



2018-2019 SCHOOL YEAR REPORT

Thanks to your support, Chicago Run has completed our most impactful year yet.



36 diverse Chicagoland neighborhoods



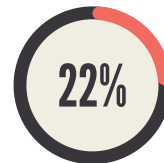
18,000+ participants pre-K - 12th grade



60 partner schools & community sites



from low-income households



diverse learners

SCHOOL DAY PROGRAMS

The *Little Strides* and *Chicago Runners* programs provided over 17,000 youth age 4-11 with high-quality physical activity breaks during the school day. Chicago Run staff supported these classrooms throughout the school year with in-person coaching visits and support materials including games and activities.



721 classrooms



90% or more of teachers reported that after participating in Chicago Run, their students:

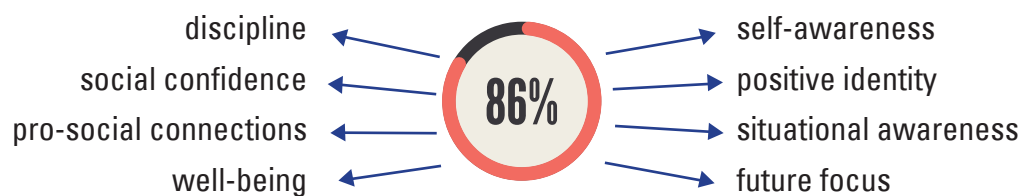
- ☒ had improved classroom behavior
- ☒ were more on-task and engaged
- ☒ had improved attention/concentration
- ☒ were better able to regulate stress

AFTER SCHOOL PROGRAMS

The *Running Mates* program is designed to prepare middle school and high school aged youth to run in a local 5k or 4 mile race. Participants learn about teamwork, commitment, and perseverance through a curriculum that incorporates running workouts, goal setting, and team-building activities.



700+ participants on 24 teams



86% of participants showed improvement in at least one of these areas

SUMMER PROGRAMS & BEYOND

3

Summer Strides locations

In the summer of 2018, Chicago Run's *Summer Strides* program served inter-generational families at Oakley Square Apartments, campers at Christopher House Uptown Community Center, and middle and high school age youth in the Little Village neighborhood.

Summer Strides participants had the opportunity for weekly excursions to local forest preserves, a healthy cooking demonstration by MasterChef finalist Caitlin Meade, and interaction with peers from Mexico City, visiting with the World Chicago summer program.



6

Junior Coaches

During the summer, Chicago Run employed program alumni to serve as Junior Coaches to help facilitate practices for their younger peers. These young adults attended trainings and had opportunities to build leadership, mentoring, and coaching skills that will aid in their success through high school and beyond.



2

Intervention program sites

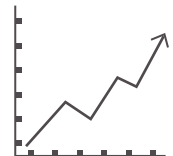
Following the success of the pilot season in Spring 2018, Chicago Run continued programming at the Cook County Juvenile Temporary Detention Center with a total of 85 mixed-gender participants between the ages of 12-17. Each season, participants trained for a 3K race hosted inside the facility. This is the only mixed-gender program

at the facility that brings residents from all living units together. Typically, incarcerated youth do not get adequate sleep and experience high stress levels. Chicago Run participants reported that this program improved their sleep and decreased their stress on practice days.



Chicago Run also brought trauma-informed programming to 20 participants at Lawrence Hall, an agency that serves abused and neglected youth throughout the Chicago metropolitan area.

In the upcoming year, Chicago Run is gearing up to reach over 19,000 young people and continue expanding community-based programming.



MEASURING IMPACT

Chicago Run continues to invest in evaluation efforts and utilizes partnerships with:

- ✓ Mind and Movement Partners, a leader in Physical Literacy
- ✓ Up2Us Sports, a national Sports Based Youth Development organization
- ✓ Temple University, Sport Industry Research Center



In an effort to continue building a more robust evidence base, Chicago Run's evaluation team has expanded and is establishing new partnerships with external evaluators. Creating and implementing new evaluation plans will enable Chicago Run to better measure and drive impact.