

Welcome!

Greetings Spectacular Grown-Up Gal,

Thank you for your interest in Guardian Gals, Inc. programming!

Fun. Philanthropy. Friends. Guardian Gals, Inc. helps adolescent through grown women use their talents to improve the world around them through environmental efforts, philanthropy, physical activity, & volunteerism.

In regular gatherings, Grown-up Guardian Gal members participate in a SAFE & SACRED CIRCLE of women that invites, affirms, & connects the passions, visions, & missions of grown-up self-helpers, community-helpers, & world helpers. Guardian Gals, Inc. believes that when women are afforded the opportunity to collaborate in safe & sacred circles, a mighty spark is lit, contagious empowerment results, & the igniting of positive change is inevitable.

Collaborate; Spark; Empower; Ignite Positive Personal & Societal Change; this is what we strive to do with our time, talents, & treasure. Guardian Gals, Inc. is the only program of its kind in the world, & it was founded right here in Gaylord, Michigan by me, with ongoing support from a twelve person board of directors, generous volunteers, & donors, Making Change Event coordinators, & the Guardian Gals themselves! We've found over our first 13 years, that it takes a collaboratively empowered spark to ignite positive change. Only YOU can bring YOUR spark!

Attached is your complete "Meet & Greet" packet, designed to educate you about the features, benefits, & giving opportunities involved with becoming a Grown-Up Guardian Gals, Inc. member. Additionally, enclosed, you will find a Registration Packet, which will need to be completed & submitted to me at your earliest convenience to signify joining rank as an official Grown-Up Guardian Gal (G3) member.

Hopefully, we will have time to review this packet together, but if we do not, please do not hesitate to contact me with questions that you may have.

Very Sincerely,

Abby Hamilton □
Founder & Executive Director
Guardian Gals, Inc.

Meet & Greet 1 of 11

G3 Contact Information

Abbigail Hamilton, Founder & Executive Director ☐

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Email: AbbyHamilton@GuardianGalsInc.org ☐

Website: www.GuardianGalsInc.org ☐

Mailing Address: PO Box 1149 Gaylord, MI 49734 ☐

Physical Address: 321 East Main Street * Gaylord, MI 49735

G3 Planning Committee

Jennifer Brisette

Megan Hacker

Lori Lancaster

Erin Mann

Julie Powers

Brandy Riopelle

Brandy Riopelle, G3 Support Liaison

Phone: 313.433.6847

Email: brandyr7@yahoo.com

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G3 FAQ

What is Guardian Gals, Inc?

Guardian Gals, Inc. philanthropy aims to positively aid mankind through the giving of its time,

talents & treasure! Guardian Gals, Inc. is a 501(c)(3) nonprofit organization that helps 4th-12th grade adolescent girls through grown women contribute their talents, time, & treasure to improve the world through environmental efforts, philanthropy, physical activity, volunteerism, domestic & professional pursuits.

What is Grown-Up Guardian Gals?□

Grown-up Guardian Gals is a SAFE & SACRED CIRCLE of women that invites, affirms, & connects the passions, visions, & missions of grown-up self-helpers, community-helpers, & world helpers. Guardian Gals, Inc. believes that when women are afforded the opportunity to collaborate in safe & sacred circles, a mighty spark is lit, contagious empowerment results, & the igniting of positive change is inevitable.

Who are Grown-Up Guardian Gals?

Grown-Up Guardian Gals are adult women of diverse age, profession, talent, & life experience. Often, Grown-up Guardian Gals are recognized as self-actualized (ie: grateful, creative, motivated, inspired, passionate & lively) philanthropic stewards of resources. Every grown-up gal is welcome to join rank as a Grown-up Guardian Gal.

What do the Grown-Up Guardian Gals do?

In regular gatherings, with women of similar vision, Grown-Up Guardian Gals (G3) members, (originally inspired by the vision & mission of Guardian Gals), increase self-awareness & confidence & are empowered to both, reach out & lean in, becoming inclusive connected community leaders who transform passion & vision into mission.

