TEENS RUN DC
ANNUAL REPORT
2019-20
WE RUN THIS CITY
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Dear TRDC Community,

As we come to the close of Teens Run DC Fiscal Year 2019-2020, I would like to express our eternal gratitude for your endless support of our mission and of our commitment to empower youth to envision and work toward the achievement of personal goals; goals that they may never have dreamed possible! Every year brings exciting accomplishments, as well as challenges, and 2019-2020 was no exception. But as you read through this report, be proud of the part you played in all the accomplishments that have advanced our youth to a pathway for becoming strong, productive members of their communities.

The COVID-19 pandemic of 2020, for all intents and purposes, should have been the end for Teens Run DC, but instead, for so many reasons, became one of our best years. During the first half of FY 2020, we were building momentum resulting from a strong strategic focus on our refined curriculum for our In-School Lunch Clubs, our After-School Running Clubs, and our Saturday Practices. Student attendance was encouraging and consistent, and along with our volunteers, they all demonstrated their robust enthusiasm for the program through their strong participation in our Fall Festival, Winter Gathering, and our one major community race before COVID-19, Jingle All The Way.

In the middle of the 3rd quarter of FY 2020, the deadly coronavirus arrived, and our Team made an immediate decision to adapt and modify the way we do business. To remain connected to our students and volunteers, we created Virtual Programming for Lunch and Running Clubs and Virtual Saturday Meet-ups for staff, students, and volunteers. We offered Virtual Office Hours as a safe space for students to check-in and just talk. Instagram TV was the major social media platform for our programming.

As the pandemic worsened, every business in the country was working remotely, and everyone was dealing with less financial resources. This is the point in time that we turned our TRDC year into a success. Foundations were focusing on food and shelter concerns, there were less individual and corporate donations coming in, and our own Mentoring Matters 5K had to be cancelled. With the selfless work of our Team, Board of Directors, volunteers, and friends of the organization, we conducted our first-ever “QuaranTeens Run DC 5K”. Projected to raise $10,000, it raised $50,000 with 533 participants, Carahsoft Technology, Inc as our major sponsor, and 170 new donors. In addition, we applied and won a Payment Protection Program (PPP) Relief Grant, a grant from the Mayor Muriel Bowser Relief Fund, a grant award from The Rudolph J. & Daphne A. Munzer Foundation, and a grant award from the Nora Roberts Foundation. Our perseverance and ingenuity helped us end FY 2020 by raising over $400,000 for the 3rd straight year.

I am extremely grateful for the unwavering generosity of our Leadership Team, coaches, Board of Directors, and volunteers which directly led to all that we accomplished this year. Together we have established an incredibly strong foundation for progress and growth as we anticipate our future.

Steve Hocker
Executive Director
TEENS RUN DC EMPOWERS YOUTH TO ENVISION AND WORK TOWARD THEIR GOALS THROUGH A SOCIAL EMOTIONAL LEARNING, MENTORING, AND DISTANCE RUNNING PROGRAM.

TRDC Core Values:

- Vision
- Commitment
- Effort
- Ownership
- Community

"Teens Run DC is important to me because it’s my home. When I first came to DC I didn’t know where to go and I was lost and trying to find my own place in the city, and the first place I found was Teens Run.” - Miajah, age 15
WITHIN SCHOOLS....

Lunch Club

Twice a week at each school, TRDC students and their coaches come together during lunch for informal team time and structured social and emotional learning (SEL)-based lesson plans, which cover topics like relationship building skills, self-management, and goal-setting.

After School Running Club

Twice a week, TRDC students participate in an hour long after school practice to focus on running, wellness, and team building. Coaches connect running to life skills, like stress management, accountability, and leadership. A running club consists of a youth-led Warm-Up, Run of varying distances, a Game related to an SEL Topic, and a Cool Down and Reflection.

Eliot Hine Students Take Part in a School-wide Fun Run

Kelly Miller Student Explains Her 'Draw My Strengths' Picture
...AND IN THE COMMUNITY

Saturday Practice
Each youth runner pairs with a running buddy, who provides support and encouragement through an icebreaker, team-building activity, and run around DC (ranging from 1-7 miles). We finish out with the "Shout Out Circle," calling out our team mates to acknowledge and encourage their efforts and victories. This year, TRDC held 17 Saturday Practices.

Team Gatherings
35 students and volunteers gathered at our Fall Festival to compete in mini games (including a three legged race and a costume relay) and enjoy sandwiches and snacks! 51 students and volunteers attended our ice skating Winter Gathering, celebrating the end of winter with pizza and fun!

