

# Students Run PHILLY STYLE 2023 IMPACT REPORT





# MENTORING AND MILESTONES

FOSTERING MOMENTS OF HOPE, INSPIRATION AND JOY

»»» **WHEN THE RAIN POURED** during this year's Broad Street Run, our students and mentors arrived at the starting line knowing they couldn't let the weather get in their way. For 10 miles, they dodged raindrops down Broad Street in pursuit of a culmination of months of effort, personal growth and shared memories.

Students Run Philly Style strives to create opportunities in which young people can discover who they are at their best and reach for the support they need to navigate the days when they aren't. Throughout the year, our incredible mentors guide and train alongside their student runners to achieve a long-distance goal respecting the routine joy and pain of putting one foot in front of the other. On race day, our young people can look back at how far those steps have taken them, and look forward to the untested possibilities of the course to follow. In any conditions, they cross the finish line more confident, connected and resourceful in pursuing their goals. In times when our city's young people are facing so many challenges, these moments of hope, inspiration and joy have never been more important.

As we approach our second decade in 2024, we know our community of young people, mentors, partners, and volunteers will continue to lift up one another. We thank you for your support of Students Run Philly Style, and the courageous students and mentors who show up to shine in any weather. We look forward to the milestones and moments as we take our next steps, together.

**Lauren Kobylarz**  
Executive Director

**COURAGE  
EFFORT  
RESPECT**

Our program values reflect the challenge of completing a long distance race and honor the relationships formed along the way.





## MISISON



The mission of Students Run Philly Style is to transform students' lives through mentorship over miles of long distance running and achievement.



### Marathon Model <<<

Students and mentors train up to 10 hours weekly March through November to run the Philadelphia Half or Full Marathon in November.

### MileUp <<<

In partnership with the Philadelphia District Attorney's Office, MileUp uses our mentoring model to offer an evidence-based diversion option for youth facing delinquency charges.

### OUTPace <<<

OUTPace improves health outcomes and increases protective factors for LGBTQ+ youth by offering inclusive, informed support and specific LGBTQ+ programming.

### School Year Model <<<

Students and mentors train up to 6 hours weekly September through June to run the Blue Cross Broad Street Run in May.

## PROGRAMS

# OUR IMPACT



## SOCIAL SUPPORT

»»» 86% OF STUDENTS

maintained or increased support from their mentors over the course of the season, and 83% reported maintained or increased support from family members. Students who reported increased social support from mentors were 8 times more likely to report increased goal-directed behaviors.

80% OF STUDENTS <<<

maintained or increased health practices such as taking care of their bodies, eating well and regular physical activity. First year participants reported significant decreases in generalized anxiety, and 70% of students maintained or increased their use of venting as a positive coping strategy.

## PHYSICAL AND MENTAL HEALTH

## GOAL SETTING AND ASPIRATIONS

»»» 81% OF STUDENTS

maintained or increased aspirations to make a positive difference in their communities. Students are almost 3 times as likely to report increased goal-directed behaviors related to other aspects of their lives from pre to post season.



# BY THE NUMBERS

Dedicating up to 10 hours per week for 9 months



**406**  
**VOLUNTEER MENTORS**

**1,329**  
**STUDENT RUNNERS**

**17**  
**STAFF MEMBERS**



Including 7 full-time and 10 part-time or seasonal staff



**96,136**  
**MILES RUN**

In practices and races

**54**  
**TEAM SITES**

Serving young people in grades 6-12, from every Zip Code in Philadelphia

**\$977**  
**PER RUNNER**

Invested in Philly's Future



# STUDENT REFLECTIONS

## COURAGE <<<

*“Running changed my life because before I never thought that I could actually do it. I always just thought I’d follow what P.E. had in store for me. Until I actually did it and started running. I feel better about myself physically and I feel like I’m starting a new journey. Running has opened my mind to so many possibilities. Joining other sports, finding patience, not just physically, but emotionally, too, like with friends.”*

- L.P., age 15

## EFFORT <<<

*“SRPS helped me know I can do things I never thought I could do, like running long distances. It is fun and hard sometimes. I like my running coaches, they motivate me.*

*I gave effort because I tried my best each week. And you may not think it, but it goes by fast. You have to work hard if you want to get something good out of situations.”*

