

TEENS RUN DC ANNUAL REPORT

**TEENS
RUN DC**
we run this city!



2022-23

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Letter from Our Director

“HOW DO YOU FEEL WHEN YOU’RE AT TRDC RUN CLUB?”

“SAFE!” –AMARI

Dear Teens Run DC Community,

Over the last 14 years, Teens Run DC has strived to create an environment for thousands of students where they could live “safe” (as Amari answered the above question), healthy, and productive lives. This could have never been accomplished by our staff alone. I am inspired every day by the members of our Board of Directors, present Team, past staff, our dedicated AmeriCorps coaches, the donors, volunteers, and community partners for their resilience and commitment to the communities we serve. They have all had an enormous impact on the lives of so many young people, and for that, I will be forever grateful.

Despite the uncertainties, specifically fundraising, and hiring, facing Teens Run DC in Fiscal Year 2022-23, our 2nd year following the unprecedented challenges resulting from the pandemic that caused havoc across the globe, with the incredible dedication of our AmeriCorps coaches, produced a phenomenal turnaround in two major areas. **In FY 22-23, TRDC conducted 231 more programming sessions, resulting in 1000 more hours of programming for our students than the previous year.** With these results, through our In-School Lunch Clubs and our After-School Run Clubs, we are building a Community that allows our students to thrive. Their chosen path in life is up to them. We can provide the guidance, but the choice is theirs, and theirs alone. This is what our students are up against in the communities we serve in the District of Columbia:

- 28% increase in Homicides
- 39% increase in Violent Crime
- 67% increase in Robbery
- 27% increase in Property Crime
- 110% increase in Motor Vehicle Theft
- **ALL SINCE JANUARY 1ST, 2023**

At first glance, these percentages are daunting, but our work at Teens Run DC has added the weighty responsibility of making sure that none of our students become a statistic in our city’s war against crime. With our belief in the African proverb – **“It takes a village to raise a child”** – we work with our student’s parents, school administrators, teachers, and most recently, with the Fight for Children Youth Development Institute (FFCYDI). FFCYDI is a collaborative network of 34 nonprofit organizations in the District of Columbia, Maryland, and Virginia, charged with serving over 43,000 young people, participating in 35 different sports, with a focus on working together to improve and protect their lives through the values of sport. Children who participate in the collaborative program are provided with the security and resources necessary to help them realize their hopes and dreams.

Due to the lingering challenges and constraints of the past two years, we would have never survived without the consistent generosity of many of our longtime donors such as Carahsoft Technology Corporation, The Rudolph J. and Daphne A. Munzer Foundation, The Hattie M. Strong Foundation, Serve DC (AmeriCorps), Share Fund, and Events DC, (many more vital donors are recognized in the “Thank You” page of this report). Yet the real heroes of this past year are the incredible members of our devoted Team at Teens Run DC. Our entire staff was placed on furlough for two weeks at the start of summer. Each one of them handled the situation with incredible dignity and grace, and after my 47th year of leading men and women, I will always be indebted to my Team for Fiscal Year 2022-2023!

I invite you to learn more about Teens Run DC and our pursuit of the total well-being of every student we serve. Thank you to our supporters who have helped us place so many of our students on their right path in life, and for more than likely, saving many lives. **With our youth, our work is never done!**

Steve Hocker, Executive Director

Mission Statement



Teens Run DC empowers youth to envision and work toward the achievement of personal goals through a distance running, community building, and social emotional learning program.

During the year, students train alongside Coaches and Run Buddies who challenge and guide these youth to develop greater responsibility, discipline, perseverance, and goal-setting skills as they train for races. They meet with Coaches twice weekly at their home schools and on weekends as a larger community with Run Buddies.



