



January 1, 2026

Dear Spring Into Health Supporter,

Happy New Year!! The Brunswick Wellness Coalition (BWC) is gearing up for Spring 2026! BWC will hold its annual Spring Into Health 5K/1M event virtually and in person on **Saturday, March 14, 2026** at 9:00 a.m. The race starting line is at Dosher Memorial Hospital in Southport. This event is NOT a fundraiser, it's a *healthraiser* for people in our community to come together to embrace a healthier lifestyle. BWC wants all abilities to participate so there is no age limit or experience needed; and it is affordable: Adults are \$30 for early bird entry and \$40 for regular and day-of entry. Students (age 6-18) are \$10 and Children (under the age of 5) are free.

Participant Demographics Snapshot

The 5k race is the most popular across the United States. Nationally, participation in 5k races is up 740%! BWC Spring Into Health most active participants are:

- Females
- 35 – 45 years old
- Mean household income of \$60,000
- Mothers
- Married
- Those who bring others to the race

The average woman completes a 5k run in a time of 00:34:32

The average man completes a 5k run in a time of 00:29:09

With costs associated to hold such an event, BWC needs your help. By becoming a sponsor of Spring Into Health, your company will receive many benefits. When your group helps produce an event such as this, it engages our neighbors and our families while encouraging a healthier community where we can all live well.

Last year participation continued to climb and we are aiming to increase our turnout! If you would like to be a sponsor, please contact Carysa Overcash at 910.540.8380 or go online (brunswickwellness.org) to complete the sponsorship form. You may pay online or write a check to be mailed to New Hope Clinic, 201 W Boiling Spring Rd, Southport, NC 28461. Thank you in advance for your support!

Checks may be made payable to: New Hope Clinic

Memo: Brunswick Wellness Coalition

On behalf of the Spring Into Health planning team,

Carysa

Carysa Overcash

Visibility Committee Chair

910-540-8380 | 6 carysao23@gmail.com

#BeWellBrunswick

Sponsorship Information

What's in it for me and my business?

- Business visibility
- Free race entry(ies)
- Community wellness sponsorships of health screenings and programs
- No pressure marketing
- Networking pre and post event

SPONSOR PERKS	\$1,500 PLATINUM	\$1,000 GOLD	\$500 SILVER	\$250 BRONZE FRIEND of the RACE
	TITLE SPONSOR <i>1 slot</i>	RACE SPONSOR <i>2 slots</i>	ITEM SPONSOR <i>Min 4 slots</i>	SPONSOR <i>Unlimited</i>
PA Announcements at Event	X	X	X	X
Logo on Print and Electronic Media	X	X	X	X
Logo on Race Bibs	X			
Logo (platinum, gold) / Name (silver, bronze) on T-shirt	X	X	X	
Event Banner at Start/Finish Line – must provide your own banner	X			
Logo on Race Route (platinum, gold) / Station Signage (silver)	X (4)	X (2)	X	
Participation in Awards Ceremony	X	Spunky Team		
Run Day Packet Swag – must provide items one week prior to run	X	X	X	X
Item – water, fruit, face painting, snowie cups, etc.			1. Water 2. Snacks 3. Snowie Cups 4. Kids Station Facepainting	
Run Day Booth Space – must provide your own table, chairs, etc., confirm one week prior to run	X	X	X	X
Community Wellness Screening Sponsor				X
Health Education Program Scholarship Sponsor				X
Free Entries (Register by early bird)	8 Free Entries	6 Free Entries	4 Free Entries	2 Free Entries
<i>Donations of any amount are also accepted.</i>				