



HARK

Wish List

In support of their Girls On The Run program

www.gotrcnj.org

CONTACT DETAILS

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Hark-ALS (Hark) was founded in 2011 in memory of Charles W. Dourney, a lifelong athlete, coach, and father of seven children, who courageously battled Amyotrophic Lateral Sclerosis ("Lou Gehrig's disease") until his death in November 2009. Hark's mission is to foster healthy, active responsible children through programs and events that address their physical, emotional and mental well-being. Hark serves as the affiliate non-profit organization for Girls on the Run of Central New Jersey (GOTRCNJ), founded in 2001.

VOLUNTEERS

- Advisory Board Member with strategic planning expertise and fundraising experience.
- Race Day Volunteers
- Intern to grow and manage a donor base
- Coaches/ambassadors to local schools and businesses

SPONSORSHIP OPPORTUNITIES

- Race Sponsors – Sponsorship package available via email
- Site Sponsors - \$3400 provides full scholarships for the program and race for 20 girls

IN KIND

- Consultant to facilitate a board retreat concentrating on strategic planning and fund development.
- Rental of tents, tables & chairs for race day

SPECIFIC ITEMS

- Race day finish line water & refreshments
- First aid kits for 30 sites
- Sneakers for girls in low income areas
- Gift cards for coach appreciation

DONATION AMOUNTS FOR SPECIFIC ITEMS

- \$50.00 gift cards for coach appreciation
- \$25.00 to sponsor a girls for the 5K
- \$50 gift cards for sneakers for girls in low income areas
- \$500 for Race day refreshments
- \$300 for FA kits