



## 2017-2018 SCHOOL YEAR REPORT

Thanks to your support, Chicago Run has had the most impactful year yet!

During the 2017-2018 school year (fiscal year 2018), Chicago Run provided programs to over 18,000 children and youth at 51 schools and sites in 32 diverse neighborhoods across Chicago. 87% of Chicago Run participants are from low-income households and have limited opportunities for physical activity.

### CHICAGO RUN'S ACCOMPLISHMENTS

The *Little Strides* and *Chicago Runners* programs provided over 17,500 children with high-quality physical activity breaks during the school day. Chicago Run provided teachers in these programs with professional development around Trauma Sensitive Coaching and Sports Based Youth Development principles. Chicago Run staff supported these classrooms throughout the school year with in-person coaching visits and support materials including games, activities, and an engaging exercise video library.

**Outcomes:** Data collected through end-of-year surveys show 90% of teachers reported that after participating in Chicago Run programs, children had improved classroom behavior; children had more on-task behavior; participants were more enthusiastic about their classwork/lessons; children were less disruptive in class; and participants had improved attention and concentration. 97% of surveyed teachers reported their students had an improved sense of themselves as a strong and healthy individual due to being part of Chicago Run.



The *Running Mates* program served a record 20 teams with over 400 youth participants this school year. Teams with youth age 11-18 came together to train, race, and participate in team-building field trips over the course of three 8-week seasons: fall, winter, and spring.



**Outcomes:** Our evaluation efforts show that *Running Mates* participants improve their physical fitness and social/emotional well-being through participating in the program. 85% of participants improved their PACER (Progressive Aerobic Cardiovascular Endurance Run) test scores from the beginning of the year to the end of the year. *Running Mates* participants' average PACER score increased 32%, compared to 12.5% increase in other sports-based youth programs nation-wide (Up2Us Sports, 2016-17). 85% of participants showed improvement in at least one high-impact

attribute (self-awareness, positive identity, situational awareness, future focus, discipline, social confidence, pro-social connections, well-being) from the beginning to the end of the year.

## NEW THIS YEAR

Chicago Run expanded on our programming this past year, by bringing running and fitness programs to more people and more communities who wanted them.

Chicago Run brought a pilot program to the Cook County Juvenile Temporary Detention Center this spring. For the first time, residents at the detention center came together to train three times a week for this 6-week program that culminated in a 2-mile race within the facility's exercise yard. Staff from the detention center and family members cheered on the runners as they accomplished their goals. The incredible success of the program ensures that this program will continue into the future.



**Outcome:** Nineteen residents maintained the highest behavior level, trained for six weeks, and completed a 2-mile race. (The program began with 30 participants, but some of the youth were released throughout the course of the program.)

Building on the positive experience of last year's summer program, Chicago Run is offering our *Summer Strides* program at three locations this year. Chicago Run will serve intergenerational families at The Community Builders (Oakley Square Apartments), campers at Christopher House Uptown, and youth in the Little Village neighborhood, all of whom will train for a local 5k race at the end of the summer. Little Village participants in our *Summer Strides* program will have the opportunity for weekly excursions to local forest preserves for trail runs.



**Goals:** Participants in all three summer programs will improve their physical fitness and emotional well-being.

## LOOKING TO THE FUTURE

Chicago Run has more than 4,000 children and youth on a waiting list. More schools and community partners are seeking our running programs that are founded on Sports Based Youth Development principles and follow Trauma Sensitive Coaching. We are committed to ensuring that more children and youth have access to these opportunities as we grow. Increased resources will allow us to continue to add the highly trained staff that we need to serve these children and communities in the future.

