

11TH ANNUAL SOUNDS OF SILENCE 5K/10K RUN

RUN, WALK, STROLLER-WALK WITH KID'S FUN RUN

FOR PREGNANCY AND POSTPARTUM DEPRESSION/ANXIETY AWARENESS

In Memory and Celebration of Lisa Mary Reilly



Lisa Mary Reilly with her daughter

I would like to share our story with you.

My sister Lisa Mary suffered from pregnancy and postpartum depression during and after the birth of my niece. During her struggle with this illness, I saw first hand the deep emotional pain and suffering that postpartum depression causes moms and their loved ones. I also witnessed the terrible stigma this illness brings upon moms and the suffering in silence they feel forced to endure.

It was an experience that I didn't want other moms, dads and families to go through.

So, I decided that I would make a pact – a pact with my sister and with my niece too. A promise to *break the silence* of postpartum depression, celebrate our courageous mothers and fathers, and build sounds of hope for all those families who may be suffering.

That's how the **Sounds of Silence, Friends of the Postpartum Resource Center of New York** was born.

For eight years we all worked together toward this goal with the **Annual Sounds of Silence 5k/10k Run** (walk, stroller-walk with kid's fun run) as our signature event – raising money for the *Postpartum Resource Center of New York* (PRCNY) so that it could better serve New York State's moms, dads, and families. We made progress – the event grew – then tragically, Lisa Mary succumbed to depression in 2014. As you can imagine, we were all heartbroken by the crushing loss of someone so loved and cherished.

Yet, we were determined to go on. Lisa Mary was my role model, my inspiration and to honor her memory, I vowed to continue **Breaking the Silence** and celebrate her each and every day.

Now to ensure our younger generations and their families are educated on mental health and the resources available for those in need, we are excited to announce our **Take Care of You Initiative**. This initiative increases the conversation of mental health awareness and empowerment.

Now you can be part of this important cause.

Join us on May 11, 2019 at Jones Beach State Park as we celebrate the **11th Annual Sounds of Silence 5k/10k Run** (walk, stroller-walk with kid's fun run). **Become a Sponsor in an event that benefits your customers** – moms, dads, and families on Long Island and throughout New York State. Complete details are in the attached sponsorship forms.

A special focus of this event is also supporting the **Lisa Mary Reilly Visioning Educational Series**, which is part of **Project 62™** – *Building and Strengthening Perinatal Mental Wellness Parent Support Networks and Safety Nets in all Sixty-two New York State counties.*

The Sounds of Silence, Friends of the Postpartum Resource Center of New York is a fundraising committee of the PRCNY. All proceeds contributed support the essential programs and services of the Postpartum Resource Center of New York, Inc., a 501(c)(3) IRS recognized non-profit organization. Tax ID# 11-3449880.

Sincerely yours,

Erin Mascaro
Event Co-Chairperson/Race Director
soundsofsilenceny.org

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Invest in this worthwhile cause, while targeting consumers and supporting your community! We are all in this together — Break the Silence!

LMR VISIONING EDUCATIONAL SERIES SPONSOR (\$10,000)

- Logo on all race posters, t-shirts, official event signage, registration website and PRCNY website.
- Right to provide sideline entertainment start/finish area
- Recognition on all publicity materials (must provide artwork)
- Opportunity to provide company banner/signage at race finish line
- Recognition on any broadcast interviews and day of race recognition
- Distribution of marketing materials and/or product samples in race swag bags (500 bags)
- Social media recognition – Facebook, Twitter, plus email
- Mile Marker recognition

TAKE CARE OF YOU SPONSOR (\$5,000)

- Corporate logo on race T-Shirt
- Signage at the event (must provide artwork)
- Logo link on registration website and PRCNY website
- Mile Marker recognition
- Distribution of marketing materials and/or product samples in race swag bags (500 bags)
- Social media recognition – Facebook, Twitter, plus email
- Day of event recognition

PARKING SPONSOR (\$3,000)

- Enlarged Corporate logo on race T-shirt
- Logo link on registration website and PRCNY website
- Distribution of marketing materials and/or product samples in race swag bags (500 bags)
- Opportunity to provide corporate banner to be displayed at registration
- Social media recognition – Facebook, Twitter, plus email
- Day of event recognition

T-SHIRT SPONSOR (\$3,000)

- Enlarged Corporate logo on race T-shirt
- Mile Marker Logo Recognition
- Logo link on registration website and PRCNY website
- Distribution of marketing materials and/or product samples in race swag bags (500 bags)
- Opportunity to provide corporate banner to be displayed at registration
- Social media recognition – Facebook, Twitter, plus email
- Day of event recognition

All artwork (logos etc.) must be submitted by April 12, 2019.

