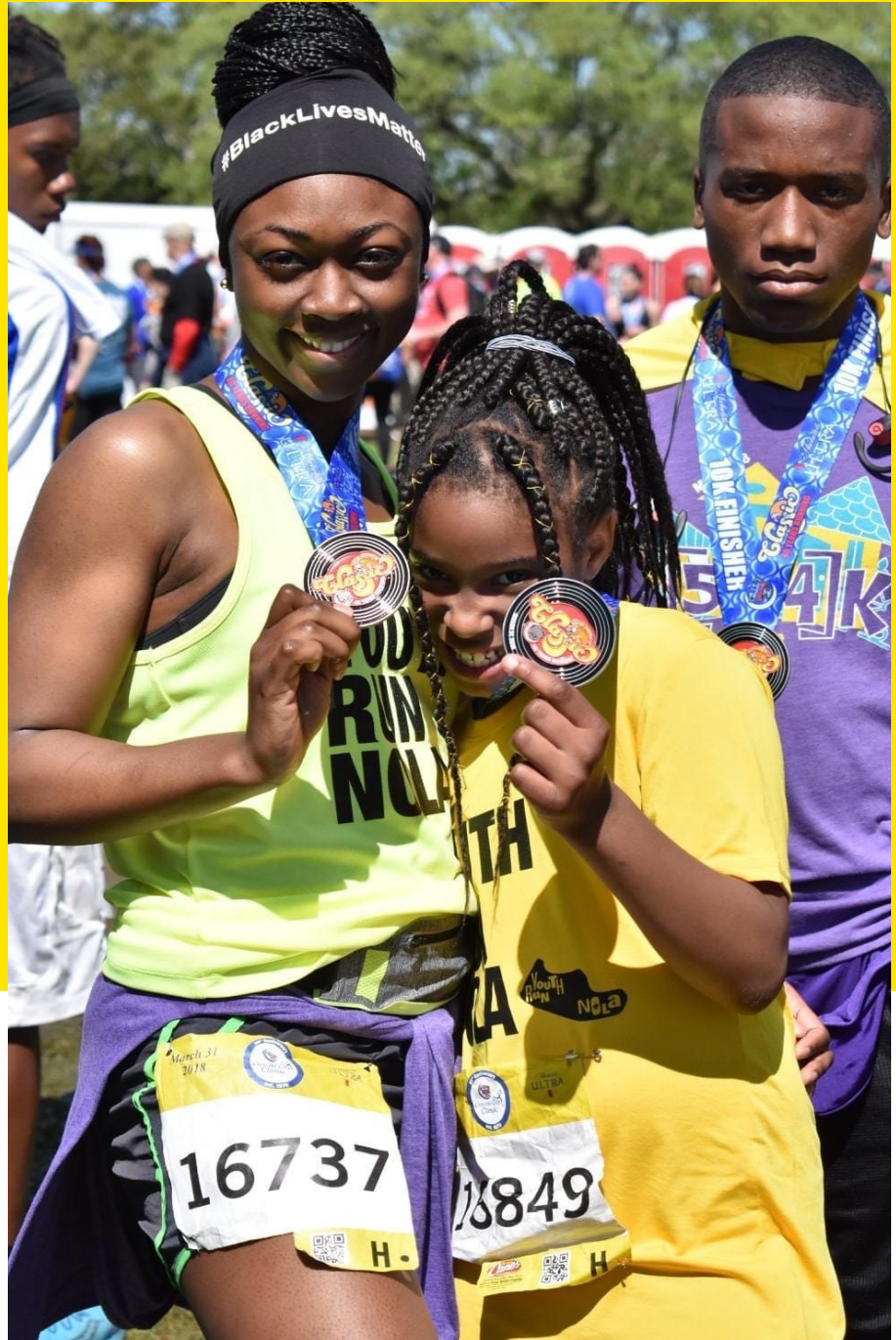
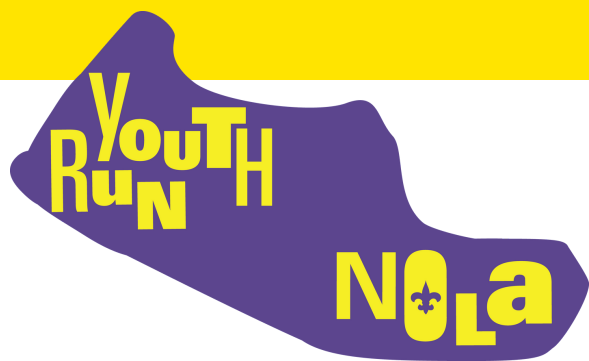


# YOUTH RUN NOLA



**YOUTH DEVELOPMENT  
HEALTH & COMMUNITY  
BUILDING**

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# Meet The Team



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YOU! Our hundreds of School Coaches and Volunteers!