How do the Grown-Up Guardian Gals do this?

Participation in G3 is designed to be a mutually beneficial, guilt free, collaborative relationship that uplifts us as we move through the realistic grown-up tasks of living our lives. A monetary contribution, with accommodation of scholarships (if needed), is exchanged for an expanded & empowered community web or friendship network of diverse associations, consistently attempting to inspire the following action:

⇒ Grown women **modeling** collective encouragement, inspiration & sharing. Establishing community & webs of support is naturally our feminine sacred nature & the consequences of such action is thriving life of vitality & nurturing vibrant community that all can enjoy & be inspired by.

⇒ Grown women **focusing** renewed attention on personal gifts, talents, interests that may be buried beneath our responsibilities & obligations. G3 women can be counted on as safe company for trying on & testing our wings as we attempt new endeavors.

⇒ Grown women **discovering** that the collective truth of our femininity is capable of great nourishing gifts that give themselves to positive dynamic change.

⇒ Grown women **striving** to help others gain success & belonging & consequently achieve happiness & personal power.

⇒ Grown women **realizing** that sisterhood, similarities, strength & solidarity available amongst diverse women outweigh differences & folly of competition, separation, & division.

⇒ Grown women **gaining** a camaraderie, strength, confidence, & sisterhood, knowing we have a safe tribe that encourages being good to ourselves & to each other.

⇒ Grown women **sharing** fun & laughter as we move through the tasks/responsibilities/drudgeries of this mostly beautiful life.

⇒ Grown women **intuiting** the world, using our connected community nature. Strong communities have great health & well being secrets shared within them that strengthen & change the world into a more nourished place through collaborative & passionate use of feminine power.

⇒ Grown women **conceptualizing** woman as creator/artist & sharing this concept. It is our gift to be free to adventure about, beautifying & connecting with others in our world. Artistry, creativity, collaboration are all natural gifts of woman deserving of honor. It's our great gift of creativity that flows human life!

How do Grown-Up Guardian Gals meet the goals of their mission?

- Through an annual Giving Circle financial contribution of at least \$50.
- By providing collaborative mutual mentoring opportunities for grown-up women, focused on philanthropy, physical activity, sustainability, local commerce, specific volunteer work for local charities, efforts to educate community about local issues & personal achievement.

- By exposing Grown-Up Guardian Gals to the art of philanthropy, purposefully designed to encourage each woman to become an involved, motivated & active citizen in community projects & activities.

How does one join rank, per se, as a Grown-Up Guardian Gal?

Grown-Up Guardian Gals would be so much more complete with the addition of diverse life experiences, intelligences, & personalities. All are encouraged to join our giving circle!

How To Get Involved? Where to start?

- Review online G3 Meet & Greet Packet.
- Peruse www.Guardiangalsinc.org website.
- Ask questions. Make suggestions.
- Attend a gathering; check out our vibe.
- Engage with us from where you are via *Guardian Gals, Inc.* Facebook social media postings.
- Review & complete G3 Registration Packet.
- Contribute giving circle financial contribution.
- Participate regularly by attending & as able, helping to organize/host/inspire G3 events/gatherings!
- Gain regular inspiration via *Grown Up Guardian Gals* private Facebook group.
- Think inclusively. Invite like-minded women to join us!

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G3 2017-18 Agenda

INSPIRED ACTION MEET UPS:

August 2017

Saturday, August 5, 2017

G3 Hosted Farmer's Market Meet Up 8am-?

*National Farmer's Market Week August 6-12th
Begin & End @ Gaylord Farmer's Market

BYORSB (Bring Your Own Reusable Shopping Bags) & Let's Fruit & Veg!

