

Students Run Philly Style

MILEUP

Fall 2022



MILEUP: COHORT 6 BY THE NUMBERS

10

STUDENTS ENROLLED

9 students completed the season; one was referred to a different diversion program

4

PEER MENTORS

Peer Mentors are MileUp program alumni

11

LEADERS

Including youth advocates, drivers, volunteers, and one parent

14.5

AVERAGE STUDENT AGE

Ages ranged from 11 to 16 years old

\$418

AVERAGE RESTITUTION PAID

Fees owed to the victim(s)

4

FINISH LINES CROSSED

Philadelphia Distance Run 5k, 10-mile Qualifier, Dietz & Watson Half Marathon, Rothman 8k

1510

TOTAL MILES RUN

Students and leaders combined





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

FALL MILESTONES

MileUp began its sixth cohort in August of 2022 with 10 students (one returning from a previous season) who ran alongside youth advocates, mentors, and peer mentors throughout the season.

The team trained to complete its milestone race - the Dietz & Watson Half Marathon or Rothman 8k. **For the first time in program history, all MileUp students were eligible to participate in Philadelphia Marathon Weekend events.** Three students, one peer mentor, and five running leaders completed the 13.1 distance on November 19th, while 2 students and 3 running leaders ran the 8k (4.98 miles).

The team completed 2 additional in-person races throughout the season: the Philadelphia Distance Run 5k in September and the 10-mile Qualifier in October. 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.

TEAMBUILDING & CELEBRATION



Throughout the season, MileUp focused on intentionally cultivating a positive team culture by participating in several non-running activities together, including: **bowling**, **hiking**, and **yoga**. The team also welcomed back Drexel University's **Healing Hurt People** program to lead 5 weekly sessions called CYPHER (Community of Young People Healing, Experiencing, and Rebuilding), which are designed to bring community, resources, and resilience to young people whose lives have been impacted by violence.

MileUp students and mentors attended Students Run Philly Style's End-of-Season Appreciation Event where all Philadelphia Marathon Weekend event finishers are recognized for their accomplishments. Mentors nominated one student for the **Pacesetter Award**, which is given to one student on the team who has demonstrated exceptional **courage**, **effort** and **respect** over the course of the season.

AWARDS

In December 2022, the Social Innovations Journal recognized the MileUp program as a finalist in the "Not For Profit: Societal Impact" category of their 2023 Greater Philadelphia Social Innovation Awards.



STUDENT REFLECTIONS

At the end of the season, students reflected on the events that led them to MileUp and the impact the program had on them and their lives.

"It helped me find out things I didn't know how to do."



"If you join the program, just be open-minded, because it's funner than you think."

" I learned patience and determination from this."

"I feel like it made me make better choices and be smarter with the stuff I'm doing while I'm out, like when I'm not here and I'm outside."

MENTORS

MileUp is led by a team of youth advocates, drivers, and volunteer mentors who support students through program enrollment, referrals to additional services when needed, transportation, coaching, and individual/group mentoring. Student reflections highlighted the important role mentors played in students' successes in the program.

Thank you, mentors!

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"My mentors are always so inspiring from morning texts to fun outings. Do the program, they're here to help you."

"My favorite part was the people here, like everybody in it, like their energy is positive."

"The best part [of the program] was the mentors and peer mentors."

"They help my confidence more and they push me a lot. When I wasn't really feeling it, they pushed me and stuff and got my confidence boosted up."

"They helped me because I think it feels like, just me I wouldn't be able to finish it. But the coaches, they helped me, they motivated me through it."



SUMMARY & CONTACT

**65****STUDENTS
SERVED****93%****PROGRAM
COMPLETION****81%****EXPUNGEMENT****17****RACE FINISH
LINES CROSSED**

Since 2020, MileUp has enrolled youth living in communities with high incidence of gun violence. Until the inception of MileUp, youth facing felony level crimes were not eligible for diversion programming. MileUp is committed to serving Philadelphia youth throughout the city through accountable and violence prevention best practices.

At the close of year 3, MileUp has completed 6 seasons with 65 students, 93% of whom have successfully finished the program and 81% have had their records expunged. Despite navigating the COVID-19 pandemic in its early years, MileUp students and mentors have crossed 17 race finish lines.

**As the program continues to grow
and expand its partnerships, please
reach out to get involved:**

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