



100%

of participants report increased feelings of self-worth during the program



RFTF has served

202

girls since its inception in 2011



In 2016, participants increased their weekly physical activity by an average of

170 minutes



Participants report that they now run with

family
and friends



PROGRAM OVERVIEW

NYRR's mission is to help and inspire people through running. NYRR Run for the Future (RFTF) is a high-impact summer program that fulfills our mission by providing young women entering their senior year of high school across NYC's five boroughs with a unique opportunity to learn about running while building self-esteem and confidence, developing leadership skills, and training for a 5K race at the end of the summer. Participants who complete the program receive a \$2,000 college scholarship. In 2016, 72 girls participated in and completed the program.

HOW THE PROGRAM WORKS

RFTF offers running practices and educational workshops to young women free of charge throughout the summer, all of whom enter RFTF with no prior running experience.

NYRR coaches, assisted by RFTF alumnae mentors, lead practices in Central Park. Participant transportation and meals are provided by NYRR.

To ensure comfort while running, RFTF athletes are fitted with brand-new New Balance running shoes, apparel, and gear at no cost.

Midway through the program, the young women run a practice 5K with volunteer race buddies to gradually introduce them to the 3.1-mile distance.

In August, participants complete the program by running the Percy Sutton Harlem 5K Run. The race experience also includes a celebratory pre-race pasta party for the new runners and their families.

Those who attend 80% of practices are eligible to receive a \$2,000 scholarship toward their college tuition, books, and student fees.



2016 PROGRAM IMPACT

Participants increased their commitment to physical activity and improved their dietary decision-making and self-esteem.

During the 2016 season, RFTF athletes improved their average mile time by 0:55 and their average 5K time by 2:22.

Graduates report a sustained weekly increase in running and physical activity.

After graduation, girls have reported embracing their fitness communities by joining or starting local running clubs, trying out for their school track teams, and participating in competitive 5Ks, 10Ks, and cross-country races.

2017

is RFTF's seventh year; the program serves 85 girls



Class of 2016 included

72

girls (up from 46 in 2015) representing five boroughs and 31 high schools



In 2016, NYRR expanded RFTF from two practices to

three

adding a second Central Park session



WHAT'S NEXT?

- RFTF is strengthening its relationship with alumnae by structuring a series of touchpoints with program graduates throughout the 2017-2018 school year, including workshops and running opportunities at NYRR races.
- RFTF is on track to open seminars and workshops to alumnae and their parents on topics such as college budgeting, public speaking, long-term health and fitness, and continued running education.
- With the opening of the NYRR *RUNCENTER*, RFTF now has dedicated space to host program sessions and workshops in an atmosphere that will allow RFTF participants and the larger NYRR community to better immerse themselves in the running world.

GETTING INVOLVED

If you would like to learn more about Run for the Future, please contact New York Road Runners, Annick Lamar, RunfortheFuture@nyrr.org, (212) 548-7360.

Run for the Future is 100% funded by generous donors. If you would like to learn more about donating opportunities, please contact Mandy Groff, mgroff@nyrr.org, (212) 548-7352.



New York Road Runners is a non-profit community running organization, founded in 1958, whose mission is to help and inspire people through running. We serve more than 430,000 people—including 215,000 youth—annually.