

# Gifts of Stock

A gift of long-term appreciated securities is a smart, tax-wise way to make a contribution to the American College of Sports Medicine Foundation.

## How it Works:

- Donor contributes shares of stock to the ACSM Foundation.
- Stocks may be mailed, hand delivered, or transferred through a brokerage firm. Electronic transfer is often possible.
- Stock must be held long-term (currently, more than one year) to qualify for full income tax benefits.
- Publicly traded stock is valued at the average of the high and low selling price on the day of the gift.
- Over-the-counter securities are valued at the average of the closing bid and the closing asked-for price on the day of the gift.
- The stock itself must be contributed, not the proceeds from the sale of stock, to qualify for tax benefits.

## Benefits:

- Donor has the satisfaction of making a significant gift to benefit ACSM.
- Donor may claim income tax deduction for the full fair market value of the stock on the day of the gift.
- Donor avoids capital gains tax.
- A larger gift is often possible due to the tax benefits.
- Spendable income may be increased as a result of tax savings.
- Donor chooses the use of the gift.
- For Indiana residents, the Indiana state tax credit applies.

## Benefits to ACSM:

- The full fair market value of contributed stock is available to be used by ACSM according to the donor's wishes.
- A larger gift can be contributed than might normally be possible.

**Note:** The correct legal name for use in all documents is: *"The American College of Sports Medicine Foundation, a not-for-profit corporation organized under the laws of the state of Indiana and located in Indianapolis, Indiana."*



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