Program Overview

Six Schools:

- Eliot-Hine MS, Jefferson Academy MS, KIPP WILL Academy, Center City Public Charter School- Petworth, Center City Public Charter School- Brightwood, Ballou HS
 - All schools had Run Clubs
 - 3 schools had Lunch Clubs & Run Clubs

The Numbers:

- *Number of students served:*
 - 180 students
- *Total number of programming hours:*
 - 2145 hours
- *Average programming hours:*
 - 11.92 hours per student
- *Total number of sessions offered:*
 - 410 sessions

Run Club:

- Coaches implemented a Social-Emotional Learning and Physical Activity Curriculum after school, focusing on:
 - Distance Running with Timed Lap Counting
 - Students started the school year at 3 minutes of lap counting and ended the year at 30 minutes of lap counting
 - Leadership Skills
 - Interpersonal Communication
 - Problem Solving Skills
 - Community Building by creating a safe place students can try new things and challenge each other to succeed

Lunch Club:

- Coaches implemented a Social-Emotional Learning Curriculum during students' lunch period, focusing on:
 - Communication Skills
 - Goal Setting with Goal Journals
 - Self-Perception
 - Community Building by creating a safe place where students feel they belong

Community Run Club:

- Senior staff hosted running opportunities outside of the school environment twice a month, open to students of the DMV, their parents, and volunteers who want to give back to the community, focusing on
 - Distance running
 - Positive adult relationships
 - Interpersonal communication
 - Reflections

Races:

- Credit Union Cherry Blossom 5K (April 1st, 2023)
 - 106 registrants
 - 45% ran the 5K despite rainy weather
- DC Front Runners Pride Run 5K (June 9th, 2023)
 - 27 registrants
 - 1 medalist



Program Impact: Students



What word would you use to describe your experience with TRDC?

“Motivating”

“Fun”

“Exciting”

“Energetic”

“Helpful”

“Cool”

“Run”

“Amazing”

What is your favorite part of TRDC?

“Working together”

“Stretching”

“Running the Credit Union Cherry Blossom 5K”

“Lap counting”

“Being able to exercise”

“Learning new ways to run”

“Socializing”

“Having fun with coaches”



What is your favorite activity/game at the run club?

- Cup cone partner bounce game
- Statue bowling
- Human boops basketball
- Sharks and Guppies game
- Running

Program Impact: Students

I want to be a part of TRDC again...

“... because in TRDC we get to do new things and it also boosts my energy a lot. I know after school on Wednesdays I’m automatically going to start running again and it's super fun.”

“...because first, it would be my third year, and, second, it is just fun. I like how we get to do our warm-up, then we do the run, and then we play games.”

“...because I love running, and it helps me calm down and think things through.”



Teens Run DC is important to me ...

- “... because I have fun.”
- “... because I feel safe here.”
- “... because I feel like it has a lot to do with my health, meaning if I wasn’t part of TRDC, I wouldn’t be out there running. I would probably be in bed being on my phone, so it is really helpful for me to have motivation to run”
- “... because there are a lot of benefits to running, and it helps people get outside.”
- “...because my coach is important to me.”

Program Impact: Coaches

Coach Mark:

“As I began my first week into school, I was optimistic and determined to make an initial impact on the kids. I was soon met with a bit of realization that it wasn't going to be that easy of a task. I had to learn the kids and get them to open up. Day after day, I had to work on building their trust in me. I was surely assisted by Colin, Leah, and Sarah during our weekly team meetings, and one on one's. They shared their background experiences, which opened my mind to different approaches to use. This is one of the great qualities I loved about the team at TRDC. I was able to finish the school year out strong with establishing those kid connections and adding structure into their lives.”



Coach Colin:

“During the program, I created a safe space that allowed students to think, thrive, and have fun outside of the classroom during in-school and out-of-school time. Through fun activities, games, and long-distance running, I was able to help my students learn both soft and hard skills such as leadership, communication, and teamwork. I witnessed an exponential amount of growth in my students, with them demonstrating a level of maturity and curiosity that was not present at the beginning of programming. I couldn't be more proud of the commitment my students gave, I worked with roughly 130 students and held about 300 sessions over the course of the school year.”



Coach Leah:

“Jefferson's running programming would not have been possible without the support of the rest of the TRDC staff. Bringing challenges we were facing each week and receiving immediate feedback allowed for constant improvement of programming. Most importantly, thank you to my students who made my experience as a TRDC coach a memorable one and made me laugh each session. Keep running and improving yourself one day at a time. Lastly, WE RUN THIS CITY. “



Our Impact: The Numbers

Run Club Data

86% of students improved their mile time.

