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LETTER FROM OUR DIRECTOR

93% OF THE STUDENTS IN OUR PROGRAM STATED THEY FELT A SENSE OF BELONGING IN TRDC

Dear Teens Run DC Community,

As I reflect upon our recently concluded Fiscal Year 2021-2022 — though there were many challenges to navigate through — we consider our 1st fully in-person program year since Fiscal year 2018-2019 a motivating, encouraging, and successful experience. It continues to be the ultimate fulfillment for me personally to work with a Team that, no matter the prohibitive circumstances that arise, consistently finds creative ways to deliver the invaluable components of our Mission to our students. Our Team’s commitment to the mental and physical benefits of distance running, social emotional learning, and mentoring is going to have a lasting impact on the students we serve in the District of Columbia. It has been documented through our program evaluation data that 93% of the students in our program stated they felt a sense of belonging in TRDC. That is a result of students having trust in our program.

Like every other small nonprofit around the country, Teens Run DC faced some “pandemic related exhaustion!” There were schools that had our programming start a month or two later than usual. We had to reduce our programming in certain schools because of COVID restrictions preventing outside programs from conducting activities inside the school. There was complete stoppage of programming for a month in all our schools because of the spread of the virus and the need for isolation. We were faced with fewer coaches applying for our jobs, resulting in fewer schools and students in our program. With those major obstacles, we were still successful in completing 1300 hours of programming with our students, conducted programming in 2 new schools, and had over 85 students, teachers, volunteers, and parents participating in the 1st in-person District of Columbia road race in 2 years, the Credit Union Cherry Blossom 5K.

While our in-person activities and events remained limited throughout the year, through our good fortune, resiliency, and reputation, we consider Teens Run DC as having a very good year. Our Program Manager, Sarah Berardo, was selected as a Sport Envoy to Fiji, initiated and sanctioned by the Sports Diplomacy Division of the State Department, and hosted by the Embassy in Suva. Sarah led Leadership programs for over 200 youth and a Social Emotional Learning Training Workshop for local youth workers and school staff. Also, this year, Teens Run DC was chosen as a National Youth Sports Strategy Champion (NYSS Champions). We collaborate with other NYSS Champions across the country to provide actionable strategies that parents, coaches, organizations, communities, and policymakers can use to improve sports safety, make them more fun, inclusive, developmentally appropriate, and accessible for ALL youth.

Our Financial year was like being on a roller coaster! In December, we conducted our End of the Year Campaign and raised over $50,000. Finally, three months before the end of FY 2022, we found ourselves in an unexpected dilemma. I had to approach our Board of Directors and our major sponsor for immediate assistance, and within 5 days between our sponsor, our Board members and their personal contacts, we raised over $80,000 to put us back on track.

I am inspired and humbled by the dedication and commitment of our Team, our Board of Directors, volunteers, coaches, our students, and our “TRDC FRIENDS”, for it takes ALL OF US TOGETHER to make our organization, a reality! Thank You ALL! Now let’s go continue making a difference!

-Steve Hocker, Executive Director
Our first fully in-person year since 2018-19 was a success! It was great to see students from previous year but even more exciting to begin programming at two new schools: one new middle school (Center City PCS-Petworth) and one new high school (Ballou STAY HS). This is our first time in a high school since 2016-17! This year also gave us an opportunity to try a new type of program—an after-school only program—due to COVID restrictions at schools.

IN-SCHOOL LUNCH CLUB

Teens Run DC's in-school lunch club provides a safe place for students to go during lunch. This program is based on TRDC's social-emotional learning (SEL) curriculum and discusses various SEL and student leadership competencies such as communication, self awareness, self management, and relationship skills through activities, games, and discussions! Major topics of our curriculum focus include goal-setting, communication, and team-building. We were able to offer lunch club at 3 of our schools this year.

AFTER-SCHOOL RUN CLUB

Teens Run DC's after-school run club provides another opportunity for students to be exposed to the same SEL topics in lunch club but through running and physical activity! While students spend a large portion of run club exercising during warm-ups, lap counting, and games, students also engage in SEL games and activities. At two of our schools, this was the only program we offered Monday-Friday.
TRDC COMMUNITY RUN CLUB

TRDC changed the name of Saturday Practice to TRDC Community Run Club this year! While outside forces such as COVID and weather led to some cancellation of programming, we were able to offer a handful of fun weekend run clubs for our students and volunteers! Highlights include the first practice of 2022 with a large showing of students and the final practice at the Anacostia parkrun during which we distributed 30 pairs of free sneakers.

RACES

While some of our usual races were not offered this year because of COVID, TRDC still participated in three races this year:

- the 2021 Credit Union Cherry Blossom 5K in September,
- the 2022 Credit Union Cherry Blossom 5K in April,
- and the DC Front Runners Pride Run 5K in June!

Highlights of our races this year include over 85 students, volunteers, and teachers attending the April Credit Union Cherry Blossom 5K and a fun Friday evening race with our students at the Pride Run!
NEW SCHOOLS

- 1 HIGH SCHOOL: BALLOU HS
- 1 MIDDLE SCHOOL: CCPS-PETWORTH

STUDENTS

201

HOURS OF PROGRAMMING

1298

SESSIONS

179

COVID Challenges
While we were thankful to be in-person this year, we still faced challenges related to COVID, such as:
- Unplanned lapses in programming due to COVID outbreaks at school sites & isolation periods, leading to over 1 month of no programming
- Inability to offer lunch club sessions due to in-school programming restrictions
In July, our Program Manager Sarah had the opportunity to travel to Fiji as a Sports Envoy with Ultramarathoner Dean Karnazes hosted by the U.S. Embassy in Suva. Sarah led Leadership programs for 200 youth and a Social Emotional Learning Training Workshop for local youth workers and school staff. Together, Sarah and Dean attended an Independence Day celebration, Press Club event and Tasty Kitchen Collective Healthy Dinner. They also interviewed with Breakfast with FijiOne, Sports Hub, The Fiji Times and The Fiji Sun to promote the Best Foot Forward program. The capstone of the week was a 100k open to the public in which everyone was encouraged to join Dean for segments of the run.
This fiscal year, we raised just over $400,000 and saw a significant increase in foundation funding and individual donor support via end of year campaigns and board connections. We reported a net profit.
THANK YOU!

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ASICS
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BEN AND PAMELA FORMAN CHARITABLE FOUNDATION
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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
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