- January 2018**
Sunday, January 31, 2018 **G3 Hosted Art Meet Up** **4-6pm**
*World Inspire Your Heart With Art Day = Sunday, January 31st
*Inspiration For 100 Days Of Art
Begin & End @ Location ?? Details Forthcoming!
- May 2018**
Friday, May 18, 2018 **G3 Hosted Bike Meet Up** **6:30am AND 5:30pm**
*National Bike To Work Week + May 15th-19th (TWO RIDE OPTIONS)
*National Bike To Work Day = May 19th
Begin & End @ Aspen Park Parking Lot
BYOB (Bring Your Own Bike) & Let's Go For A Bike Ride!
- June 2018**
Wednesday, June 6, 2018 **G3 Hosted Run/Walk Meet Up 6:30am AND 5:30pm**
*National Running Day = Wednesday, June 7th (TWO RUN OPTIONS)
Begin & End @ Aspen Park Parking Lot
BYOS (Bring Your Own Sneakers) & Let's Move!
- Thursday, June 21, 2018** **G3 Hosted Yoga Meet Up** **12:15pm**
*National Yoga Day = Thursday, June 21st
*Summer Solstice = Thursday, June 21st
Begin & End @ Yoga-45 Yoga Studio
BYOM (Bring Or Borrow Your Own Mat) & Let's Stretch!

2 OFFICIAL GATHERINGS:

- Monday, November 27, 2017** **G3 Official Gathering #1 of 2** **8pm-?**
\$\$\$\$\$ Remember \$5 Gathering Fee!
G3 Giving Tuesday Planning Collaboration
(Giving Tuesday = Tuesday, November 28th)
SIP & STRETCH...
Glow Yoga & Wine: Reconnect & Organize For Giving Tuesday!
- Thursday, February 16, 2018** **G3 Official Gathering #2 of 2** **6:30am-?**
\$\$\$\$\$ Remember \$5 Gathering Fee!
G3 Random Act of Kindness Planning Collaboration
(R.A.K. Day = Friday, February 17th)
SIP & STRETCH...
Sun Salutations Yoga & Coffee:
Reconnect & Organize For Random Act of Kindness Day!

G3/Gg MIXER(S):

- Thursday, July 20, 2017** **Gg/G3 Picnic Mixer** **11:30-1:30pm**
Begin & End @ Otsego Lake County Park Picnic Area
BYOL (Bring Your Own Lunch) & Ggals Provide Dessert!

ANNUAL FUNDRAISER:

- Saturday, October 14, 2017** **Gaylord Half Marathon** **8am-Noon**
-A Gg Making Change Event-

Misc. In-Betweeners:

- As So Inspired** **G3 Member Inspired In-Betweeners Invitations**
G3 Members Propose Events/Outings Via G3 Secret Facebook Page
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G3 2017 Schedule

Misc. In-Betweeners:

- As So Inspired** **G3 Member Inspired In-Betweeners Invitations**
G3 Members Propose Events/Outings Via G3 Secret Facebook Page

Grown-Up Guardian Gals (G3) 2017 Schedule:

July:

Thursday, July 20th

Gg/G3 Picnic Mixer

11:30-1:30pm

Begin & End @ Otsego Lake County Park Picnic Area
BYOL (Bring Your Own Lunch) & Ggals Provide Dessert!

August:

Saturday, August 5th

G3 Hosted Farmer's Market Meet Up 8am-?

*National Farmer's Market Week August 6-12th
Begin & End @ Gaylord Farmer's Market
BYORSB (Bring Your Own Reusable Shopping Bag) & Let's Fruit & Veg!

October:

Saturday, October 14th

Gaylord Half Marathon

8am-Noon

-A Gg Making Change Event-

November:

Monday, November 27th

G3 Official Gathering #1 of 2

8pm-?

\$\$\$\$\$

Remember \$5 Gathering Fee!

G3 Giving Tuesday Planning Collaboration
(Giving Tuesday = Tuesday, November 28th)
SIP & STRETCH...
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Sunday, January 31st

G3 Hosted Art Meet Up

4-6pm

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*Inspiration For 100 Days Of Art
Begin & End @ Locale ? Details Forthcoming!