96.3% of students said they cared about staying fit and exercising.

92.6% of students cared about doing well in running.

92.5% of TRDC students feel they have the skills to be physically active (item from the Physical Self-Efficacy Scale).

95.8% of students also agreed or strongly agreed that they will be participating in regular physical activity one year from now (Physical Self-Efficacy Scale).

At the end of a TRDC season, **86.8%** of students considered their physical fitness levels as good or excellent.



Our Impact: The Numbers

Lunch Club & Run Club Data

91.8% of students reported moderate-high to high self-report scores on the Hemingway Connectedness to Self-In-Present measure. This self-esteem component is not fettered by any one institution or any vision of the future. It is based on experiences in current relationships, a sense of continuity in their behavior across people and places, and a self-awareness of skills, talents, and unique interests that make them interesting and liked by others. This is a positive statistic, suggesting that youth are benefiting emotionally from their close relationships and feel good about themselves

90.3% of TRDC students reported moderate-high to high scores on self-efficacy. These statements included: "I will be able to achieve most of the goals I set for myself," "When facing difficult tasks, I am certain that I will accomplish them" "In general, I think I can obtain outcomes that are important to me," and "I believe I can succeed at most any endeavor to which I set my mind."

90.4% of students reported that they experienced feelings of belonging to Teens Run DC (The LiFESports Initiative Belonging Scale, Anderson-Butcher & Conroy, 2002). These statements include: "I feel comfortable with people at TRDC," "I am a part of TRDC," "I am committed to TRDC," "I am supported at TRDC," "I am acceptable at TRDC," and "I feel safe at TRDC."



85.7% of students reported that they **agreed or strongly agreed that Teens Run DC provided appropriate adult support and structure.** These statements included: "adults listened to what I had to say," "I felt comfortable going to adults for advice," "rules and expectations were clear," "activities were just right for my age," and "activities promoted healthy habits" (from the Youth Program Quality Survey, Bean & Foreneris, 2016).

88.2% of students reported that **Teens Run DC encouraged skill building.** These statements included: "I learned to work with others as a team," "Activities taught me to develop a plan to reach my goals," "I was challenged to think and build skills," "there were opportunities to learn new subjects," "I felt that I could make a difference," "I was encouraged to take responsibility," and "I gained a broader view of Teens Run DC." (from the Youth Program Quality Survey, Bean & Foreneris, 2016).

92% of students agreed or strongly agreed that **Teens Run DC expanded their horizons.** These statements included, "I learned to accept differences in others," "Serving others and volunteering was important," "I gained a broader view of my world beyond my community," and "Activities were related to my club, my family, and my community." (from the Youth Program Quality Survey, Bean & Foreneris, 2016)

