

Still;run
RUNNERS FOR MENTAL HEALTH AWARENESS



2023 ANNUAL REPORT



A LETTER FROM SASHA



DEAR FRIENDS OF STILL I RUN,

I am thrilled to reach out to you as I reflect on the accomplishments of 2023 and look ahead to another promising year. First and foremost, I want to express my deepest gratitude for your continued support and engagement with Still I Run. Your dedication plays a crucial role in our mission to address the urgent issue of mental health and break the stigma surrounding it, using the transformative power of running.

This year has been truly remarkable for us in various ways. We've extended the reach of our community, touching the lives of thousands across the nation. It's heartening to see more individuals lacing up their running shoes and hitting the pavement, empowered by the realization that physical activity can be a potent tool for mental wellness.

We're equally delighted to report that our Starting Line Scholarship program and Team Still I Run (TSIR) have grown both in scale and impact. We've expanded our initiatives to provide additional mental health support and have created additional resources with running for mental health in mind. Our TSIR runners ran more cumulative miles than ever, shedding light on the reality of mental health conditions and successfully challenging preconceptions.

I find daily inspiration in the resilience and courage of our community members who discover solace and strength in running. The stories of transformation we've witnessed are nothing short of awe-inspiring.

Looking ahead to 2024, our plans are both ambitious and invigorating. New partnerships are on the horizon, promising to amplify our reach and effectiveness. We are fine-tuning our programs, creating more targeted resources, and preparing to launch new initiatives that will make it easier for those experiencing hardship to embark on their own running journey.

I'm excited to see what we can achieve together in the coming year as we continue to unite runners and mental health warriors under the banner of Still I Run. Once again, thank you for standing with us. Your involvement fuels our passion and fortifies our resolve. Here's to a hopeful, healthy, and stigma-free 2024.

Warm regards,

SASHA WOLFF

EXECUTIVE DIRECTOR | STILL I RUN

OUR MISSION

To promote the benefits of running for mental health, and, through our collective stories, defeat the stigma around mental illness.

Still I Run is a community where people can share their experience of dealing with mental illness through running or any other type of physical activity. We encourage one another to take time out of our busy lives to run for our mental health.

Through various programs we offer, we hope to educate others about running for mental health, raise mental health awareness, provide encouragement to others, and help people experiencing hardship get started in their running journey.

BY THE NUMBERS

As we pause to look back on our journey through 2023, it's more than just stories and milestones; it's also about tangible impact. This data isn't just numbers on a page; it signifies the strength of our collective commitment.

\$246,429.67 DOLLARS RAISED

81 TEAM STILL I RUN RUNNERS representing SIR at major races across the country



7 additional RUN CHAPTERS added across the country

39 STARTING LINE SCHOLARSHIPS AWARDED

150 AMBASSADORS representing 41 states

11 MENTAL HEALTH RUNNER program recipients

65 RUN. WRITE. FIGHT. LETTERS WRITTEN



10 STILL I RUN COACHES/VOLUNTEERS CERTIFIED IN MENTAL HEALTH FIRST AID

HIGHLIGHTS

Celebrating Our Race Achievements: Where Sweat Meets Compassion

From the streets of New York to the beaches of Honolulu and beyond, Team Still I Run showed up and made a statement in 2023. Not only did we conquer miles, but we also raised significant funds to power our mission.



TCS NEW YORK CITY MARATHON

7 Runners
\$36,537 raised

MARINE CORPS MARATHON

23 runners
15 marathon runners
8 10K runners
\$19,851 raised

HONOLULU MARATHON

19 runners
\$26,381 raised

AMWAY RIVERBANK RUN

21 runners
\$11,312 raised

UNITED AIRLINES NYC HALF MARATHON

11 runners
\$17,492 raised

WHY PEOPLE RUN FOR TEAM STILL I RUN



“I was an avid runner up through 2020 when devastation hit our family, losing 4 family members and friends in 4 months, 1 to suicide. As I learn to cope with the grief, I have restarted my running journey and focusing on my own wellbeing. I'm ready to share more and talk about what we have been through. What better way to re-ignite my passion for running for mental health than through training for a world-renowned marathon while raising funds and awareness.”

