





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.

Schedule

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

Spring season - April 25 to June 11

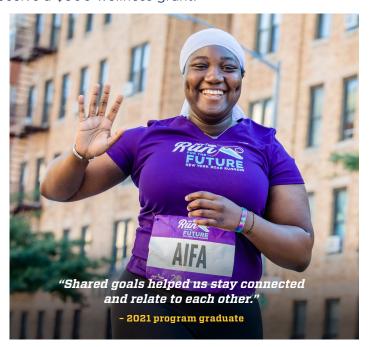
- Mondays 4:30-6:00 p.m.
- Wednesdays (Virtual) 4:30-6:00 p.m.
- Saturdays 10:30 am-1:00 p.m.

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

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

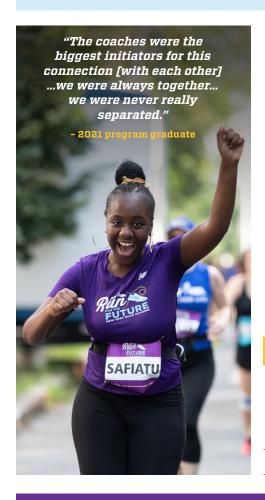






NYRR RUN FOR THE FUTURE PARTICIPANTS RECEIVE:

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



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
- ☐ 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

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** for more information.

