



## 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.



**"The program made me feel like I was more capable than I thought."**

**- 2018 program graduate**

**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.*



**"The coaches emphasized that the program is not a competition but very much an individual journey."**

**- 2018 program graduate**



**“I think being in a group of women that give off such positive energy gave me the greatest benefit.”**  
**- 2018 program graduate**

## **NYRR RUN FOR THE FUTURE PARTICIPANTS RECEIVE:**

**MetroCards**

**Post-practice meal**

**Running apparel and footwear**

**Support from NYRR’s expert coaches**

**\$2,000 college scholarship upon program completion**

**New friends from across NYC**



**“I like how Run for the Future coaches personalize the running so that you can run at your own pace.”**  
**- 2018 program graduate**

## **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](http://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](http://nyrr.org/rftf)**

## **APPLICATION DEADLINES**

Spring season: **February 16, 2020**

Summer season: **April 12, 2020**

Please contact [RunfortheFuture@nyrr.org](mailto:RunfortheFuture@nyrr.org) for more information.



New York Road Runners, whose mission is to help and inspire people through running, serves 670,000 runners of all ages and abilities annually through races, community runs, walks, training, virtual products, and other running-related programming. Our free youth programs and events serve 125,000 kids in New York City’s five boroughs and 250,000 kids nationally. NYRR’s premier event, and the largest marathon in the world, is the TCS New York City Marathon