February:

Thursday, February 16th

G3 Official Gathering #2 of 2

6:30am-?

\$\$\$\$\$

Remember \$5 Gathering Fee!

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(R.A.K. Day = Friday, February 17th)
SIP & STRETCH...
Sun Salutations Yoga & Coffee:
Reconnect & Organize For Random Act of Kindness Day!

May:

Friday, May 18th

G3 Hosted Bike Meet Up

6:30am AND 5:30pm

*National Bike To Work Week + May 15th-19th
*National Bike To Work Day = May 19th
Begin & End @ Aspen Park Parking Lot
BYOB (Bring Your Own Bike) & Let's Ride!

(TWO RIDE OPTIONS)

June:

Wednesday, June 6th

G3 Hosted Run/Walk Meet Up 6:30am AND 5:30pm

*National Running Day = Wednesday, June 7th (TWO RUN OPTIONS)
Begin & End @ Aspen Park Parking Lot
BYOS (Bring Your Own Sneakers) & Let's Move!

Thursday, June 21st

G3 Hosted Yoga Meet Up

12:15pm

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Giving Circles Overview

WHY WE GIVE

Why give philanthropically? It's a question we ask ourselves from time to time. Sometimes, we ask it out loud; other times, it's something we ponder without giving voice to our question. Sometimes, we don't really think about why we give our time, talent, treasure at all. Giving to a particular group or cause is automatic.

We each could cite various motivations for our generosity, but whether it's to a neighbor, a church or our Community Foundation, whether it's \$5 or \$500,000, it turns out **we're more alike than different in why we give.**

David Goldman, J.D., D.O., '91, medical director for The Goldman Group, attorney, psychiatrist, & professor of Neurobehavioral Sciences & Medical Jurisprudence/Medical Ethics at ATSU-KCOM, says there are six basic reasons that make us open our hearts- & checkbooks- to certain organizations:

Belonging. "Many individuals feel a sense of belonging, a sense of identity, when they make charitable contributions. It provides the contributor a feeling of being part of a group."

Religion. "All faiths have at their core the concept of lifting the fallen & healing the sick; all faiths address the concept of charity, & providing for others."

Family. "The family & the culture from which we come influence our feelings of charity. If our family practices being charitable, we learn to be charitable; if our family values being charitable, we develop a sense of responsibility to contribute."

Forgiveness. "For some, giving serves as a means of self-cleansing, releasing feelings of guilt, & seeking forgiveness. The act of giving provides a feeling of ethical & moral rejuvenation."

Value. "Giving value to an organization offers us an internal feeling of self- value. We feel better about ourselves. By giving value to others, we receive value in return."

Gratitude. "People often give as a means of expressing gratitude & appreciation for success achieved in life. They perceive the organization as having provided them with the opportunity to reach further, climb higher, & see farther. Giving back shows appreciation for benefits received in our lives; our charitable contribution is a method for making that path available for others to follow."

Regardless of the reason for our contribution, doing charitable work is important, Dr. Goldman says. "**Our good deeds have a way of benefitting not only the recipient & the giver, but our charitable gifts also benefit the community as a whole.**"

"Let us more & more insist on raising funds
of love, of kindness, of understanding, of peace.
The rest will be given."□
-Mother Teresa of Calcutta-

Giving Circles are a form of participatory philanthropy where groups of individuals donate their own money or time to a pooled fund, decide together where to give these away to charity or community projects &, in doing so, seek to increase their awareness of & engagement in the issues covered by the charity or community project. [1] Many circles, in addition to donating their money, also contribute their time & skills to support local causes.

