



Fall/Winter 2016/17

Dear Friends,

For the past 23 years in celebration of National Nutrition Month, the Western Area Massachusetts Dietetic Association (WAMDA) has held its annual **5K Run/Walk and Health Fair at Look Park in Northampton**. Since the first race in 1993, we have raised over \$50,600.00 and have distributed that money within our community to help our neighbors in need.

For the past four years we have partnered with **The Food Bank of Western Massachusetts** – a local agency serving all four counties in Western Massachusetts committed to reduce hunger, increase food security, and make nutritious food affordable and accessible for all residents in our region. 285 runners and walkers stepped up for the 2016 race to help this great cause. After the proceeds were tallied, we were very proud to present The Food Bank of Western Massachusetts with a check for \$9,000.00.

On **Saturday, March 4th, 2016** we will hold the **24th Annual WAMDA 5K Run/Walk to Benefit The Food Bank of Western Massachusetts**.

We would like to invite you to join us as a sponsor for our 2017 race. We have attached a sponsorship proposal for your consideration. Remember, all money raised to support The Food Bank stays in Western Massachusetts. We are also including a race registration form with this letter. Please feel free to make extra copies to distribute to your employees and to mention this great benefit run in your newsletters.

We hope that you will join us to fight hunger in our community. Please call or email if you have any questions. We thank you and appreciate your generosity and support.

Yours in good health,

Shannon Sojkowski
413.313.4124
WAMDA Road Race Co-Chair

Samantha Boydon
413.687.5684
WAMDA Road Race Co-Chair

Lisa Wilby, RD, LDN
413.218.5275
WAMDA Road Race Sponsorship Coordinator

Allison Clark, RD, LDN
413.977.1194
WAMDA Road Race Sponsorship Coordinator

Email address: Wamda5k@gmail.com

2016 Platinum Sponsor: Stop and Shop

2016 Gold Sponsor: River Valley Market

2016 Silver Sponsors: BMC Healthnet Plan, New England Dairy and Food Council, Mercy Medical Center

2016 Bronze Sponsors: Armbrook Village, Argotec Inc., Banas and Fickert Insurance Agency, Baystate Home Infusions and Respiratory Services, Big E's Supermarket, Big Y, Canon Real Estate, Cooley Dickinson Hospital, Dr. Energy Saver by MacNaughton Builders, Easthampton Savings Bank, Fleury Lumber, Finck and Perras Insurance, Greenfield Savings Bank, Horizon Sheet Metal, Law Office of Susan J. McFarlin 1500 Main St, Suite 904, Springfield, MA, LeBel Chiropractic, Liberty Mutual Insurance, Mead Johnson, Nancy Dell and Associates, New England Orthopedic Surgeons, Northampton Area Pediatrics, Nutrition Real Simple, Oil Recovery Corporation, Pure Barre, Pyramid Nutrition Services, Queen Bee Carwash and Detailing Center, Randall's Farm and Greenhouse, Serafino Moore Wealth Management of Raymond James, The Taylor Agency, Turn It Up, Inc., Webber and Grinnell, WEBS

2016 In-Kind Sponsors: HINT, Fort Hill Brewery, Whole Foods