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# OUR MISSION

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## VALUES

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Health

Joy

Equity

Community

Endurance

Leadership

## PROGRAM

Youth Run NOLA is a locally grown, sports-based youth development non-profit that supports 8-18 year old's across St. Bernard, Orleans, and Jefferson Parishes. Guided by a diverse team of teacher-coaches, family and community members at practice, regional parks, and races around the city, our youth -- many with little to no prior experience running -- develop a commitment to healthy choices.

In preparation for local, monthly races, each week at school-based practices, youth train alongside their coaches through a rigorous curriculum of sprint and distance workouts, anatomy and running literacy, team building, and reflection.



# YOUTH RUN NOLA

Run ..... Jog ..... Walk ..... MOVE!



## What is Youth Run NOLA?!

- Youth Run NOLA (YRN) is a sports-based youth development program that began in 2010. YRN aims to address disparities in exposure and access to healthy-living opportunities for young people in the greater New Orleans area.
- YRN supports youth ages (approximately) 9-20 years old to develop healthy habits and build healthy relationships through movement (running, jogging, walking, etc).
- YRN is a non-competitive program designed to support individual youth goals while prioritizing joy and community!
- YRN has served over 1,000+ students who have participated in our after-school and park teams to train for/complete monthly 5ks, as well as optional 10ks and half-marathons!
- All youth participant experience is completely FREE (schools pay season fee). Youth have access to YRN swag, sporting events, connecting with their community and other youth across the city, plus more!

## Enjoy post-race celebrations and opportunities to earn cool SWAG!



## PROGRAM OFFERINGS 2022-2023

School Program inquiries to Jon at [Jon@youthrunnola.org](mailto:Jon@youthrunnola.org)

● Park Program inquiries to Brenna at [Brenna@youthrunnola.org](mailto:Brenna@youthrunnola.org)

### SCHOOL PROGRAM: Fall/Spring Season

- Training for 5ks and 10ks
- Open to 3rd-12th Graders at Partner schools
- 1-2 days a week of practice at your school
- FREE Transportation, race entry, SWAG and FUN!

### PARK PROGRAM: Fall Season

- Training for 5ks
- Open to any 3rd-12th Graders and families (any age with guardian)
- Weekly Saturday morning practice at your local park (City Park, Joe Brown Park, or Westbank Levee)
- FREE youth race entry, SWAG and FUN!

### PARK PROGRAM: Spring Season

- Training for 5ks and 10ks
- Open to any 3rd-12th Graders and to families (any age with guardian)
- Weekly Saturday morning practice at your local park (City Park, Joe Brown Park, or Westbank Levee)
- FREE youth race entry, SWAG and FUN!

# WHERE WE HAVE BEEN

## Partner Schools

### Orleans Parish:

Good Shepherd  
Renew Schaumburg Elementary  
Firstline Live Oak  
Firstline Samuel J Green  
KIPP Central City Primary  
KIPP Central City Academy  
KIPP Leadership Primary  
KIPP Leadership Academy  
KIPP Believe Academy  
KIPP East Community Primary  
KIPP Morial Middle  
KIPP Frederick Douglass High School  
Morris Jeff Community High School  
New Harmony High School  
Rooted High School  
Livingston High School

### Jefferson Parish:

Ella Dolhonde  
Metairie Academy  
CT Janet  
Laureate Academy  
JCFA - EAST  
JCFA - WEST

### St. Bernard Parish:

Aarabi Elementary  
Andrew Jackson Middle School

It's a great way to get to know the students and be more involved with their lives. Truly a great sense of purpose to be involved in extra-curricular activities with the students and still having fun and getting good exercise.

~School Coach

## Youth Run NOLA

Serves over 300 youth  
3rd-12th grade.

Partners with schools  
from Orleans, St. Bernard,  
and Jefferson Parish.

