



# LIFESONG DASH 2023



LifeSong Inc.

HOSTED BY:

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LOVE. ENHANCE. EQUIP. INSPIRE.









# Welcome

Dear LifeSong Supporters:

LifeSong Inc. (a non-profit 501c3 company) will be hosting the 11th annual LifeSong Dash 5k on Saturday, June 10th, 2023! The Dash is a family fun-filled celebration and an excellent opportunity for the community to partner with the valuable work of our agency.

We are pleased to provide day services to over 170 individuals and families of differing abilities throughout the Capital District. Our Community Based Day Hab Program provides opportunities for community involvement that are achieved through volunteer efforts, education & recreation. Participants give back to the community daily while gaining valuable personal skills and confidence through volunteering for over 40 local non-profit organizations per week. Our Supplemental Day Program provides occasional evening and weekend enrichment opportunities through attendance at plays, concerts, sporting events and summer camp on Sacandaga Lake and other state parks. Highlights include annual trips to museums, zoos and visiting Yankee Stadium.

Our Employment Services Program currently supports over 70 individuals in various stages of job development. The Employment team supports individuals by assisting with resume building, job application, interviewing skills and job coaching. The success of the individual is based on their own merit. Employment Services helps everyone become the best employee they can be.

Your investment in LifeSong, Inc. strengthens our ability to love, enhance, equip and inspire this deserving population. Tax deductible donations are greatly appreciated. Feel free to contact me with any questions or comments.

Thank you for considering this request. I look forward to hearing from you soon!

Dr. Darren Barkman  
LifeSong Dash Director  
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# Contents

Welcome	Page 3
About Us	Page 5
The Dash	Page 6
Why We Do It	Page 8
Meet Our Sponsors	Page 9
Dash Business Partners	Page 10
Course Map	Page 11
Sponsorship Levels	Page 13-15
Contact Us	Page 16





# About Us

LifeSong was incorporated in October of 2010 to provide quality and meaningful services for people with intellectual and developmental disabilities, enriching their lives and the lives of their families. At LifeSong Inc. we have a team of highly qualified, trained professional staff that share LifeSong's core values.

## What We Value

- **Meaningful Relationships:** Friendships are important in life. We value the relationships we have with our staff, participants and families.
- **Local Communities:** Investing in communities is important in life. We value serving others as active members in society.
- **Healthy Living:** Healthy life choices are important to us all. We value the benefits that are achieved through maintaining a good quality of life.
- **Encouraging Communication:** Uplifting interactions are important in life. We value respectful, pleasant environments and positive communication.





# LifeSong Dash 2022



*AN AMAZING SUCCESS!*







LifeSong is proud to announce that the 2023 race will once again be sanctioned by USA Track and Field (USATF). Our connection with USATF brought some of the finest road-racers in the region to our event and really stepped up the pace of the field! As always, participants of all ability levels are encouraged to be part of the Dash, but our participation with USATF promotes the Dash to running clubs across New York and beyond! For more information about United States Track and Field, please visit <https://adirondack.usatf.org/>.



***RUNNING  
WITH A  
PURPOSE***

"The mood of the Dash is filled with excitement, high energy, and the enjoyment of seeing our friends and family. With the Dash starting at 10am the runners take off throughout Halfmoon Town Park. The kids are soon to follow for the mile-long dash. We couldn't have done it without our sponsors. I feel excited when I walk and hangout with friends. The joy of meeting all these beautiful people is what the LifeSong Dash is all about."

By: Eileen S.



# Why We Do It

To Love, Enhance, Equip and Inspire!

**Our Mission** is to *Love, Enhance, Equip and Inspire* the lives of the developmentally disabled and their families.

**Our Vision** is to esteem and empower people with intellectual and developmental disabilities through Community-Based Day Habilitation and Supportive Employment Services.

