

FALL 2021

# MILEUP REPORT

WE  
RUN with COURAGE  
RUN with EFFORT  
RUN with RESPECT  
RUN PHILLY  
STYLE

Students  
Run PHILLY  
STYLE



## ABOUT MILEUP

A program of  
Students Run Philly Style

MileUp is the first diversion pathway that brings running and mentorship to youth facing delinquency charges who were formally ineligible for restorative interventions. Following the SRPS model and in partnership with the Philadelphia District Attorney's Office, MileUp prevents long-term system involvement by holding youth accountable while helping them build skills on the way to positive achievement across all aspects of their lives.

MileUp students who complete all season milestones **receive paid restitution, have their charges dropped, and records expunged.**



## FALL 2021

### Cohort 4

MileUp kicked off its fourth cohort in **August of 2021** with 10 students who ran alongside youth advocates, mentors, and peer mentors throughout the season. MileUp introduced two new positions to better support its students and peer mentors:

#### MENTORS/DRIVERS

As COVID-19 restrictions lifted and vaccines became readily available, MileUp hired 3 mentors/drivers to transport students to/from all practices and events, support youth advocates with ongoing communication and case management, and run alongside students.

#### PEER MENTOR COORDINATOR:

After piloting a season with peer mentors (former MileUp students) in the spring of 2021, MileUp learned that peer mentors could benefit from additional support in their transition to leaders on the team. MileUp expanded their training and hired a part-time Peer Mentor Coordinator to provide individualized and group support to peer mentors. A former SRPS student and staff member, the Peer Mentor Coordinator joined the team with ample experience and knowledge of SRPS programming, established positive mentoring relationships with peer mentors, and guided them in developing their leadership styles and roles on the team.

## MILESTONES

The team ran three times per week throughout the season with the goals to complete the **Philadelphia Distance Run 5k**, the **All-City 10-Miler**, and the **Philadelphia Half Marathon**. Students earned the SRPS' blue uniform shirt after running 10 miles, sneakers after running 20 miles, and additional team gear for those who maintained attendance over 80%.

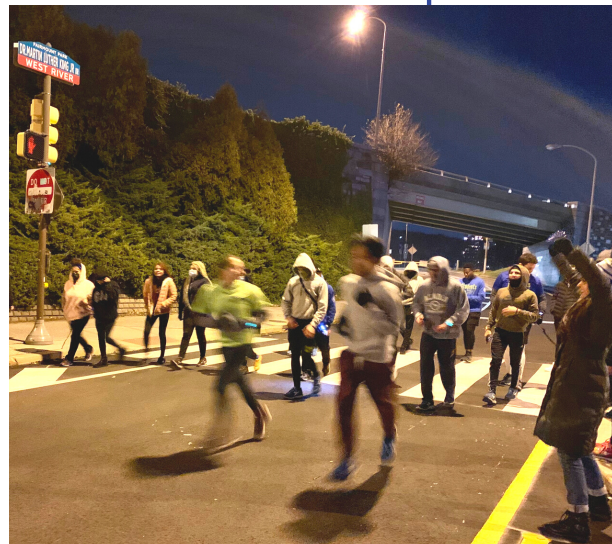
As public races returned to the City of Philadelphia, some required all runners to be fully vaccinated to participate - such as the final milestone event: the Philadelphia Half Marathon. MileUp encouraged vaccinated youth to participate in this race, and created an alternative option for the rest of the team - **the Half Marathon Week Challenge**:

1. **Individual 'Courage' challenge**: students ran a SRPS-led 5k race on MLK Drive.
2. **Group 'Effort' challenge**: students completed a group relay fitness challenge
3. **Team 'Respect' challenge** - the MileUp team (except those running the race) volunteered at a Philadelphia Half Marathon water stop

### 100% of MileUp students:

- completed the Philadelphia Distance Run 5k and earned paid restitution owed to victims
- completed the All-City 10-Miler and had their charges formally dropped
- completed the Half-Marathon (2 students) or Half Marathon Week Challenge (8 students)

The team attended Students Run Philly Style's End-of-Season Appreciation Event. Students and mentors were recognized for their accomplishments throughout the season, and one student earned the Pacesetter Award for exemplifying the SRPS core values of Courage, Effort, and Respect.