The **current manifestation** of giving circles is a **relatively new trend**, but it is built on old traditions dating back hundreds of years to mutual aid societies & other forms of giving for the community. In the US, giving circles were initially **composed of women**; they are now more diverse in race, age, & gender, although women contribute to make up the majority of the members. [2]

The **structure** of giving circles can be informal or formal. On the informal side, circles may vote & choose an organization to support & each member writes an individual check. Formal circles may have their money housed at a local charitable 501(c) 3 nonprofit organization & have staff that support the work of the circle. Giving circles can range in size from a handful of members to several hundred.

Individual donors who join or form a giving circle typically seek to **build community** within their circle through social events, in addition to the economic impacts of the groups.

In a 2007 study, the Forum of Regional Associations of Grantmaker's New Ventures in Philanthropy initiative identified approximately 400 giving circles in the US, more than double the number from 2 years earlier. [3]

A survey of 160 circles, published in 2008, found they had leveraged nearly \$100 million, \$13 million of this in 2006 alone. Nearly 12,000 people took part in the 160 giving circles surveyed. Nearly half of circles have male participants, & the popularity of **giving circles is also growing among racial, ethnic, & tribal communities.** [4]

Another study conducted in 2005 by Angela M. Eikenberry, an associate professor at the University of Nebraska at Omaha, found that giving circles generally **bring both long-time & new philanthropists** to organized philanthropy. [2] For both groups, participation seems to **increase levels of giving** while bringing "new money" to the nonprofit sector; especially to small & locally based organizations. Members also seem to learn about & give to organizations & individuals, & in areas of interest, they most likely would not have given to otherwise. In addition, members are **more thoughtful, focused & strategic** in their personal giving because of educational experience in the giving circle. These findings are based on 30 interviews with giving circle participants, staff, & philanthropic professionals working with giving circles, document analysis, & secondary data.

Research by Eikenberry & Jessica Bearman, published in 2009, & largely based on a survey of giving circle members compared to a control group, found that giving circles influence members to give more & to give more strategically. Their **members give to a wide array of organizations & are highly engaged in the community.** Giving circles **increase members' knowledge about philanthropy, nonprofits, & the community.** [1]

1. ^ Eikenberry, Angela & Bearman, Jessica (May 2009). "The Impact of Giving Together: a snapshot of a study on giving circles' influence on philanthropic & civic behaviors, knowledge & attitudes" (PDF). Forum of Regional Associations of Grantmakers. □
2. ^ Eikenberry, Angela M (September 2006). "Giving Circles: Growing Grassroots Philanthropy". Nonprofit & Voluntary Sector Quarterly
3. ^ Kadlec, Dan (November 5, 2008). "Report: Giving Circles". Time. □
4. ^ "Report: Giving Circles Are Here To Stay". Forum of Regional Associations of Grantmakers.

Meet & Greet 8 of 11 **G3 Philanthropic Contribution**

Guardian Gals, Inc. Philanthropy aims to positively aid mankind through the **TIME, TALENTS, & TREASURE** its membership provides family, friends, local & global communities!

Grown-Up Guardian Gals contribute TIME. Guardian Gals, Inc. has found that engaged & involved community members are the very best mentors, as they are usually the catalysts who inspire others to be motivated volunteers that contribute willingly their talents, thus a more vibrant & diverse community for all who reside in Otsego County is created! This being said, Grown-Up Guardian Gals do their best to contribute time when it's available to them & when they decide to be somewhere, it's because their heart is motivated to do so, not because guilt or pressure is holding them captive. Our G3 motto related to giving of time is "What good is your yes if you never say no?" And it's in this spirit that our most valuable commodity, time, is contributed!

