# Women's 5K Classic Grant Application/Request Due 10/31

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 <u>mission: to promote fitness among women of all ages, assist women and families affected by breast and other female cancers and educate women about breast cancer awareness, prevention, and treatment.</u>

The W5K is currently accepting grant applications from Greater Lehigh Valley nonprofit agencies for innovative and meaningful projects that are consistent with our funding priorities. The W5K has awarded over \$4 million in grant funding since 1993.

#### **W5K Funding Priorities**

- 1. FITNESS: Support no or low-cost programs that promote women's fitness and encourage women to engage in running, walking, and other physical activities that support their physical, mental, and emotional well-being.
- 2. EDUCATE, SUPPORT AND PREVENT: Support no or low-cost programs that educate and support women with Breast and Gynecologic female cancers and programs that are focused on their prevention.
- 3. RESEARCH: Help fund research to treat and prevent Breast and Gynecologic female cancers.

**APPLICATION DUE DATE:** October 31.

SUBMIT COMPLETED APPLICATIONS TO: Sara Glassman <a href="mailto:saralg@ptd.net">saralg@ptd.net</a> or 4337 Rosewood Lane, Allentown, PA 18103

Applications will be reviewed by the Grant Committee of the W5K and awarded before the end of the year.

## APPLICATION FOR THE WOMEN'S 5K CLASSIC GRANT FUNDING

Organization Name	
Address	
Project Coordinator	
Name	Title
Email	Phone
Person Completing Request (if other than coord	linator):
Name	Title
Email	Phone
Grant check payable to	
Address	
Please include the following detailed information	on in your application:
Project Name	
Amount Requested	
Project Description	
Which W5K funding priority does your project su	pport? (See funding priorities from above)
Describe how	

STAFFING					
Are any staff assigned to this project?	Yes	No			
If yes, how many hours?	hours	per	week	month	year
Will this grant be used to cover staff co	sts?	Yes	No		
If yes, how much? \$					
GOALS					
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List at least two <u>measurable</u> project goals:

How will you measure progress against goals? Describe your evaluation process.

#### **PEOPLE SERVED**

How many individuals will your project serve during the year?

Does your project include a focus on reducing or eliminating the cost to access program(s), service(s) or support(s)? Yes No

If yes, who is your targeted population?

How do you determine that individuals you serve fall within your targeted population?						
Describe any specific outreach measures you undertake to raise awareness of and participation in your access program(s), service(s) or support(s).						
<b>FUNDING</b> Are there other sources of funding	for the project?	Yes No				
If yes, list funding source(s) (includi	ng pending) and	amount(s)				
Funding Source	Amount	Status (pending, received, etc.)				
Has this project been funded previously by a W5K grant? Yes No  If yes:  - Do you have money left from previous funding? Yes No						
- How much: \$						
If W5K only partially funded your re	equest, what imp	pact would that have on the project?				

### **Project budget**

Attach spreadsheet to this request detailing expenses and revenues for the project.				
Project timeline:				
MARKETING   AWARENESS				
How will you identify the W5K funding for the project?				
What opportunities are there for W5K Committee Member(s) to visit/observe project? Please include date and time if the project includes a special function.				
By requesting funding, you agree to (check each):				
Complete a partial year grant report (due October 31)				
Complete an end-of-year grant report (due January 31)				
Identify W5K/s funding for the project				
Provide participant statement(s) to demonstrate project impact (anonymouslyif necessary) for				
W5K to include in social media and other marketing initiatives on both interim and final reports.				
Submitted by:				
Name/Title Date				