



Thank you for taking the time to learn a little bit about Girls on the Run of Eau Claire.

Girls on the Run of Eau Claire is a local charity dedicated to using exercise and interactive activities to help girls ages 8 through 12 become healthier, stronger, and more confident.

Our next fund-raiser is a community golf outing and we would love to have your support. There are many ways you can help us, specifically by either donating, sponsoring, volunteering, or participating.

Will you please consider supporting the Girls on the Run Golf Outing at Mill Run on August 13th?

Information about ways to support our next fund-raiser

- **Sponsorship:** You can sponsor us and get some very low cost advertising that will reach community leaders with a donation as follows:
 - Bronze Level Sponsor \$100 – company sign on tee OR green
 - Silver Level Sponsor \$200 – company sign on tee AND green
 - Gold Level Sponsor \$300 – company sign on tee AND green AND exhibitor table
- **Donations:** We need prizes to give away at the golf outing. Anything will help, no matter how big or how small.
- **Volunteering:** We'll need help organizing, directing, setting up and cleaning up the day of the outing (August 13th).
- **Participating:** The outing is open to the public, and there are still a few spots remaining. Foursomes only, please.

For more information about helping out in ANY of these ways, please contact Paul Whitaker via email at whitaker13@aol.com

Information about GOTR

- Girls on the Run of Eau Claire County is an independent council of Girls on the Run International. Our council was founded in 2006 and since then we have served more than 250 girls at our program sites in Eau Claire County.
- Our mission is to educate girls for a lifetime of healthy living and respect.
- Our 10-week after-school programs for girls age 8 through 12 uses the power of running and fun interactive activities to teach specific life skills to make healthy decisions. Each session is led by trained female coaches who guide and mentor the girls through the curriculum and help them train together to run or walk in our New Balance Girls on the Run 5K (3.1 mile) with their teammates and community members.
- You are definitely welcome to review our website for more information:
<http://www.gotreauclaire.org/index.html>

How Your Support Helps

We will use the proceeds from the golf outing to provide scholarships so all girls can participate in our program regardless of family income. Nearly 80% of the girls who take part in our programs need financial scholarships to be able to participate.

We also may use the proceeds to expand our program to new sites in the county. Each season we hear from more school sites who want to have Girls on the Run at their school because they have heard what an effective program this is to boost girls' confidence and encourage them to be more physically active.

Our council is a 501(c)(3) charitable organization and donations are tax-deductible.

With your help, we can continue to grow and help girls thrive in Eau Claire County!

The impact of the program:

"I learned to be a positive person and to push myself. I learned to be a team leader to all of the younger participants. Gossip is probably the most important thing, NEVER gossip it only hurts others and makes you feel even worse. Cooperate and share all of your knowledge with everyone around."--2011 girl in GOTR

"Everyone was kind to me and I always felt better about myself when I was done with GOTR."
--2011 girl in GOTR

"My daughter is a timid, quiet and not very athletic young lady. We have tried about every activity available for youth in this area including, but not limited to dance, hockey, basketball, soccer, karate. Each of these activities was tolerated by our daughter for a while before she decided to quit. The GOTR running club is the first and only athletic activity where our daughter enjoyed the activity and felt confident in her abilities. She not only excelled at running, she also gained a great deal of confidence in general. I can't thank you enough for all that this program has meant to our daughter!" --2011 parent

"Girls on the Run has been such a positive force in our girls' lives at this very critical age for them. They are more confident in their physical selves, but also their emotional and social selves as well. It has given them tools for dealing with their own emotions as well as working with others that they will be able to use for the rest of their lives. I'm so grateful for all the people who work SO hard to put this amazing program together. Not only have my girls benefited, but I have been blessed with the opportunity to coach." --2011 parent

"I feel it gives the girls an "I can do this!" attitude about making goals and working to achieve them! We create a positive and encouraging environment which helps build their self-esteem! We discuss very important life lessons about everyday experiences, which enable the girls to learn how to respond appropriately in many difficult situations. Once they've completed the lessons and tasks, you can see a feeling of accomplishment and excitement through the smiles on their faces! I am honored to be a part of Girls On The Run, and will definitely participate in the years to follow!!!" --2011 GOTR Coach

"GOTR gives each girl a sense of pride and accomplishment in being who they are." --2011 GOTR Coach