– Cari Ledbetter, Honolulu Marathon



“Mental Health Awareness is important to me because throughout my mental health journey, I have struggled with depression and needed therapy for my feelings. This has helped me so much and running has become a great outlet for my emotions. I would be honored and proud to support the mental health community and gain more awareness for this cause.”

– Jessica Tawil, United Airlines NYC Half Marathon



“I chose to run for Still I Run because of my work as a clinician and also my own personal history and family history. I wished there was an organization that did what SIR did years ago. It's a great cause, and I've recommended it to my patients.”

– Daniel Millstein, Marine Corps 10K

LOOK FOR US IN 2024 AT THE FOLLOWING RACES:

United Airlines NYC Half Marathon	LA Marathon and Charity Half
Berlin Marathon	Chicago Marathon
Honolulu Marathon	TCS New York City Marathon

EVENTS

Every year, Still I Run organizes several virtual events, open to people across the country. This initiative aims to break down geographical barriers, allowing participation from individuals across diverse communities and backgrounds. The inclusivity of these events fosters a sense of belonging and camaraderie among participants, creating a nationwide network of individuals dedicated to mental health advocacy through running. Virtual events not only encourage physical activity for mental health but also provide a safe space for people to share their mental health journeys, reducing the stigma surrounding mental health issues.

AMOUNT RAISED THROUGH EVENTS: \$40,214



BREAKING STIGMA IN STRIDES' ANNUAL NEW YEAR'S DAY VIRTUAL 5K

We kicked off 2023, with our annual Breaking Stigma in Stride 5K, sponsored by Altra Running. This event helped to set the pace for a year focused on mental health awareness and community engagement.



ANNUAL RUN STREAK

Our annual Run Streak challenged people to move at least one mile every day during Mental Health Awareness Month in May. With everyone posting about their achievements during the whole month of May, we had close to a half million impressions on social media.



WORLD MENTAL HEALTH DAY 5K

Like in years past, our World Mental Health Day 5K featured both virtual and in-person components. In addition to the virtual participation, ten Still I Run chapters across the country organized group runs, fostering a sense of community and bringing people together. These gatherings served as a powerful way to unite individuals in running for mental health, emphasizing our shared commitment to combating stigma, raising awareness, and supporting each other on our mental health journeys. Each celebration was a reminder of the collective purpose that drives us to run – to make a positive impact, break down barriers, and encourage one another in the pursuit of mental well-being.

STARTING LINE SCHOLARSHIP

Elevating Dreams, One Stride at a Time

Recognizing that the path to mental wellness often begins with a single step, our scholarship program is meticulously crafted to eliminate any obstacles in that journey. We are dedicated to supporting runners from the starting line to the finish line, providing top-notch running gear, personalized coaching plans, and entry into races.

The Starting Line Scholarship comes in various forms to cater to diverse needs. The regular Starting Line Scholarship is open to individuals nationwide, and we work with them virtually to guide them on their running journey. In Grand Rapids, Michigan, we offer an in-person session as part of our cohort, collaborating with The Well Being to provide additional mental health support, including group therapy. Additionally, the Pierce County, WA cohort partners with the Pierce County Juvenile Court to assist at-risk teens in the court system, helping them embark on their own running journey for mental health. Our goal is to remove barriers, inspire dreams, and empower individuals to take strides toward improved mental well-being.



A huge
THANK YOU
to The Well
Being for their
support!

\$1000 SPONSORS ONE
SCHOLARSHIP RECIPIENT

16

Starting Line Scholarship
Recipients to runners in
various parts of the US

18

Grand Rapids,
MI Cohort
Scholarship
Recipients

5

Pierce County,
WA Cohort
Scholarship
Recipients

Our 2024 goal is to support 50+ RUNNERS through the SLS program and double our impact in Grand Rapids with two in-person cohorts.