# PHILADELPHIA HALF MARATHON WEEKEND

## Running & Volunteering

The MileUp team had 2 students and 3 running leaders complete the Philadelphia Half Marathon (13.1) - covering this distance for the first time ever!

Students who were unable to complete the race due to vaccination requirements instead volunteered as a team at the water station at Mile 11 on the course, and made signs to cheer on their teammates and other SRPS runners.

Students who ran the race said:

*"Well effort, let's start with effort, you need a lot of effort to run the miles like the half marathon and, yeah. I put in a lot of effort in running and I'm pretty sure that in the future I'll put a lot of effort in the work I do too." - **Student, Age 17***

*"The reason I chose MileUp was because I wanted a challenge. I didn't want something easy. I didn't deserve something easy. And to say that the program has come through on that would be an understatement. The ability to have been able to train and do something I never would have been able to do before the program is amazing. I'll never forget the final half marathon race. That is the highlight of the program." - **Student, Age 17***







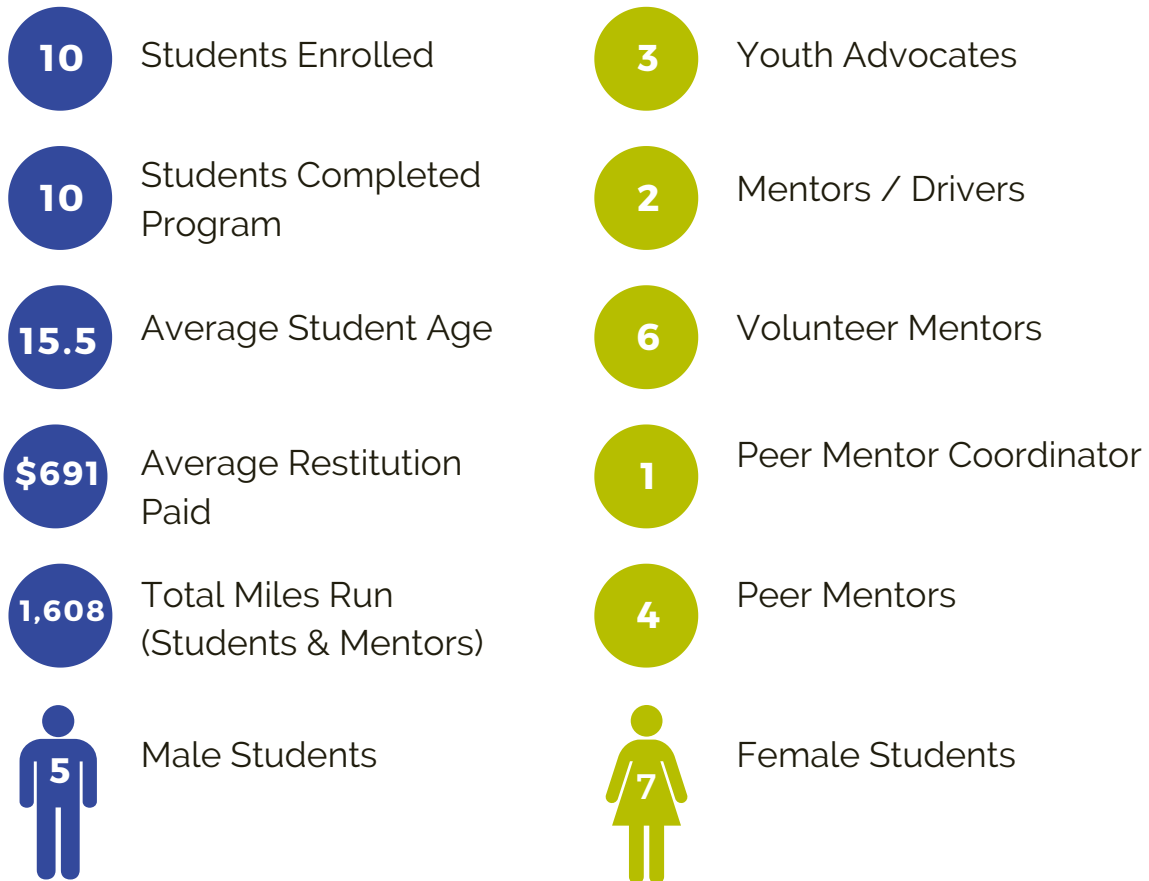
## TEAM BUILDING

Throughout the season, MileUp students and running leaders focused on intentionally cultivating a positive team culture by participating in several non-running activities together:

- A hike in **Wissahickon Valley Park** followed by hot chocolate and donuts. Many students had never been to this part of the city and enjoyed a change of scenery and pace.
- A **yoga and stretching session** led by one of MileUp's own mentors. This attention to movement and breathing helped the team recover from their first 5k race.
- **Bowling** - a student favorite!
- Two **strength and conditioning sessions with ULiftU coaches** (one of whom is also a MileUp mentor/driver). ULiftU is non-profit organization that empowers currently incarcerated and returning citizens to become professional coaches. ULiftU coaches shared with students their stories of incarceration, resilience, and now employment as coaches. Their challenging and inspiring journeys created a lasting impact on students