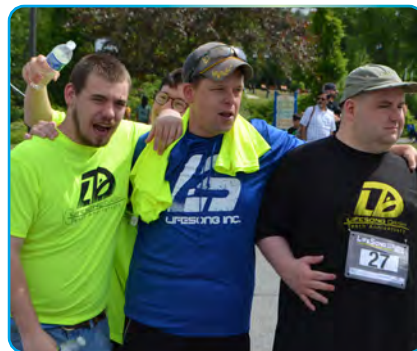
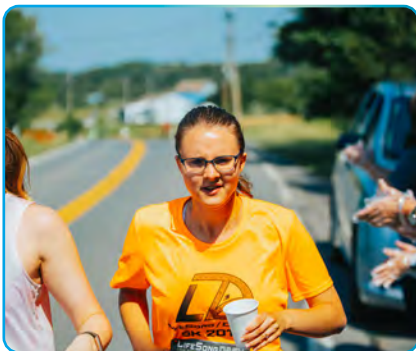
**Our Goal** is to expand their life choices, increase social awareness, achieve personal satisfaction and attain greater independence to help each person reach their fullest potential.

**Our Belief** is that every life is important, every life tells a story and every story sings a song. Simply stated:

“Let my LifeSong sing for you.”



The LifeSong Dash is more than a race - it's an exciting opportunity to enhance the lives of some of our best friends. The funds raised from the Dash have been used in a variety of ways. One year we created a professional music studio complete with many instruments where LifeSong participants can record vocal tracks and albums, or just jam out with their friends! Another year we invested in our Landscaping department which provides high quality service to local non-profits. The funds from this year's Dash will continue the tradition of being used for programmatic activities to support our participants.







# MEET OUR SPONSORS

One Donation, Lasting Impact

On behalf of our staff, participants, and their families, thank you for your past and future support of the LifeSong Dash 5K! Your continued support furthers our mission to “Love, Enhance, Equip, and Inspire lives of those with intellectual and developmental disabilities and their families.”







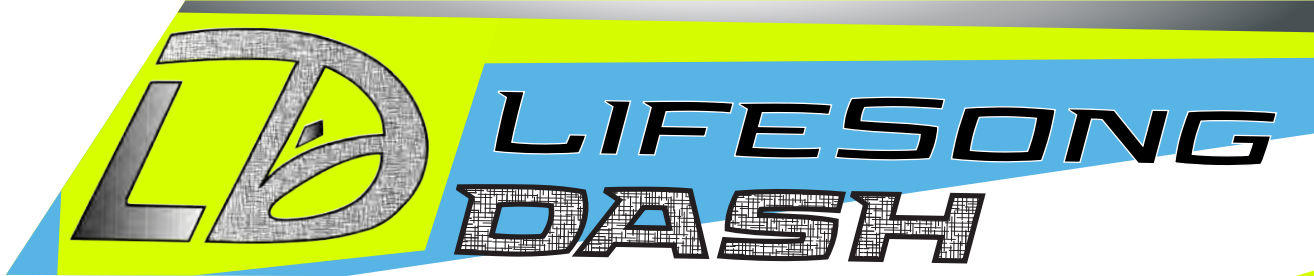
## Dash Business Partners

LifeSong would like to thank these Capital Region businesses who participated in the 2022 LifeSong Dash! "Dash Day" wouldn't be the same without these great organizations supporting what we do! Tell them "Thank You!" for supporting our race!





# Course Map





# Full Benefits. High Returns!

**REGENERON**

**M&T Bank**



We'd like to extend a special "Thank you" to Regeneron Pharmaceuticals, the M & T Charitable Foundation, and the Peckham Family Foundation for being our 2022 Enhance package sponsors! Your exceptional commitment to the Dash makes a huge difference for LifeSong and all the individuals we support!

See the packages and donation levels on the following pages if you'd like to become a member of our corporate donor family!

