

SPRING 2022



**Mellup**  
Students Run  
PHILLY STYLE





## ABOUT MILEUP

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.**

## SPRING 2022

### Cohort 5

MileUp began its fifth cohort in March of 2022 with **6** students who ran alongside youth advocates, mentors, and peer mentors throughout the season.

The team trained to complete its milestone race - the **Blue Cross Broad Street Run** (10 miles) - for the first time in MileUp program history! Due to an event vaccination requirement, 2 students and 1 peer mentor successfully completed the race alongside their mentors. The 4 students and 2 peer mentors who were ineligible to participate in the race instead completed a 10k (6-mile) run on Broad Street a day earlier.

**100%** of the team completed 3 additional in-person races throughout the season: the **Phillies 5k**, **Belmont Plateau 10k**, and **Philadelphia Bar Association 5k**.

MileUp students earned a team uniform shirt after running 10 miles, running sneakers after running 20 miles, and other SRPS gear for maintaining 80% or higher attendance. Students completed two goal-setting activities and a final season reflection.

## BY THE NUMBERS

The Philadelphia District Attorney's Office referred students to MileUp who were not previously eligible for diversion. Participants had charges related to auto theft or assault.

6

**STUDENTS ENROLLED**

3 male, 3 female

**All** successfully completed the program

3

**PEER MENTORS**

Peer Mentors are MileUp program alumni

11

**ADULT MENTORS**

Youth advocates, drivers, volunteer mentors, and peer mentor coordinator

15.5

**AVERAGE STUDENT AGE**

\$835

**AVERAGE RESTITUTION PAID**

Fees owed to the victim(s)

865

**TOTAL MILES RUN**

Students, peer mentors, and adult mentors

6

**BLACK/AFRICAN AMERICAN YOUTH**

3

**HISPANIC/LATINX YOUTH**

## PARTNER SPOTLIGHT:

### DREXEL UNIVERSITY - HEALING HURT PEOPLE

MileUp partnered with the Healing Hurt People (HHP) program of the Center for Nonviolence and Social Justice (CNSJ) at Drexel University.

The HHP program introduced the CYPHER (Community of Young People Healing, Experiencing, and Rebuilding) project to MileUp, which is a culturally relevant group intervention based closely on the evidence informed S.E.L.F. (Safety, Emotions, Loss, Future). MileUp students and peer mentors attended 5 weekly CYPHERS throughout the season, which were designed to bring resources and resilience to young people whose lives have been impacted by violence.







## TEAMBUILDING

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

### BOWLING

The team celebrated the completion of their first race by going bowling!

### PENN RELAYS

The Penn Relays is the oldest and largest track and field competition hosted annually by the University of Pennsylvania since 1895. MileUp partnered with Philadelphia Runner and the event sponsor, *On Running*, to introduce the team to a professional runner and lead students and mentors in informal sprint races. The team then spent the evening at the stadium watching collegiate track events.

### BROAD STREET RUN BRUNCH

MileUp participated in a yearly Students Run Philly Style tradition: a carb-loading event for all teams running the Broad Street Run.

### YOGA

A former MileUp mentor led a recovery yoga session for the team after the Broad Street Run Weekend

### END-OF-SEASON CELEBRATION

MileUp and the Healing Hurt People program facilitators held a joint celebration for students at the end of the season. Each student received a personalized award created by mentors highlighting their contributions to the team.





## STUDENT VOICES

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.

**STUDENTS DESCRIBED  
MILEUP AS:**

**FUN  
CHALLENGING  
CONFIDENCE  
FUN PLACES  
NEW PEOPLE**

"Something I learned about myself is that I can actually do a lot of things, even though I say I can't do it, I know that I can. And running is something that I thought I couldn't do, but as time passed and I trained, I actually can do it."

**"[MY MENTORS] INSPIRED ME TO DO  
THE RIGHT THING, AND THEY BEEN  
THERE FOR ME AND WITH ME, THE  
WHOLE WAY THROUGH."**

"IT WAS SOMETHING I NEVER  
THOUGHT I WOULD BE ABLE TO DO  
AND I ACTUALLY WAS ABLE TO DO IT  
AND NOW CAN COME BACK TO BE A  
MENTOR AND A STAFF."

"The best part was that I ran the 10 miles and I won the medal that I didn't think I was going to win. I had the company of my mentor, and she kept saying you can do it, and she always supported me, so I kept going."





## FOR MORE INFORMATION



[WWW.STUDENTSRUNPHILLY.ORG](http://WWW.STUDENTSRUNPHILLY.ORG)



[@STUDENTSRUNPHL](https://www.instagram.com/STUDENTSRUNPHL)



STUDENTS RUN PHILLY STYLE



[@STUDENTSRUNPHL](https://twitter.com/STUDENTSRUNPHL)

### FALL 2022

MileUp will start its **sixth** cohort in August of 2022, with the goal to complete the **Philadelphia Distance Run 5k, All-City 10-miler, and Philadelphia Half Marathon.**

#### TO GET INVOLVED WITH MILEUP CONTACT:

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