In addition to local  
monthly races, YRN trains  
for the Rock 'n' Roll  
Marathon Series at  
regional parks and sites  
including Joe Brown Park,  
City Park, Lafreniere Park,  
Audubon Park and the  
Westbank Levees.

# YOUTH BENEFITS

YRNOLA is a community! I have made friends and gotten closer to current friends because of YRN. My favorite thing about YRN is how noncompetitive it is. Everyone is welcoming and ready to encourage you no matter your abilities! ~ Nadia, 5yrs, Alum

## Benefits of participation from Elementary through High School

Students that are consistently involved in Youth Run NOLA have the opportunity to participate in unique programming that utilizes non competitive running to help youth shape critical goal-setting skills, establish healthy habits, foster leadership abilities, and build

### LEADERSHIP & SKILL DEVELOPMENT OPPORTUNITIES

	Elementary	Middle	High
Access to After School and Park Program	X	X	X
7 month Curriculum Focused on Goal-Setting, Leadership Development & Health Literacy	X	X	X
Free Youth Run NOLA shirts and swag throughout the season	X	X	X
Access to FREE entries into local races	X	X	X
Access to free transportation	X	X	X
Mentorship w/ Dedicated Volunteers		X	X
Access to FREE race shoes, physical's, physical trainers, training plan & race entry	X	X	X
Pipeline into Paid Legacy Council (Alumni) Role			X
LAGNIAPPE INCENTIVES: i.e tickets for local sporting events, concerts, trainings & conferences	X	X	X

## Start a Youth Run NOLA team at your school:

1. Identify a leader interested in serving as the season long coach
  - a. We provide a thorough, youth-focused curriculum & coach training
2. Provide a safe, supportive practice environment with access to water & restrooms



# PROGRAMMING IMPACT

My favorite thing about Youth Run NOLA is that I have the chance to encounter so many new faces and learn about diversity in the running community. ~ Larry, 6 yrs., Alum

## PROBLEM

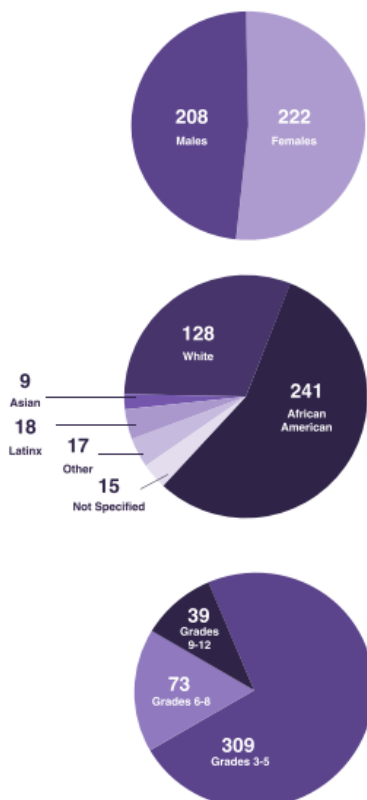
Due to systemic inequity in health opportunity and access, along with generations of systemic racism, many gaps exist in health outcomes for youth of color and youth growing up in lower-income neighborhoods. Many young people across the Greater New Orleans region may lack consistent exposure and access to healthy-living opportunities at home, at school, or in their neighborhood, especially during the COVID-19 global pandemic. Young people benefit from healthy relationships with a supportive peer network and positive role models.

## PROGRAMS

-  **25** public school partners with after-school teams (grades 3rd-12th) coached by teachers to train for monthly 5ks
-  At-home health and wellness guides and virtual, live workouts to support participants during pandemic
-  **5** neighborhood park teams coached by program alumni and community mentors and options to train for Half or Full Marathons
-  **2** Annual Races hosted in New Orleans East and Crescent Park to make the most youth-focused, inclusive 5ks in New Orleans

## IMPACT

- ★ Supported **2,000+** youth across New Orleans Area
- ★ Built the 504k, the region's most youth-focused and accessible 5k with over **1,200+** runners last year
- ★ Expanded from a volunteer-run program to a sustainable, staffed non-profit
- ★ Hired **17** alumni as paid part-time employees who design and lead the program
- ★ Logged over **40,000** volunteer hours by over **600** community members
- ★ Trained over **270** youth who finished a Half Marathon



