



Students Run Philly Style transforms young lives through running and mentorship. We pair volunteer running leaders with teams of students to inspire them to push themselves further than they ever imagined. Their goal – the completion of a full or a half marathon.

The courage and effort required, the unfailing support of a caring mentor and the thrill of its ultimate achievement results in a student who knows anything is possible.

The Program: each team chooses one season

Blue Season September-June

- **Goal: complete the 10 mile Blue Cross Broad Street Run**
- Key Races: The Blue Cross Broad Street Run, The Rothman 8k, the Bar Association 5K and Generation Run
- Features a once-a-week indoor program during the winter
- Inquiry Period: June 15-July 15
- Running Leader training in August

or

Green Season March-November

- **Goal: complete the full or half Philadelphia Marathon**
- Key Races: Enon Fit For Eternity, Radnor 5K Steeplechase, Courage, Effort Respect Run, and culminates with the Philadelphia Marathon/Half Marathon in November
- Features summer programming
- Inquiry Period: November 1st-December 1st
- Running Leader training in January

Between Seasons we also host a 3-day Leadership Summit, an overnight experience for a select group of students, staffed by our volunteers

Students in this program:

- Train alongside adult mentors and peer team members
- Receive coverage for race registrations, transportation, running shoes, running gear and sports injury insurance
- Have the opportunity for leadership development by attending a 3-day Leadership Summit and serving on a Youth Council
- Benefit from improved health, self-esteem, and school performance

Helping Youth Go Farther in Life:

Living a healthy lifestyle.

Students Run Philly Style increases physical activity of youths in an era of escalating obesity rates among children

Graduating from high school.

Students Run Philly Style helps youth excel and graduate from high school when currently only half of Philadelphia youth graduate from high school on time within our target zip codes

Making safe choices.

Students Run Philly Style offers a safe, productive activity for youths to do after school

Developing positive relationships with adult mentors.

Students Run Philly Style gives youths a positive adult relationship to help them succeed

The Steps:

See reverse for running leader commitments and qualifications

How to Become a Running Leader



Requirements of a Running Leader:

1. Must be over 21 with a heart for mentorship and the ability to make a significant time commitment; **running experience is not required**
2. Must pass PA state background checks
3. Attend an all-day leadership training session based on chosen season
4. Attend quarterly leader meetings throughout the season
5. Enroll and train with students 3 days per week
6. Teams must commit to three practices a week, and running leaders must make a personal commitment to attend two of those three per week
7. Be ready to have fun, develop a lasting mentorship, change the lives of student runners, and join the Students Run community

Mentor responsibilities vary by team

- ❑ Ensure that you fit the qualifications of our Running Leaders
- ❑ Check out the list of teams located across Philadelphia [online](#)
- ❑ Contact Ieshia Nelson at inelson@studentsrunphilly.org for a leader enrollment form

Additionally, Running Leaders receive free race registrations, transportation, running shoes, program t-shirt, program jacket, race day shirt, extensive training and ongoing support.



For More Information Contact:

Ieshia Nelson: inelson@studentsrunphilly.org

Students Run Philly Style, 1760 Market Street, Suite 1111, Philadelphia, PA 19103