



CHICAGO RUN

WHO WE ARE

Chicago Run is a nonprofit organization that empowers young people in historically disinvested communities with access to innovative, inclusive physical activity programs.

OUR PARTNERS



40+

PARTNER
SCHOOLS & SITES



30

PARTNER
COMMUNITIES

OUR ANNUAL IMPACT



10,000+

YOUTH
PARTICIPANTS



100+

ADDED HOURS OF
EXERCISE PER
PARTNER SITE



1900+

TOTAL MILES RACED
BY YOUTH

DURING-SCHOOL PROGRAMS

Our **Little Strides** and **Chicago Runners** programs support youth ages Pre-K through 5th grade. They provide access to physical activity breaks during the school day, designed to:

- Develop vital gross motor skills
- Promote well-being
- Improve concentration in the classroom

OUT-OF-SCHOOL PROGRAMS

Our **Running Mates** program supports youth ages 3rd through 12th grade. It uses non-competitive running and movement as a tool to:

- Improve social-emotional well-being
- Develop essential life skills (e.g. goal-setting)
- Build relationships with peers & mentors

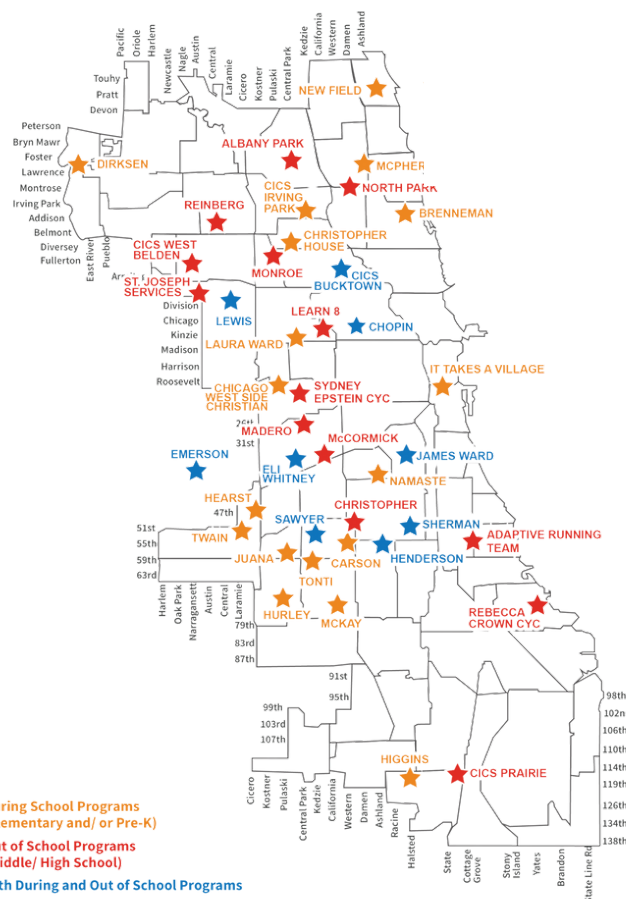
When I'm running, it makes me feel like I'm free. For me, Chicago Run provided an outlet to de-stress about problems I was going through.

They're like my second family.

MARTIN GARCIA

Running Mates & Junior Coach Alumnus

2022-2023 PARTNER SITES





CHICAGO RUN

2022-2023 SCHOOL YEAR REPORT

STRATEGIC PLAN UPDATES

Chicago Run is focusing on **intentionally growing our program in ten communities (right) on the South and West Sides in Chicago** that have a need and a desire for equitable access to inclusive physical activity programming.

Through this approach, we are partnering more deeply with existing stakeholders on the ground from local nonprofits, to parents, to other existing resources and institutions.

Some of our exciting new partnerships include:

The Bloc

Breakthrough

BUILD, Inc.