- Z.W., age 16

## RESPECT <<<

*“My team has a shared energy that motivates me. I am better at problem-solving, more confident to contribute and this is an inclusive environment. This sport can be challenging but we take time to talk about how to think positively and encourage each other. We all have different goals but we respect what everyone wants to do and we hold each other accountable as friends.”*

- C.Z., age 17

**“SRPS  
HELPED ME  
KNOW I CAN  
DO THINGS I  
NEVER  
THOUGHT I  
COULD DO.”**







## PROGRAM SPOTLIGHT

# PACE, PROGRESS, POSSIBILITY

This year Students Run Philly Style welcomed its first exclusive footwear and apparel partner in Brooks Running. As part of Brooks' Future Run initiative, SRPS is able to provide new running sneakers, uniform shirts, and running gear to all program participants at no cost. During the season, young people earn their shoes and gear as they hit certain milestones, such as their first race or completing a goal distance. In June, student runners and mentors were also able to learn from (and run with!) two of Brooks' sponsored athletes, Erika Kemp and Colin Bennie, who attended our annual Leadership Summit weekend in Bucks County, Pennsylvania.







## CONNECTING OUR COMMUNITY



Students Run Philly Style's annual **Go Farther! Leadership Summit** brings together 100 students and mentors from all 54 team sites across Philadelphia for a summer camp experience focused on leadership development. The three-day, two-night retreat includes daily leadership lessons, running and a chance to practice teamwork, goal-setting and reflection. Students return to their teams with new friendships and unforgettable shared experiences, energized to lead among their peers. This year's Leadership Summit was sponsored by Philadelphia Insurance Companies, which also provided input on the weekend's leadership content.



A Member of the Tokio Marine Group







# OUTPACE

## »»» SETTING THE PACE

OUTPace provides LGBTQ+ students and student allies with resources, activities and connection from which they can build self confidence, expand their communities and learn life skills to overcome challenges. Across all SRPS teams, **16% of student runners identify as LGBTQ+ and throughout the year, are able to participate in public events and races in gender categories that reflect their true selves.** In 2023, SRPS sponsored more than 55 race entries for students participating in the nonbinary gender category.

## »»» WELCOMING SPACES, NEW PLACES

In 2023, SRPS hosted 17 OUTPace drop-in sessions designed to provide connection, support and resources to LGBTQ+ student runners and allies. This year's sessions, developed in partnership with OUTPace's two Student Ambassadors, included visits with the Philadelphia Office of LGBT Affairs, the William Way LGBT Community Center's John J. Wilcox Jr. Archives, the Mazzonei LGBT Health Center, the Attic Youth Center, GALAEI, the John C. Anderson Residence, Alchemy Hair Lab, South Street Art Mart, and Evolve Fitness. OUTPace also participated in more than 18 community events, and the Philly Pride Run 5K, which hosted all SRPS runners in June.

**"I WANT TO BE PART OF A COMMUNITY I HELP CREATE, AND CONNECT WITH OTHERS IN THE SPECIAL AND INIMITABLE WAY THAT OUTPACE DOES."** - OUTPace Ambassador





# MILEUP



## »»» MILES TOGETHER

In partnership with the Philadelphia District Attorney's Office, MileUp uses Students Run Philly Style's mentoring model to offer an evidence-based diversion option for youth facing delinquency charges in which young people train with mentors for a 10-mile or 13.1-mile road race. In 2023, **82% of enrolled students successfully completed the program and had their charges dropped, restitution paid, and records expunged.** After completing the program, 5 students returned as paid peer mentors to lead students in the following season.

## »»» A NATIONALLY RECOGNIZED PROGRAM

In June, the U.S. Department of Health and Human Services recognized SRPS as one of 14 Phase I Finalists in its Children and Youth Resilience Challenge, honoring organizations creating community-led solutions to promote resilience in children and adolescents. SRPS' MileUp program was recognized for its work with youth in the juvenile justice system and is moving forward to Phase II of the challenge in the coming year, marking the organization's first federal prize. As a leader in the diversion space, SRPS is co-leading a quarterly convening of local diversion partners and helping develop practitioner-led agendas to keep moving diversion practices forward in Philadelphia.