Financial Overview

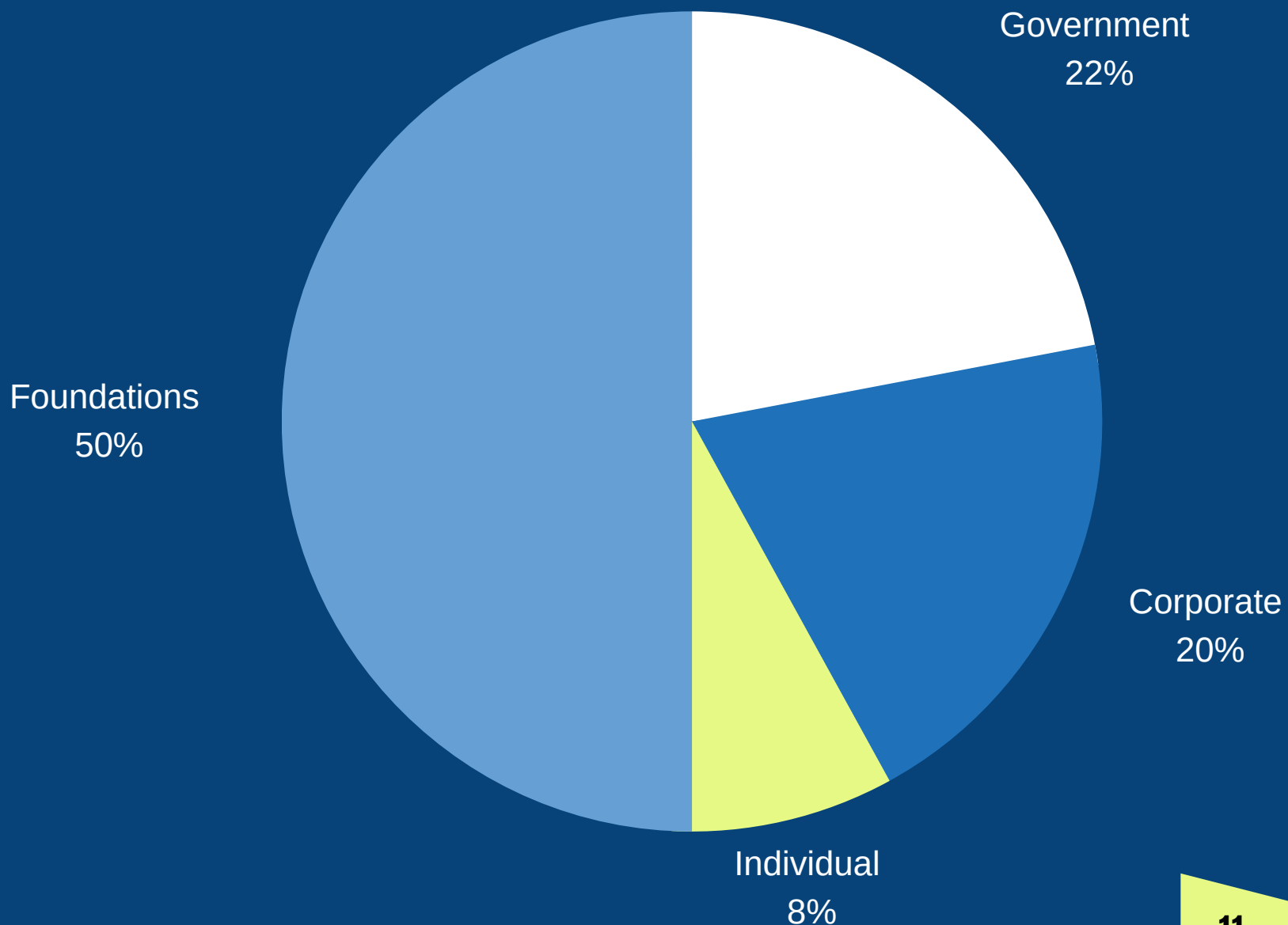
Highlights from the 2023

Fiscal Year

- Increased award amount from our crucial partner Serve DC
- Over 50 unique donors for our End of the Year Giving Campaign

Chart of FY 2023

Organizational Revenue Sources



THANK YOU TO OUR PARTNERS AND SUPPORTERS!

BENDER FOUNDATION
BEN AND PAMELA FORMAN CHARITABLE FOUNDATION
CARAHSOFT TECHNOLOGY CORPORATION
CLARK-WINCHCOLE FOUNDATION
CREDIT UNION CHERRY BLOSSOM 10 MILER
DAN ABRAMS CHARITABLE FUND
DC FRONT RUNNERS PRIDE RUN 5K
DEBORAH FORMAN CHARITABLE TRUST
DIMICK FOUNDATION
EDGEWOOD BROOKLAND FAMILY SUPPORT COLLABORATIVE
EVENTS DC
FIGHT FOR CHILDREN INSTITUTE
GEORGE PRESTON MARSHALL FOUNDATION
HATTIE STRONG FOUNDATION
NORA ROBERTS FOUNDATION
RAYTHEON TECHNOLOGIES
ROAD RUNNERS CLUB OF AMERICA
RUDOLPH J. AND DAPHNE A. MUNZER FOUNDATION
SALESFORCE
SEMROD FAMILY FOUNDATION
SERVE DC (AMERICORPS)
SHARE FUND
VENABLE FOUNDATION