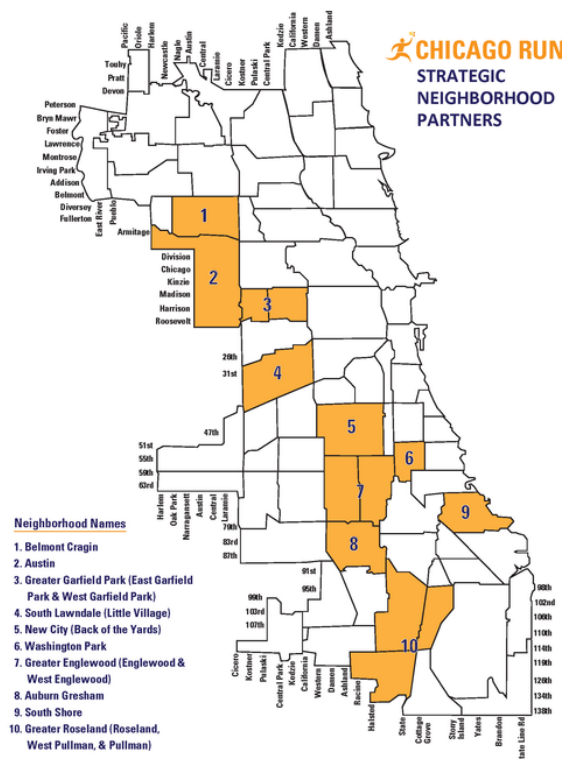
Imagine Englewood If

Chicago Park District

Foster Park

Ogden Park

Mayfair Park



Long-term, we envision that our physical activity programming will be built into the scaffolding of existing community efforts around health equity and healthcare.

MEASURING OUR IMPACT

OUT-OF-SCHOOL

90% of participants improved in at least 1 social-emotional learning capacity such as Positive Identity or Self-Management

80% of participants improved in physical fitness as measured by results from the PACER Test

Over 60% of participants increased their grit, social capital and social skills

DURING-SCHOOL

300,000+ minutes of additive physical activity during the school day

96% of participating teachers reported that their students “had improved attention after participating in Chicago Run programs”

Through our expanded partnership with Temple University, we are building out our during-school evaluation processes to include validated physical literacy observation tools.

NEW



CHICAGO RUN

SUMMER PARTNERSHIPS

Chicago Run is running in and with community this summer. By partnering with parks, community organizations, and schools, we expect to reach **quadruple the number of participants** compared to a typical summer season!

CHICAGO PARK DISTRICT

Last summer, we piloted a partnership with the Chicago Park District at Foster Park (Auburn Gresham), culminating in a trail run in Palos Park (right). This summer, we are excited to implement programming at two additional parks, Ogden (Englewood) and Mayfair (Albany Park).

The rapid growth of this partnership would not have been possible without the support of Maya Solis, South Region Director of the Chicago Park District and a Chicago Run Board Member. **Thank you, Maya!**



COMMUNITY-BASED ORGANIZATIONS

We are launching four exciting partnerships this summer with esteemed community-based organizations on the South and West Sides.

- **The Bloc**, which cultivates the love of boxing to share transformational resources with youth and communities on Chicago's West Side.
- **Breakthrough**, a faith-based nonprofit that partners with those affected by poverty to build connections, develop skills, and open doors of opportunity in East Garfield Park.
- **BUILD, Inc.**, a nationally respected gang intervention, violence prevention, and youth development organization based on Chicago's West Side.
- **Imagine Englewood If**, the longest-serving nonprofit in Englewood dedicated to creating safe and empowering spaces for youth in the Greater Englewood community.

By collaborating with organizations so deeply rooted in community, not only are our programs reaching more young people but we are deepening our impact on the neighborhoods with which we partner. Long-term, we hope to bake physical activity & running into existing community health and health equity efforts.

If you belong or are connected to a community organization that is interested in partnering with us, please reach out to our Community Engagement Manager, Forrest Parks (forrest@chicagorun.org).