## YOUTH PARTICIPANTS SAID...

- 96%** say participation has made them **feel healthier**
- 90%** have **increased their amount of physical activity**
- 90%** set **goals** at practice
- 88%** consider themselves a **runner**
- 75%** **beat their goals** on race day
- 85%** **improved their pace** this season
- 81%** **agreed they made one new friend** this season
- 75%** **had leadership opportunities** with YRN
- 90%** **want to come back** for next season



# YOUTH IMPACT

My favorite thing about Youth Run NOLA is that I have the chance to encounter so many new faces and learn about diversity in the running community. ~ Larry, 7 yrs, Alum

## What it looks like for youth going through program!



Age

7  
8  
9  
10  
11  
12  
13  
14  
15  
16  
17  
18  
19  
20  
21+

### Elementary School

Introduced to curriculum supporting developing their leadership skills.

### Middle School

Continuing to enhance their leadership skills

### High School

Being mentored by alumni and being paid to step into leadership roles supporting alumni.

Identifying future goals!

### Legacy Council

Become part time staff members leading programming.

### Park Program

Open to all ages + families!

Youth have the opportunity to connect with other youth from their community. Learn more about their neighborhood and build on their skills!

Youth build on skill-sets, develop mentoring relationships all while creating lasting relationships.

Youth train for 5k, 10k and Half Marathon!

### School Program

Open to 3rd - 12th grade youth participating at a partnered school!

Youth have the opportunity to enhance their leadership skill-sets focusing on their voice, choice, planning throughout the season.

# PARTNERSHIP OPPORTUNITIES

	<b>Tier 1: Partnered Schools Full Season</b>	<b>Tier 2: Partnered School Fall or Spring Season</b>	<b>Tier 3: A la Carte</b>
Cost	\$1,600	\$800	\$400 (prices vary)
Add ons	Extra Bus - \$150 Extra Bibs - At discounted rate per person	Extra Bus - \$150 Extra Bibs - At discounted rate per person	Not Available
Coach Stipend	Up to 2 Coaches \$400 each	Up to 1 Coach \$250 each	Not Paid
Time Frame	September - 504k (7 months)	August - December OR January - March (4 months)	Opt-In
Bus	Access to 1 bus transportation for the full season *Shared w/ other teams	Access to 1 bus transportation for 2 events *Shared w/ other teams	Not Available
What you get	<ul style="list-style-type: none"> <li>- A through, youth centered curriculum</li> <li>-free race registration for youth &amp; coaches whole season</li> <li>- Transportation to weekend races</li> <li>- Coach training &amp; support</li> <li>- Practice supplies and materials</li> <li>- Calendar of events</li> <li>-Access to Marathon Series 6th Grade &amp; up</li> <li>- Pipeline into Legacy Council</li> <li>-Lagniappe Incentives.</li> </ul>	<ul style="list-style-type: none"> <li>- A through, youth centered curriculum (4 months)</li> <li>-free race registration for youth &amp; coaches for 2 races</li> <li>- Transportation to weekend races</li> <li>- Coach training &amp; support</li> <li>- Practice supplies and materials</li> <li>- Calendar of events</li> <li>-Access to Marathon Series 6th Grade &amp; up</li> <li>- Pipeline into Legacy Council</li> <li>-Lagniappe Incentives.</li> </ul>	<ul style="list-style-type: none"> <li>- Calendar of events</li> <li>-Coach Training</li> <li>- Access to Marathon Series 6th grade &amp; up</li> </ul>
Race Entry	Free race entry to full season.	Free race entry up to 2 races.	Coach responsible for race entry.
Swag	Shoe Laces, YRN Shirts, Plus Many More!	Shoe Laces, YRN Shirts, Plus Many More!	YRN Shirt



# FOR ADDITIONAL INFORMATION, CONTACT:

Jon Lee, Program Director  
[Jon@youthrunnola.org](mailto:Jon@youthrunnola.org)  
[www.youthrunnola.org](http://www.youthrunnola.org)

## GET YOUR TEAM READY:

- PREPARE TO SIGN AN MOU AGREEMENT
- IDENTIFY A COACH
- PREPARE TO ATTEND COACH TRAINING
- IDENTIFY PRACTICE SPACE
- START RECRUITING YOUTH
- ENSURE AN EQUITABLE AND ACCESSIBLE PROGRAM