Please email artwork to: info@postpartumny.org

Preferred logo art formats (Vector - Adobe Illustrator .ai or .eps).

Acceptable logo art formats (ai, eps or high-res jpg, png, pdf).

Please do not send artwork taken from your website – it will not reproduce well for printed materials. Thank you!

TIMING SPONSOR (\$2,000)

- Corporate logo on race T-Shirt
- Distribution of marketing materials and/or product samples in race swag bags (500 bags)
- Product placement within event gift bags
- Logo link on registration website and PRCNY website
- Opportunity to provide company banner on timing truck
- Social media recognition – Facebook, Twitter, plus email

WATER STATION SPONSOR (\$1,500)

- Corporate logo on race T-Shirt
- Opportunity to provide company branded cups for water station and product placement within swag bags (500 bags)
- Logo link on registration website and PRCNY website
- Opportunity to provide company signage at water station
- Social media recognition – Facebook, Twitter, plus email

TENT SPONSOR (\$1,500)

- Corporate logo on race T-Shirt
- Product placement within good bags
- Distribution of marketing materials and/or product samples in race swag bags (500 bags)
- Logo link on registration website and PRCNY website
- Opportunity to provide corporate banner to be displayed at registration
- Social media recognition – Facebook, Twitter, plus email

AWARD SPONSOR (\$1,000)

- Corporate logo on participant awards
- Corporate logo on race T-Shirt
- Opportunity to provide promotional company literature within event swag bags
- Logo link on registration website and PRCNY website
- Recognition at award ceremony

SEAHORSE SPONSOR (\$1,000)

MULTIPLE SPONSORSHIPS AVAILABLE

- Corporate logo on race T-Shirt
- Distribution of marketing materials and/or product samples in race swag bags (500 bags)
- Logo link on registration website and PRCNY website
- Social media recognition – Facebook, Twitter, plus email

SWAG BAG SPONSOR (\$500) MULTIPLE SPONSORSHIPS AVAILABLE

- Corporate logo on race T-Shirt
- Opportunity to provide promotional company literature within event gift bags

T-SHIRT LOGO SPONSOR (\$300) MULTIPLE SPONSORSHIPS AVAILABLE

- Corporate logo on race T-Shirt

◆◆◆ CUSTOMIZED SPONSORSHIPS AVAILABLE ◆◆◆

Contact us for details and opportunities
631-422-2255 or erin@soundsofsilenceny.org

IN-KIND GOODS AND SERVICES

In-kind contributions are encouraged and welcome. Such contributions are credited to sponsorship according to their value. Race management and sponsors will determine the value of in-kind contributions and level of sponsorship. For tax purposes, the contributor of the in-kind services determines the value of the items. Limited availability – Sponsorship levels on a first response basis. Customized sponsorships are available upon request.

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Please check the appropriate box of sponsorship you wish to contribute and fill the information below. Please be sure to send your **Sponsorship Response Form with check payable to: Postpartum Resource Center of New York** at 109 Udall Road, West Islip, NY, 11795, Attention: SOS Run 2019. Please contact 631-422-2255 with any questions. **All sponsorship forms and logo artwork must be submitted by April 12, 2019. Acceptable logo art formats (ai, eps or high-res jpg, png, pdf).**

Company _____

Contact Name _____

Phone _____

Email _____

Address _____

*****MAKE CHECKS PAYABLE TO: Postpartum Resource Center of New York*****

- | | |
|---|--------------------|
| <input type="checkbox"/> LMR Visioning Educational Series Sponsor | \$10,000 |
| <input type="checkbox"/> Take Care of You Sponsor | \$5,000 |
| <input type="checkbox"/> Parking Sponsor | \$3,000 |
| <input type="checkbox"/> T-Shirt Sponsor | \$3,000 |
| <input type="checkbox"/> Timing Sponsor | \$2,000 |
| <input type="checkbox"/> Water Station Sponsor | \$1,500 |
| <input type="checkbox"/> Tent Sponsor | \$1,500 |
| <input type="checkbox"/> Award Sponsor | \$1,000 |
| <input type="checkbox"/> Seahorse Sponsor | \$1,000 |
| <input type="checkbox"/> Swag Bag Sponsor | \$500 |
| <input type="checkbox"/> T-Shirt Logo Sponsor | \$300 |



Multiple Sponsorships Available
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OTHER WAYS TO GET INVOLVED:

Company/Individual Donation _____

Product Donation (Please provide product information, description and price below). **Race Drawstring Bags, Race Towels and Water Bottles are needed.**