Making Change... An inspiring element of the Guardian Gal 2017 volunteer commitment to note includes all Guardian Gals, Inc. members attempting to participate, either as volunteers or athletes (1Mile, 5k, 10k, or 1/2 Marathon Run/Walk) at our 8th Annual Gaylord Half Marathon- A Gg Making Change Event. □

Grown-Up Guardian Gals contribute TALENTS. Throughout life, “talent” is one commodity Guardian Gals will be able to rely on, thus, the core of this organization is the investment & encouragement of the talents of our membership. Guardian Gals, Inc. leadership knows that talent is an indicator of one’s capacity to learn, grow, & develop new skills for future use & has observed that talent is an expression of how quickly a person or organization can adapt to new challenges. Because all individuals have “talents” that lay dormant or untapped until someone, outside of self, cares enough to showcase these qualities, Guardian Gals, Inc. mentors invest time, talents, & treasure towards the purpose of uncovering & encouraging talents & passions within its membership. Guardian Gals, Inc. encourages creativity & imagination, as means of uncovering the talents embedded within each Grown-Up Guardian Gals, Inc. member. □

Guardian Gals contribute TREASURE. This treasure is contributed in various ways:

REGISTRATION FEES:

G3 Grown-Up Guardian Gals (Women 18 Years & Older): **\$50+** Giving Circle Contribution

Gg Elders (Incoming 9th-12th Grade Gals): Waived Registration Fee/Scholarships Possible

Gg Youngers (Incoming 5th – 8th Grade Gals): **\$100** Annual Registration Fee□

Gg Youngest (Incoming 4th Grade Gals): **\$25** Annual Registration Fee□

GATHERING FEES:

\$5 DAILY PHILANTHROPIC Gathering Fees □

Note RE: Daily Gathering Fees: □

It is Guardian Gals, Inc. policy that one gathering can be attended without gathering fee paid, however, gals cannot exceed this maximum. Please be advised that there will be a \$2 “late surcharge” added to gathering fees not paid the day of our gatherings. We need to be in the habit of paying as we go & not getting behind in contributions. Thank you for your understanding in this matter.

GUARDIAN GALS, INC. PROGRAMMING SCHOLARSHIPS:

Assistance with Registration Fees, Daily Gathering Fees, & Giving Circle Contributions is possible. The Guardian Gals, Inc. Executive Board of Directors has created □policy regarding case-specific scholarships for up to 10 adolescent gals for 2017 & donors often inquire regarding financial need for grown women wishing to participate as well. Please contact Abby Hamilton to discuss needs privately via phone or email for consideration. **See Appendix A**

CHARITABLE DONATIONS TO 501(C)3 GUARDIAN GALS, INC:

For Use Towards Furthering The Mission of Guardian Gals, Inc. □Please make checks payable to Guardian Gals, Inc.□

For convenience, **Registration Fees, Gathering Fees, Donations** can be mailed to Guardian Gals, Inc. PO Box 1149 Gaylord, MI 49734 □or given online @ www.GuardianGalsInc.org .

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Gg About Us

Gg Original Inspiration

Guardian Gals, Inc. was established in June of 2002, in Gaylord, Michigan for the purpose of assembling adolescent young women in the fellowship of principles derived from the inspiration of poet Diane Ackerman, who wrote, “I swear I will not dishonor my soul with hatred, but offer myself humbly as a guardian of nature, as a healer of misery, as a messenger of wonder, as an architect of peace.” © 1999

The organization of Guardian Gals, Inc. actively strives to BE the change it wishes to see in the world that surrounds it.

Gg Vision

The vision of Guardian Gals, Inc. is to actively engage girls & women to ignite positive personal & societal change.

Gg Mission

Throughout the organization, Guardian Gal members mutually empower & inspire one another to initiate personal, philanthropic, & civic action for the common good.

Gg Values

Kindness- Thoughtfulness, Consideration, Compassion, Sharing, Friendship & Belonging □
Esteem- Integrity, Confidence & Courage, Accountability, Trust & Honesty, Principles & Values □
Well-Being- Healthy Eating, Supporting Farmer's Market & Locally Sourced Food, Exercise & Play, Recycling, Hosting a Marathon, 10k, 5k, & 1Mile Run/Walk Event For Otsego County □
Safe Haven- Respect & Acceptance, Awareness, Anti-Bullying & Violence, Compromise, Protect & Advocate

Charitable 501(c)3 Nonprofit Organization

Tax-deductible gifts to Guardian Gals, Inc. builds self-esteem of local girls, provides a safe place for them after school & during summer vacation, & empowers them all at the same time!

