

## Women's 5K Classic Grant Application

The Women's 5K Classic (W5K) began in 1993 for the purpose of promoting fitness among women. The event has grown to thousands of participants providing a venue for women of all ages in the Lehigh Valley and surrounding communities to connect with our mission which aims to:

- Promote fitness among women and to invite women to participate in running and walking to improve their physical, mental, and emotional well-being;
- Support programs which educate, support and help prevent all Breast and Gynecologic female cancers and to contribute to funding for related programs and research in the Greater Lehigh Valley;

The W5K is currently accepting applications for innovative and meaningful projects from non profit agencies in the Greater Lehigh Valley that are consistent with our mission. **The Women's 5K Classic is proud to announce that over \$3 million has been allocated to such programs since 1993. Applications must be submitted by October 31.** Applications will be reviewed by the Grant Committee of the W5K and awarded before the end of the year

Name of Organization:

Project Coordinator:

Contact Information:

Address:

Telephone:

Fax:

Email:

Name and address where grant should be mailed (if different from above)

Please include the following detailed information in your application:

1. Project Name
2. Amount Requested from the W5K for the project
3. Description of the project:

4. Statement on the relation of the project to the mission of the W5K:
5. Staff assigned to the project: Are any full time staff assigned? Will they be compensated in any way from this grant?
6. Goals and objectives of the project:
7. Timeline for the project:
8. Budget for the project:
9. How many individuals do you estimate you will serve during the year:
10. Other sources of funding for the project:
11. Ability to identify W5K funding in connection with the project:
12. Description of the evaluation process to review the effectiveness of the project:
13. Agreement to provide feedback to the W5K about the project ( 6 month interim report/Final Report)
14. Opportunity for W5K Committee Member(s) to visit/observe project. Please include date and time if project includes a special function.
15. Opportunity to provide participant statements to W5K ( with authorization for W5K to include such statements, without identities, in published materials):
16. Has this project been funded previously: If so, do you have money left from previous funding and how much.
17. How would you rate the success of the project that was previously funded?

**Please mail or email completed application by October 31 to:**

Sara Glassman  
4337 Rosewood Lane  
Allentown, PA 18103 or to  
[saralg@ptd.net](mailto:saralg@ptd.net)

Additional information is available at [www.womens5kclassic.org](http://www.womens5kclassic.org) . Specific inquiries may be directed to [saralg@ptd.net](mailto:saralg@ptd.net)

