

West Orange Run for Zach 2019



Dear Prospective Sponsor,

I am writing to request your support and participation in the “West Orange Run For Zach 2019”. The 5K run is sponsored by the West Orange Suicide Advocacy Coalition on October 6, 2019, beginning at 4 pm at Rock Spring Country Club located at 90 Rock Spring Road in West Orange, NJ.

The mission of the West Orange Suicide Advocacy Coalition (WOSAC) is to gather and streamline public education, supportive services, training, and intervention resources related to suicides in the Township of West Orange.

Our work acknowledges that suicide is a public health issue. Suicide does not have one single cause. Multiple factors, alone or in combination, including but not limited to substance abuse and untreated depression can increase the risk of suicide. Suicide is the 10th leading cause of death in the U.S (Centers for Disease Control, 2016).

In taking a public health approach, the Coalition recognizes that various structures as well as a lack of access to these structures, influence our health and well-being including:

- ◆ Schools and employment
- ◆ Families
- ◆ Interpersonal relationships
- ◆ How the three branches of government, legislative (laws), executive (police and corrections) and judicial (court imposed sanctions) impact each of us differently
- ◆ Spirituality and faith based institutions
- ◆ Recreational opportunities
- ◆ Internal conflicts between township cultures, race, ethnic and religious cultures

Additionally, research evidence finds that several bio-social health factors may also increase risk of self-inflicted harm and early life termination.

- ◆ Physical health
- ◆ Low serotonin
- ◆ Mental health
- ◆ Depression elevates suicide risk, but researchers argue that it is not the cause
- ◆ Self-efficacy- control over one’s life
- ◆ Self esteem- perception of one self

WOSAC Goals are to:

1. Create materials (i.e., brochures) that aid schools, families and police officers who respond to suicide calls and attempts
2. Increase access to resources (more support groups and information shared in the community).
3. Support more public conversation (about risks and related suicide information).
4. Increase support group attendance.
5. Reduce the current rate of suicide in West Orange (the current rate does not increase).

West Orange Suicide Advocacy Coalition

www.westorangesuicideadvocacycoalition.com



We can't do this alone. With your sponsorship support to the West Orange Suicide Advocacy Coalition,

WE CAN ALL PREVENT SUICIDE.

We Believe - Hope Can Happen. Suicide is not inevitable for anyone. By starting the conversation, providing support, and directing help to those who need it, we can prevent suicides and save lives.

We Can All Take Action - Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others.

Know the Warning Signs - Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change.

I hope you will consider supporting the "West Orange Run for Zach 2019". We have designed several opportunities that provide benefits for your support at every level. Furthermore, you are partnering to champion a cause that can save lives.

Respectfully,

Tammy Williams

Organizing Founder

About Zach: Advocate and voice for human rights. Zach saw the goodness in many people, had an opinion on many issues and stood steadfast in his beliefs. His strong moral compass could lead him to become argumentative, head strong and stubborn.

Zach was known for being the "Life of the Party." His interests included running, boxing, mixed martial arts, video games, music, movies, science, mind exploration, expansion, travel and adventure. In his early twenties his career aspirations included modeling and acting. The camera loved Zach. The two women in Zach's life were his Mom and his girlfriend of 4 ½ years. He loved them most and argued with them the most. He and his girlfriend had dreams to marry, have children and build their future together. Zach was the last person you would think of that would abruptly, tragically, and violently end his 24-year young life that was filled with abounding potential. Zach, a 2011 WOHS graduate, touched so many people then and now...and will be forever missed, loved and remembered for being an amazing young man. Like too many others gone too soon who struggled with a reason to hold on, we will RUN for ZACH to encourage others to ask for help and know that they are loved.



SPONSORSHIP

Opportunities

Platinum Sponsor	\$5000	<ul style="list-style-type: none"> ◆ Recognition on All Race Website Advertisements, Race T-shirt Apparel, Race Promotional Banners and On Site Signage at achievement level ◆ Recognition on Race Day ◆ Featured KM markers on course and Start and Finish Lines ◆ Complimentary Booth Space
Gold Sponsor	\$2500	<ul style="list-style-type: none"> ◆ Recognition on All Race Website Advertisements, Race T-shirt Apparel, Race Promotional Banners and On Site Signage at achievement level ◆ Recognition on Race Promotional Banners on Race Day ◆ Name Featured on KM marker on course
Silver Sponsor	\$1500	<ul style="list-style-type: none"> ◆ Recognition on Race Promotional Banners on Race Day ◆ Name Featured on KM marker on course and Water Stations
Bronze Sponsor	\$1000	<ul style="list-style-type: none"> ◆ Recognition on Race Promotional Banners on Race Day ◆ Name Featured on all KM markers on course
Copper Sponsor	\$500	<ul style="list-style-type: none"> ◆ Recognition on Race Promotional Banners on Race Day ◆ Name Featured on one KM marker on course
Nickel Sponsor	\$250	<ul style="list-style-type: none"> ◆ Recognition on Race Promotional Banners on Race Day

Payment Method

Please forward your check payable to WOSAC no later than August 31, 2019

Mail Forms and Payment to

16 Hillside Avenue | West Orange NJ | 07052

Questions

Feel free to direct any questions to Tammy Williams (973) 219-7687 twmsblackwell@gmail.com

Vendor Opportunities Available and In-Kind Donations Accepted



West Orange Suicide Advocacy Coalition "West Orange Run for Zach 2019"

5K

5K

PLEASE COMPLETE AND RETURN THIS FORM BY AUGUST 31, 2019

ORGANIZATION _____

CONTACT NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

PLEASE INDICATE YOUR DESIRED LEVEL OF PARTICIPATION

- | | |
|---|---|
| <input type="checkbox"/> PLATINUM \$5000 | <input type="checkbox"/> GOLD \$2500 |
| <input type="checkbox"/> SILVER \$1500 | <input type="checkbox"/> BRONZE \$1000 |
| <input type="checkbox"/> COPPER \$500 | <input type="checkbox"/> NICKEL \$250 |
| <input type="checkbox"/> VENDOR OPPORTUNITY | <input type="checkbox"/> IN KIND DONATION (PLEASE DESCRIBE) _____ |

Make Checks payable to WOSAC and mail to 16 Hillside Avenue | West Orange NJ | 07052

Event Information and More...

This race supports the mission of the West Orange Suicide Advocacy Coalition (WOSAC) which increases access to suicide awareness and prevention resources and support services in the Township of West Orange.

Race Registration

<https://www.raceentry.com/west-orange-run-for-zach/race-information>