Gg Motto(s)

"Do unto others as you would have done unto you." -Charles Gibbon

"Do small things with great love." -Mother Teresa

"The duty of privilege is absolute integrity." -John Donahue

Gg Code of Conduct

"All members shall be mentored in proper conduct of courtesy, integrity, accountability, trustworthiness, effective problem solving, self-respect, and reliability. All members are expected to conduct themselves within these values. At no time shall any form of hazing, bullying, or unkind treatment be tolerated among members. No illegal behavior or use of illegal/harmful substance by members will be permitted by Guardian Gals, Inc. Violation of this standard by members can be grounds for dismissal from Guardian Gals, Inc."

Gg Promise

"I swear I will not dishonor my soul with hatred, but offer myself humbly as a guardian of nature, as a healer of misery, as a messenger of wonder, as an architect of peace."

-Written by Poet Diane Ackerman ©1999

Meet & Greet 10/11 of 11
Gaylord Half Marathon
-A Making Change Event Fundraiser-

8th Annual Gaylord Half Marathon Q&A Sheet

What: □ Half Marathon, 10k, 5k, 1Mile Run/Walk & Catalyst For + Change! □

Date: □ Saturday, October 14th 2017

Location: Otsego County Park * 1657 County Park Road, Gaylord □

Packet Pick Up: Friday, October 13th 5-7pm @ Ggals, Inc. Headquarters
* 321 E. Main Street

Event(s) Start: Saturday, October 14th 7:30-9am @ Otsego County Park

8am Start Half Marathon Run
9am Start 10k Run □
9:45am Start 5k Run/Walk □
10am Start 1 Mile Run/Walk

Finisher's Rally & Prizes: Approx. 11am Upon Last Racer's Finish

Contact(s): □ Abby Hamilton 989.390.5749 * AbbyHamilton@GuardianGalsInc.org

Can I REGISTER ONLINE?

Yes, simply go to www.GuardianGalsInc.org & click on "Gaylord Half Marathon" tab or go to

www.TriToFinish.com/events & search for our event to register online!

Is this a PROFESSIONALY MANAGED & TIMED event?

Yes, TriToFinish, LLC manages this race & hires industry professional timers.

Will there be a “PURSE” to attract elite athletes?

Our goal is to provide a \$250 purse, custom EarBuds from Advantage Audiology & Hearing Center, & complimentary 2018 registration fee for both, TOP Male & Female Half Marathon finishers!

Is anyone organizing TRAINING GROUPS to prepare Exercise Enthusiasts, Runners, Want-To-Be Runners, or Those-Up-For-New-Challenge folks for this event?

-Yes, Dana Hall is committed to organizing a FUN weekly training group to embark on getting fit, preparing for Half Marathon, 10k, 5k, 1Mile “Making Change Challenge” together, & meeting new outdoor enthusiasts in our Alpine Village.

-Dana has 2 programs; Beginners & Intermediate with goal of having 2 groups of runners with different paces.

-In year’s past, runners have scheduled each Monday with long run & comrades have encouraged each other to schedule in personal runs the rest of the week (Per Beginning & Intermediate Hal Higdon Training Schedules).

-Dana encourages NEW & ESTABLISHED runners to join this group & looks forward to enjoying the summer rain or shine, having fun, laughing & sweating with other health enthusiasts!

Training Start Date: Monday Following Memorial Day & Leading Up To M.Change Event

Training Location: Aspen Park

Training Time: 6am & 5pm

Contact Information: Dana Hall

Phone: 231.218.6544

Facebook: Aspen Running And Walking Group

Does Guardian Gals, Inc. offer modestly priced training gear

-Yes, we offer three styles of modestly priced, bright, breathable running shirts!

