

Supplemental District Grant Funds

3807

ANCHORAGE EAST ROTARY CLUB

PO BOX 100435
ANCHORAGE, AK 99510

DATE Mar-27, 2024 89-6/1252

PAY TO THE ORDER OF

Girls On The Run Southcentral Alaska

\$ 1,250⁰⁰

One Thousand Two Hundred and Fifty

00/100

DOLLARS

FIRST NATIONAL BANK ALASKA

MEMBER FDIC
WWW.FNBALASKA.COM

[Signature]
Maxine Froemling

FOR

Donation

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Credit Union 1
Anchorage, AK
325272063

Teller #: | Location #: 2
Sequence #: 350163
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ENDORSEMENT GUARANTEED
FOR DEPOSIT ONLY
TO THE ACCOUNT OF
THE WITHIN NAMED PAYEE'S DEPOSIT

1415

ANCHORAGE EAST ROTARY GAMING ACCOUNT

AER Matching Funds

P.O. BOX 100435
ANCHORAGE, AK 99510

DATE Mar. 27, 2024

89-6/1252

PAY TO THE ORDER OF

Girls on The Run Southcentral Alaska
One Thousand Two Hundred and Fifty

\$ 1,250⁰⁰
DOLLARS

FIRST NATIONAL BANK ALASKA
MEMBER FDIC
WWW.FNBALASKA.COM

[Signature]
Maxine Froemling

FOR

Donation

⑈001415⑈ ⑈125200060⑈ 3025 518 6⑈

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Credit Union 1
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THE WITHIN NAMED PAYEE

511284



May 20, 2024

Grant Report: Anchorage East Rotary Club

Girls on the Run Southcentral Alaska is dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Through our intentionally designed program, we empower girls to recognize their inner strength, increase their level of physical activity, imagine their possibilities, and confidently stand up for themselves and others through fun physical activities. Our program empowers youth to build healthy physical and mental habits that last a lifetime. Trained, caring, and qualified coaches deliver life skills curriculum by guiding small teams through twice-a-week, evidence-based lessons. The program culminates with girls impacting their communities through a service project and completing a celebratory, 5K event providing the framework for confidence through accomplishment and to be the author of her story. We were founded in 2011 and have since touched the lives of 2,168 girls – more than 200 girls each school year!

The funding from the Anchorage East Rotary Club supported our spring 5K celebration event on May 11, 2024. At the end of the Spring 2024 program, our participants participated in the 5K event. This is not your usual 5K. Our 5Ks are celebrations of lessons learned and goals realized by our girls who have completed the GOTR 10-week, 20-lesson season. Completing a 5K gives the girls a tangible sense of achievement as well as a framework for setting and achieving life goals. Our 5Ks are noncompetitive events that are open to our community, accessible for all abilities, and a celebration for each person crossing the finish line! These events are much more than running. The pre-5K fun zone provides the girls, their families, and community members with many fun activities hosted by GOTR staff and volunteers. Many of our participants are identified as being economically disadvantaged and this event is often the first 5K for many; providing a great opportunity to promote healthy habits among school aged girls and their families who do not always have access to events of this type.

AER funds supported the following:

- Rental and reservation of park space and trails in Anchorage to host the event
- Background checks of volunteers to promote safety
- Printing of materials to support registration
- Materials such as posters and stickers to support fun stations such as sign making for families to cheer each other on as well as decorating their running bibs.
- Healthy snacks and water to enjoy after the 5K
- Professional services such as rental of generator, EMT to attend event, rental of tables to support activity stations.

The 5K celebration consisted of 490 participants and 49 volunteers. The approximate total expenses for the event that the AER grant helped to fund was approximately \$10,000.

Your contribution made a BIG impact. Thank you for all of your support this season!

Sincerely,
Sierra Palmer
Council Director