

WOMEN RUN ARKANSAS

21st Annual Women Can Run/Walk 5K
May 12, 2018

Sponsored by



*A 5K to Celebrate Womens Athletism & Promote
Healthy Lifestyles*

Dear,

Thank you for your support of Women Run Arkansas!

As you know Women Run Arkansas (WRA) is a 501 (c) 3 non-profit organization whose goal is to promote women's health and fitness through running/walking. For the past 20 years, WRA has hosted **FREE** 10 week run/walk clinics in various cities across Arkansas. Clinics train women (of all ages and abilities), not only on proper run/walk form, but also provide educational sessions on; nutrition, injury prevention, proper apparel and much more! The clinics give all women a starting point to a healthier life by beginning a walk or running routine, providing support and resources and connecting them with others. In 2017, more than 8,000 women participated in the FREE Women Can Run/Walk Clinics and more than 2,000 participated in the annual graduation 5K hosted at the conclusion of the 10 weeks.

The mission of WRA is to address the special needs of women's fitness, while promoting healthy living through running and walking. Physical exercise (in the form of running or walking) has many health benefits including reducing blood pressure, reducing the risk of heart disease and depression. The clinics give women the environment to get healthy which improves individual's lives, and in turn their families, their work place, our communities and our state as a whole. Thank you for your past support of WRA which allows us to continue reaching the women of Arkansas, providing free educational training clinics, and hosting the annual 5K Run/Walk.

We hope that you will consider sponsoring WRA's efforts to improve women's health and fitness in 2018. Your sponsorship is tax deductible, and will help WRA fulfill their mission. All checks or donations should be made in the name of Women Run Arkansas.

Sponsorship levels and the benefits of each are enclosed. As a sponsor, we hope you will feel affirmed in knowing that you are making a positive difference in the lives of the women of Arkansas, who have made a commitment to healthy living and exercise!

If you have any questions, please feel free to contact us.

Sincerely,

Brandy McCollum and LeeAnn Moore

WRA Race Directors

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