-TRAINING GEAR OPTIONS are available online at www.GuardianGalsInc.org under “Making Change” tab.

Where can I obtain a beginner’s Half Marathon, 10k, or 5k TRAINING SCHEDULE?

-Coach Dave Smith, USA Cycling & Triathlon certified coach, has provided Guardian Gals, Inc. with Beginner Half Marathon, 10k, & 5k 12-18 week training schedules that detail his recommended schedule of running, rest, & cross training days that lead up to running events. Coach Dave specialized in training of beginner-advanced level multisport athletes, prior to becoming Athletic Director for Boyne City School District.

-Coach Dave’s COMPLIMENTARY TRAINING SCHEDULES are available online at www.GuardianGalsInc.org under “Making Change” tab.

What are the EVENT REGISTRATION FEES & are these tax-deductible?

Non Tax-Deductible REGISTRATION Fees Paid Online:

- Online Registrations: *Before October 13th Midnight
 - Half Marathon - \$80
 - 10k - \$40
 - 5k-\$30
 - 1Mile - \$10
- Late Registrations: *Paid @ Check-In
 - Half Marathon - \$85
 - 10k - \$45
 - 5k-\$35
 - 1Mile - \$15

Tax-Deductible Pledges Paid To Guardian Gals, Inc:

Again this year, instead of mandatory pledge requirement, we are offering “Kindness Counts” incentive for financial gifts pledged at Making Change Event.

Historically, the prizes most coveted by Making Change Event finishers are the thoughtful “Kindness Counts” prizes participants have grown to love. This year, as Guardian Gals, Inc. strides to accommodate a plethora of participants & their varied interests, one “change” participants will notice will be the elimination of a mandatory “Fundraising Pledge.” Along with this will be the awarding of “Kindness Counts” tickets to participants & opportunity for additional opportunities to win, ranging in number, based on fundraising efforts presented at check-in.

Those 1Mile, 5k, 10k, & Half Marathon runners who make it a point to go out & collect pledges to advance the lofty mission of Guardian Gals, Inc. will be rewarded with ONE “Kindness Counts” raffle ticket per each \$25 pledge they collect. That’s right, an extra special “Kindness Counts” designated zone of the main pavilion will be stocked full of prizes that will surely encourage positive personal or societal change for the recipient until we meet again at 2018 Making Change Event!

Does Guardian Gals, Inc. have any FUNDRAISING TIPS to share?

Yes, we have 10 Quick & Easy fundraising tips to share:☐

Tip #01: Understand & be ready to talk about Guardian Gals, Inc.☐Remember, Guardian Gals, Inc. Empowers: Generosity of Thought & Inspired Action in Gals! Also, our website www.GuardianGalsInc.org has our every detail waiting for exploration!☐

Tip #02: Each & every donation is welcome. No amount is too big, nor too small. ☐

Tip #03: Put in your own \$10.☐

Tip #04: As you train for the Making Change Event, invite others to participate as well. If they decline, cheerfully ask them for a \$10 pledge. ☐

Tip #05: Ask Your Spouse/Roommate for a \$10 pledge.☐

Tip #06: Gather friends/family for a simple & fun benefit:

- Jewelry Sale☐
- Paid Silence Strike For A Day☐
- ☐ -Fall Harvest Dinner☐
- House Party W/ Local Entertainment
- 4th of July Picnic Party
- Tea Party For GGals, Inc. Charity
- Spring, Summer, or Fall Garage Sale
- Cheese & Wine Tasting Event

Tip #07: Ask 2 Co-Workers For \$10.☐

Tip #08: Ask 1 neighbor & 1 person from church for a \$10 pledge.

Tip #09: Ask your dentist & doctor for a \$10 pledge.☐

Tip #10: Ask your hairdresser for a \$10 pledge.