





# **NYRR Run for the Future**

Through the sport of running, NYRR Run for the Future creates opportunities for a diverse group of New York City young women by providing an inclusive environment and the necessary resources to strengthen each young woman's ability and confidence in herself.

Designed for those who have never run before, NYRR Run for the Future is a **free seven-week \$2,000** scholarship program that teaches 11th grade girls in high school how to run. With support from NYRR's coaching staff, participants are taught running technique, nutrition, and goal setting so they can develop the ability, confidence, and motivation to be active for life. At the conclusion of the program, the new runners participate in their first 5K (3.1-mile) race. Those accepted into NYRR Run for the Future who fulfill the program requirements and maintain an 80% attendance rate will receive a \$2,000 college scholarship.

FREE PROGRAM FOR NEW RUNNERS
METROCARDS PROVIDED
MEET NEW FRIENDS
EARN \$2,000 COLLEGE SCHOLARSHIP
APPLY AT NYRR.ORG/RFTF

#### **SCHEDULE**

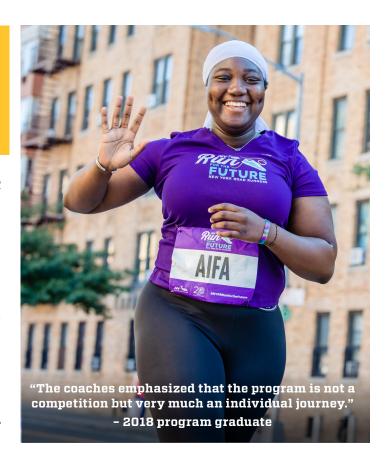
Practice occurs three times a week at the NYRR RUNCENTER near Central Park.

Spring season - April 20 to June 3

- Mondays 4:30-6:00 p.m.
- Wednesdays 4:30-6:00 p.m.
- Saturdays 10:30 am-1:00 p.m.

**Summer season** – July 6 to August 22, 2-hour morning and evening practice times available

- Mondays
- Wednesdays
- Thursdays
- \* Applicants may apply to both seasons but, if accepted, will only be selected to participate in one season.





## NYRR RUN FOR THE FUTURE PARTICIPANTS RECEIVE:

MetroCards
Post-practice meal
Running apparel and footwear

Support from NYRR's expert coaches \$2,000 college schoarship upon progam completion New friends from across NYC



#### WHO IS ELIGIBLE?

Young women who:

- □ Live in New York City
- ☐ Are in 11th grade at a public, publicly funded, or parochial high school in New York City OR are working toward their New York State High School Equivalency Diploma during the 2019-2020 school year
- □ Plan on attending an accredited two or four-year college or university in 2021
- ☐ Are under 20 years of age
- ☐ Have little to no experience participating in organized sports

### **HOW TO APPLY**

- ☐ Complete the online application at nyrr.org/rftf
- ☐ Ask an adult, such as a teacher, counselor, or employer, to upload a signed letter or recommendation

Apply to NYRR Run for the Future at nyrr.org/rftf

#### **APPLICATION DEADLINES**

Spring season: **February 16, 2020**Summer season: **April 12, 2020** 

Please contact **RunfortheFuture@nyrr.org** for more information.

