PIKE, WAYNE AND WYOMING.





TEAMS: 100+





COACHES: 450+







5K RUNNERS AND WALKERS: 3,000+



TRIENDS, FAMILY, AND SUPPORTERS: 6,000+

SUBSCRIBERS AND FOLLOWERS: 12K+

CORPORATE BRANDING













