

Students Run PHILLY STYLE

MISSION

Students Run Philly Style transforms students' lives through running and mentorship. We pair volunteer mentors 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.

GOALS

Mentorship and Wellness

- Provide youth with a positive caring adult relationship to help them succeed
- Help youth build skills to overcome adversity and manage stress through connection and exercise on the way to positive achievement across all aspects of their lives
- Foster long-term healthy habits and provide youth with sustainable support

Juvenile Justice

- Provide a restorative and strengths-based option to increase positive outcomes in youth diverted away from the juvenile justice system
- Build in restitution support to reduce potential debt and continued system involvement
- Increase family/caregiver engagement and create youth opportunities for positive interactions with law enforcement

MILEUP YOUTH DIVERSION

In partnership with the Philadelphia District Attorney's Office, Students Run Philly Style's MileUp program is the first diversion pathway that brings running and mentorship to youth facing delinquency charges who were formerly ineligible for restorative interventions.



MILEUP REFERRALS

Spring Cohort [February - May]: Referrals are accepted January 15 - February 15

Fall Cohort [August - November]: Referrals are accepted July 15- August 15

If you have questions, please reach out to Madison Helmick at
mhelmick@studentsrunphilly.org.

WHAT IS MILEUP?



Do I need to be a runner or an athlete to participate?

No! MileUp students do not need prior running/sports experience to participate.



Do I have to run once I'm in the program?

Yes, but not the whole time! A mix of walking/running is a great way to build endurance. We prepare students to work up to running with support from their mentors and peers. After completing our program, this combination of social support and regular physical activity has shown to build participants' self-confidence, sense of community, and stress management and coping skills.



What if I don't have running clothes or shoes?

MileUp will support students' participation in practice by helping provide athletic gear as needed. Students also earn the team uniform, sneakers, and other gear throughout the season!



When does the MileUp season start and how long does it last?

The Spring season starts in-person in mid February and lasts through May. The fall season starts in mid August and lasts through November. Once enrolled in MileUp, students must maintain at least **80% practice attendance and 100% attendance at all milestone races.**



What is a milestone race?

The MileUp team will train to run 3 milestone races between 3 and 13.1 miles long throughout the season. These are official races put on by the city of Philadelphia. Attendance at all races is required to successfully complete the program. In the Spring, we train for the Broad Street Run (10 miles), and in the fall we train for the Philadelphia Half-Marathon (13.1 miles). Students can earn having **restitution fees paid, charges dropped and record submitted for expungement.**



What does a MileUp practice look like?

MileUp practices are held in person on **Tuesdays and Thursdays at 5:15pm, and Saturdays at 9:00am at Lloyd Hall** (1 Boathouse Row, Philadelphia, PA 19130) or **Lemon Hill** (39 Sedgley Drive, Philadelphia, PA 19130). Each practice consists of: informal time for students and mentors to hang out, team building activities, a warm-up, a team run, a cooldown, closing circle for reflections and shout-outs, and our team cheer. Practice lasts between 1.5 and 3 hours, depending on the length of the run.



Who else is at practice?

The MileUp team has a cohort of 10-15 students, as well as Youth Advocates (who are mentors/coaches/case managers), Adult Mentors, and Peer Mentors (former MileUp students who have been in your shoes).



How will I get to and from practices and races?

MileUp will provide transportation to students who need it, via carpool.



What did former MileUp students think about the program?

Students used the following words to describe MileUp: **funny, good, helpful, supportive, caring, fun, incredible, amazing, hard work.** 3 MileUp alumni are now back on the team as peer mentors!