**"MY MENTORS HELPED ME LEARN TO EMBRACE AND ENJOY RUNNING AND THAT NOT EVERYONE IS GOING TO GIVE UP ON YOU. LIKE ACTUALLY THEY'VE BEEN LIKE FAMILY TO ME."**

*- MileUp Spring '23 participant*





# BUILDING COMMUNITY SUPPORT

## SLURPEE RUNNER <<<

On 7/11/23, Matthew 'Slurpee Runner' Cooper embarked upon a 37-mile route across Philadelphia that saw him stop at 17 different 7-11 stores while raising nearly \$1,100 to support SRPS. Matt says, "by some gastrointestinal miracle, I was also able to consume 17 Slurpees throughout the day, one for each stop. My favorite flavor was a new one - Hibiscus Lemonade - but I quickly returned to the more palatable flavors like Coke or Cherry." SRPS supports inclusive fundraising initiatives with low barriers to entry that are community-led and mission aligned, like Matt's Slurpee Run.



## COMMUNITY-CENTRIC FUNDRAISING (CCF)\*

SRPS practices CCF, a fundraising model that is grounded in equity and social justice. CCF prioritizes the entire community over individual organizations, fosters a sense of belonging and interdependence, presents our work not as individual transactions but holistically, and encourages mutual support between nonprofits.

[\\*communitycentricfundraising.org](http://communitycentricfundraising.org)

## CCF IN PRACTICE <<<

SRPS values everyone who contributes to our community. With their time-volunteering at a water stop or running with students 10 hours per week. Or with their money- donating \$5 one time, or thousands over decades. Every show of support contributes to SRPS' mission and is valid and valued.

Putting an equitable donor value system in practice means intentional donor stewardship, such as sending a surprise thank you box to randomly-selected donors rather than just to those who give at a certain level, and working with partners to create mutually meaningful volunteer experiences.



## SUPPORTING LOCAL BUSINESSES <<<

Fundraising has a cost and how an organization chooses to spend its budget to raise money is a reflection of its values. SRPS prioritizes local vendors who are BIPOC, women, and LGBTQ+ owned for Extra Mile and other fundraising events. This year new partners included Farina Pasta and Noodle, Blitz Soul Food, El Merkur, and Mac Mart.





SAVE THE DATE! <<<

Join us on **September 15, 2024** for the 46th running of the Philadelphia Distance Run. Register at [philadelphiadistancerun.com](http://philadelphiadistancerun.com).

# EXTRA MILE KICKS OFF PHILADELPHIA DISTANCE RUN WEEKEND



## >>> SEPTEMBER 15, 2023

SRPS' annual Extra Mile fundraiser brought together more than 350 supporters, mentors, board of directors and PDR runners to celebrate youth mentorship.

## >>> SEPTEMBER 17, 2023

SRPS co-hosted the 45th Philadelphia Distance Run half marathon and 5K with partners from Philadelphia Runner and Out & Back Creative, welcoming more than 4,500 runners and volunteers on race day.

## THE CLAW

This year's Extra Mile featured a Brooks-sponsored claw machine that raised \$3,500 and featured grand prizes like airline tickets and marathon entries.





# PHILLY FAMOUS



## NBC TODAY: OUR NATIONAL TV DEBUT



### MARCH 31, 2023

Students Run Philly Style students and mentors were featured on NBC's TODAY with Donna Farizan. The three-minute segment culminated in an all-team lap around the track toward surprise sneakers from Brooks Running.

### JULY 4, 2023



Students Run Philly Style was honored to be a finalist for the Wawa Foundation Hero Award. SRPS fans and friends from across the country voted to push the program to the finish line, taking home the \$50,000 grand prize at Independence Hall during the Wawa Welcome America Ceremony.

## WAWA HERO AWARD WINNERS



**THANK YOU** TO OUR COMMUNITY, SUPPORTERS AND FRIENDS FOR CHEERING US ON!





**SUPPORT YOUTH MENTORSHIP**







*Special thanks to the following photographers for capturing the spirit of our program:*

Darren Burton  
Keith Morrison  
Matt Stanley

*And to Temple University's Sport Industry Research Center for evaluating our impact through year-round surveys, focus groups and data analysis. Founded in 2008, Temple SIRC harnesses the power of sport for good, providing advanced research services and engaging with stakeholders in the sport industry to expand the definition of success to include positive and measurable societal impacts.*