Races
TRDC had 50 students and volunteers run the Jingle all the Way 5K & 15K in December, including 2 who ran their first 15K! Racers ran around the National Mall to challenge themselves, bond with the team, and celebrate their efforts!
2019 BY THE NUMBERS

3119 HOURS OF PROGRAMMING

392 YOUTHS REACHED

34 AMAZING VOLUNTEERS

$400K RAISED
SCHOOL DEMOGRAPHICS

Site Locations

Browne Education Campus
Cardozo Education Campus
Center City Public Charter Campus
Columbia Heights Education Campus
Eliot-Hine Middle School
Jefferson Middle School
Kelly Miller Middle School
KIPP DC - WILL Academy

AVERAGE AGE

11.08 Years

RACE/ETHNICITY

Black/African American 74%
Hispanic/Latinx 19%
Other; more than one race/ethnicity 7%

GENDER

Boys 54%
Girls 46%
VIRTUAL PROGRAMMING

As the COVID-19 situation developed, TRDC, like many organizations and schools had to adapt. We turned to virtual office hours with each school, as well as weekly individual check-ins with students to keep our youths supported and active!

School Office Hours
Coaches at each school offered office hours 1-2 times a week over Zoom for students to reconnect with other students and create a safe space for talk about anything and everything. 51 students attended Office Hours during the Virtual School Year. Coaches completed weekly check-ins with individual students throughout school and summer virtual offerings.

IGTV Offerings

Instagram became a go-to platform for TRDC to maintain our community and continue with our lunch and fitness programming. From March 26th to August 20th, TRDC offered:

- 31 IGTV Virtual Running Clubs
  - 1416 Total Views
  - Avg. of 46 views/ video
- 45 IGTV Virtual Lunch Clubs
  - 2015 Total Views
  - Avg. of 45 views/ video
Our Virtual 5K provided an opportunity for an even greater audience of runners to celebrate the power of mentoring and community. Participants ran or walked 3.1 miles at any location and time of their choosing between the dates of July 18 and July 26. We encouraged community building through picture contests, Zoom warmups, and virtual workouts!

533 RUNNERS FROM 24 STATES AND D.C

$50K RAISED AND 170 NEW DONORS!

319 VIEWS ON OUR 5 INSTAGRAM IGTV 5K WORKOUTS!

"You guys were so creative about making this such a fun virtual run. Thank you!! And thank you for all you do for the teens in our city!" - Virtual 5K participant
93% of students report moderate-high to high scores in both 'Belonging' and 'Connectedness to Self'. These positive measures suggest youth feel good about themselves, feel connected as a group, and feel emotionally supported in their close relationships.

83% of students agreed to statements of self efficacy such as, "When facing difficult tasks, I am certain I will accomplish them" and "I believe I can succeed at most any endeavor to which I set my mind to".

82% of students agreed that TRDC provided appropriate adult support and structure. Youth felt comfortable going to adults for advice and that adults listened to what they had to say.

81% of students reported that TRDC expanded their horizons. They felt our program broadened views of the world in context of family and community.

79% of students reported that TRDC encouraged empowered skill building, including items related to positive social norms and support for efficacy & mattering.
“TRDC isn’t just another running organization, it’s more like a family. We push, we guide, and we mentor to get stronger together. Not just as runners but as members of the community.” - Jermar, Volunteer

“With Teens Run DC I have learned that life is not only about being fast it is about being patient.” - Franklin, Cardozo Middle School Student

“Working with these kids has taught me a lot about how it is important to give kids a safe environment in which they can speak freely and be themselves- Teens Run DC provides this environment.” - Adiam, Coach
Teens Run DC is proud to report a strong financial year despite the loss and push back of certain grants due to the COVID-19 pandemic. Teens Run DC received the Paycheck Protection Program Loan through the CARES Act, which is eligible for complete forgiveness. Additionally, TRDC was grateful to receive new grant funding and an unexpected increase in race revenue with its QuaranTeens Run DC virtual 5K, which raised $50,000 for the organization. Teens Run DC will utilize its strong grant portfolio, Board of Directors, and individual network of donors to keep its revenue diversified going into the new fiscal year.
THANK YOU TO OUR PARTNERS!

Supporters
Aegis Wealth Management
Andrew and Holly Clubok Charitable Giving Fund
Ben and Pamela Forman Foundation
Bender Foundation
BoysTown
Carahsoft Technology Corporation
Catalogue for Philanthropy
Clark-Winchcole Foundation
Collaborative Solutions for Communities
DC Front Runners Pride Run 5K and Foundation
Dimick Foundation
Edgewood-Brookland Family Support Collaborative
EventsDC
George Preston Marshall Foundation
The Rudolph J. & Daphne A. Munzer Foundation
Nike
Nora Roberts Foundation
OSSE
The Rotary Foundation of Washington DC
ServeDC
Share Fund
The Community Foundation for Northern Virginia
United Way
Venable Foundation
Washington Nationals Dream Foundation

Managers
Steve Hocker Director
Executive Director
Elizabeth Majewski
Director of Operations and Finance
Alexandra Bureau
Director of Programming
Michelle Morris
Program Manager

Awards
2019 Project Play Champion