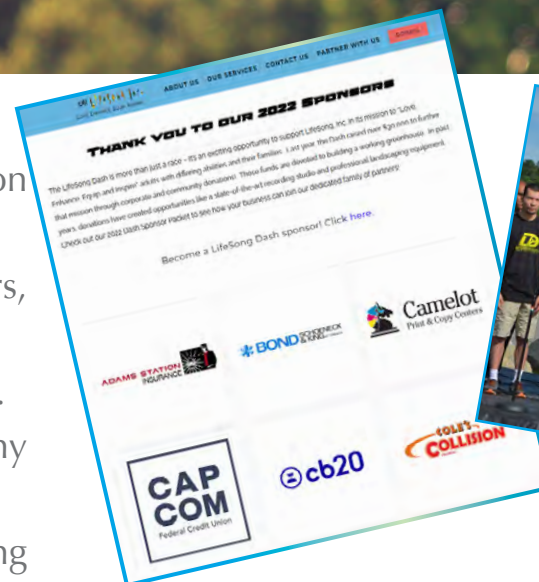




# Enhance PACKAGE

## \$2,500 and up

1. Two recognitions during event, including award presentation and optional personal address by company representative.
2. Company logo placement in promotional materials (Posters, flyers, media, etc.).
3. Company logo posted on unique course marker during race.
4. Special recognition of sponsorship and hyperlink to company website at LifeSongDash.com.
5. Minimum of THREE company logo placements on LifeSong social media (Main Facebook page, LifeSong Family Facebook page, LifeSong Dash Instagram) during week of race.
6. LARGE logo placement on LifeSong Dash runners' shirts
7. Featured article in LifeSong Post agency newsletter
8. EIGHT complimentary 2023 Dash entries

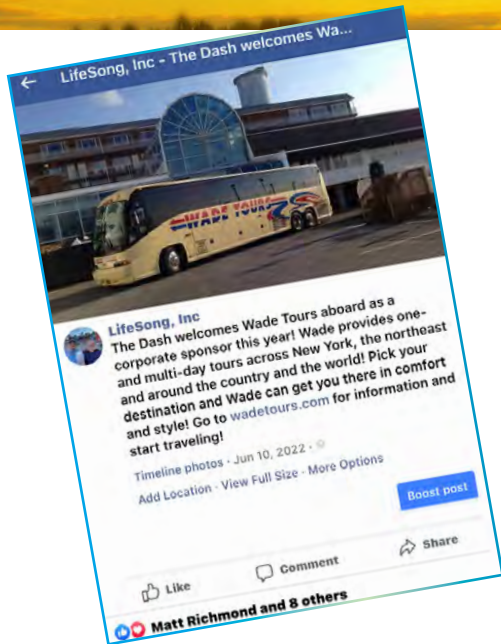


As an "Enhance Package" supporter, you are furthering the quality and value of LifeSong services. Your sponsorship directly impacts the offering of activities, training and experience that is made available to our participants. A variety of activities with the right technology provides the capability to improve learning and springboard individuals to greater independence, confidence and potential for gainful employment.



# Equip PACKAGE

# \$1,000 - \$2,499



1. One verbal recognition during event
2. Company logo placed on mile course marker during race
3. Two (2) company logo placements on LifeSong social media (Main Facebook page, LifeSong Families Page, LifeSong Dash Instagram) the week of race
4. Hyperlink to company website at LifeSongDash.com
5. Medium logo placement on LifeSong Dash runners' shirts
6. Four (4) complimentary Dash entries



Sponsoring at an "Equip Package" level, provides resources that are used to Equip our individuals with the life skills they need to achieve greater independence and success in life. Whether participating in pre-vocational training, cooking or other skill-building classes, people are learning and growing as members of society. The achievement of life skills creates a sense of capability and encouragement as they acquire skills that carry them through life.