## BY THE NUMBERS



The Philadelphia District Attorney's Office referred students to MileUp who were not previously eligible for diversion. All participants in Cohort 4 had charges related to theft or auto theft.



## STUDENT REFLECTIONS

At the end of the season, students reflected on the events that led them to MileUp and the impact their actions had on the victim(s). They set short and long term goals for their future beyond MileUp.



### AGE 16

"I learned I can forget about mistakes and keep moving forward as a person because that's how they made me feel, like a person."

### AGE 17

"MileUp has given me something to do on days that I otherwise would have probably spent in jail. It offered me a chance to better myself as opposed to just being thrown away for one simple mistake. They've helped me realize that there's more to change and bettering yourself than just talking about it. Because it's the same with running. You can tell yourself you're ready and that you can run the race, but if you're not actually prepared, when it comes to finally running it, you're gonna regret not actually putting in the effort."

“NO MATTER HOW DIFFICULT A RACE, A GOAL, OR ANY OBSTACLE IN LIFE, GIVE IT YOUR ALL AND AS LONG AS YOU DID YOUR BEST, YOU WON.”

### AGE 16

Being on the MileUp team helped me learn, going every day making sure I complete certain miles, but it be fun to do it 'cause everybody there be having fun and respect each other. I learned about myself that there's a side that comes out with joy instead of being angry like how I usually be."



## LOOKING AHEAD

### FOR MORE INFORMATION ON STUDENTS RUN PHILLY STYLE:

[www.studentsrunphilly.org](http://www.studentsrunphilly.org)  
IG: @studentsrunphl

### TO GET INVOLVED WITH **MILEUP** CONTACT:

Mariana Folco  
Associate Director of Youth Diversion  
[mfolco@studentsrunphilly.org](mailto:mfolco@studentsrunphilly.org)  
857.498.2774

### SPRING 2022

We are so excited to finally have had the chance to run official races and celebrate the team's successes at the SRPS End-of-Season Appreciation Event this year! We are so grateful for all the love and energy our leaders bring to each MileUp season, and can't wait to be back in the spring with a new team of students!

MileUp's fifth cohort will start up in March 2022 with the goals to run the **Philly Style 8k** and the **Blue Cross Broad Street Run**.

