



## A Free Program for New Runners

Through the sport of running, NYRR Run for the Future creates opportunities for a diverse group of New York City young women\* in an inclusive environment. Our program provides the necessary resources and support to help them meet their self-care and physical activity goals.

NYRR Run for the Future is a **free seven-week program that introduces 11th and 12th grade high school young women to the sport of running.** Applicants to the program do not self-identify as runners or actively participate in sports. With support from our NYRR's program team and coaching staff, they are taught running techniques and goal setting to develop the ability, confidence, and motivation to be active for life. Run for the Future participants are also provided lessons in self-care and wellness that introduce a holistic approach to achieving their fitness goals. At the conclusion of the program, the new runners participate in their first 5K (3.1-mile) race. Those accepted into NYRR Run for the Future who fulfill the program requirements and maintain an 80% attendance rate will receive a \$500 wellness grant.



*"They [coaches] were always supporting me, and during the race I always had someone"*

- 2021 program graduate

## Schedule

Practice occurs two times a week at Central Park and virtually on Wednesdays.

**Spring season** - April 25 to June 11

- Mondays 4:30-6:00 p.m.
- Wednesdays (Virtual) 4:30-6:00 p.m.
- Saturdays 10:30 am-1:00 p.m.

**Summer season** - July 6 to August 20, Morning practice from 8:00 a.m. to 10:00 a.m.

- Mondays
- Wednesdays (Virtual)
- Thursdays

**APPLY AT [NYRR.ORG/RFTF](https://nyrr.org/rftf)**

Applicants may apply to both seasons but, if accepted, will only be selected to participate in one season.



*"Shared goals helped us stay connected and relate to each other."*

- 2021 program graduate



\* We use the words "young women" broadly to include cisgender, transgender, nonbinary, gender non-conforming, those currently exploring their gender identity, and anyone who identifies as a young woman.



*"It was something I wasn't alone in doing. There was everyone there doing it with me. That definitely was one of the biggest motivations, is just the friendships we developed together."*

- 2021 program graduate

## NYRR RUN FOR THE FUTURE PARTICIPANTS RECEIVE:

- ✔ MetroCards
- ✔ Post-practice snacks
- ✔ Running apparel and footwear
- ✔ Support from NYRR's expert coaches
- ✔ New friends from across NYC
- ✔ Self care & wellness sessions



*"The coaches were the biggest initiators for this connection [with each other] ...we were always together... we were never really separated."*

- 2021 program graduate

## WHO IS ELIGIBLE?

Young women who:

- Live in New York City
- Are in 11th or 12th grade at a public, publicly funded, or parochial high school in New York City OR are working toward their New York State High School Equivalency Diploma during the 2021-2022 school year
- Are under 20 years of age
- Have little to no experience participating in organized sports**

## HOW TO APPLY

- Complete the online application at [nyrr.org/rftf](https://nyrr.org/rftf)
- Ask an adult, such as a teacher, counselor, or employer, to upload a signed letter or recommendation

**Apply to NYRR Run for the Future at [nyrr.org/rftf](https://nyrr.org/rftf)**

## APPLICATION DEADLINES

Spring season are due **February 15, 2022**

Summer season are due **April 15, 2022**

Spaces are limited, apply now!

Please contact [RunfortheFuture@nyrr.org](mailto:RunfortheFuture@nyrr.org) for more information.



New York Road Runners, whose mission is to help and inspire people through running, serves runners of all ages and abilities annually through races, community runs, walks, training, virtual products, and other running-related programming. Our free youth programs and events serve kids in New York City's five boroughs and across the country.