# Inspire

PACKAGE

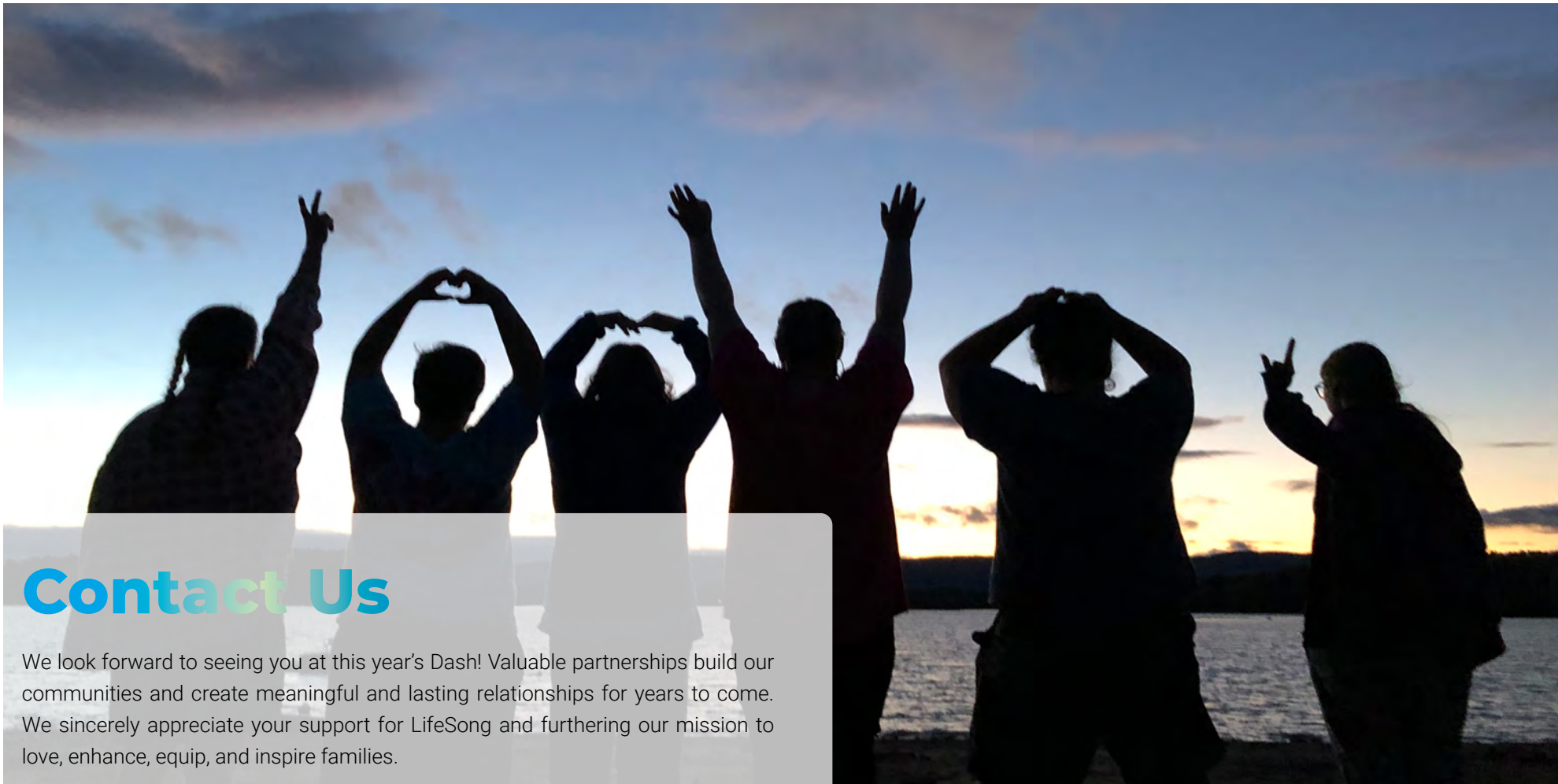
**\$500 - \$999**

1. Hyperlink to company website at LifeSongDash.com
2. Small logo placement on LifeSong Dash Runners' shirts
3. Two (2) complimentary Dash entries

Do you desire to leave a positive impact on the lives of others around you with greater challenges? Commitment to an "Inspire Package" provides funding for services that not only enhance and equip our population for success but allow them opportunity to dream and have a goal worth running for - a vision, a purpose, a motivation.







## Contact Us

We look forward to seeing you at this year's Dash! Valuable partnerships build our communities and create meaningful and lasting relationships for years to come. We sincerely appreciate your support for LifeSong and furthering our mission to love, enhance, equip, and inspire families.

Please contact us at:  
[LIFESONGDASH.COM](http://LIFESONGDASH.COM)



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