“The Starting Line scholarship was a major catalyst in getting me back on track, physically and mentally. The items I received as a recipient of the scholarship were just the push I needed. Now I can't stop running. Mentally and physically I'm feeling better than ever. Now I feel like myself again thanks to Still I Run. I also feel as if I'm a better and stronger runner because of the experience of training with a coach.”

– Melissa, Starting Line Scholarship Recipient

“The most incredible gift this program gave me is MY VOICE! I was able to let go of the shame I carried about my PTSD, depression, and anxiety. Sharing my story was the best gift anyone has given me in the 30 years since my last son was born. The hole in my heart feels like it has finally been healed!!

– Cheryl, Grand Rapids Michigan Starting Line Scholarship

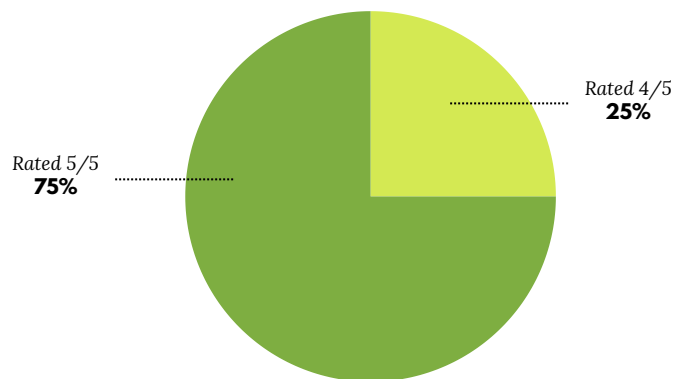
“The community, the group therapy sessions, the Saturday morning runs, the constant reminders from the leadership on our own abilities and that it was ok to be vulnerable and still move forward were all amazing gifts from this program. I absolutely love the whole program from beginning to end! Thank you so much for the amazing noble work you do with the community! You are warriors lifting people’s souls and elevating people’s minds to once again believe in themselves and creating a supportive community!! I’ll forever be grateful for all of you and all that you do!”

– Anonymous, Grand Rapids Michigan Starting Line Scholarship



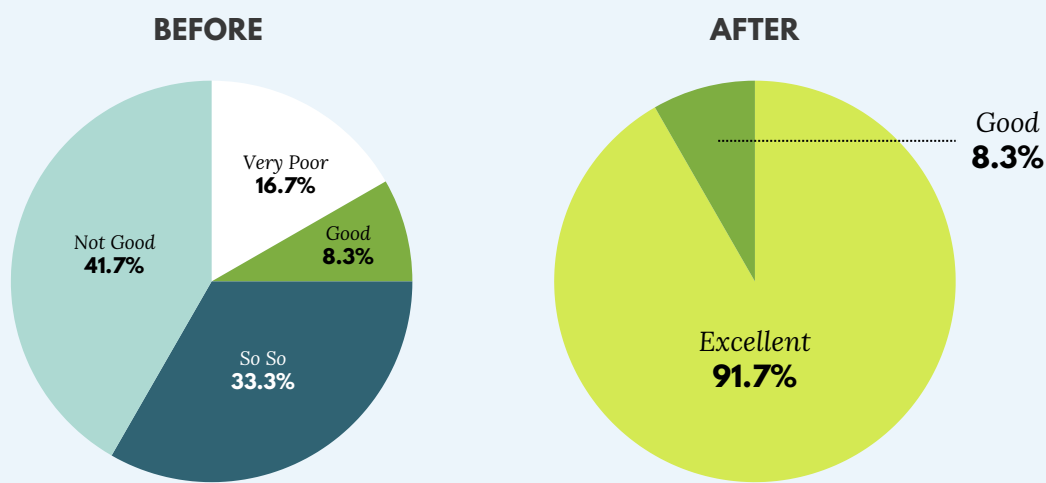
THE IMPACT

Results coming out of the Grand Rapids Cohort have been eye-opening into how beneficial the program is.



Respondents were asked to rate, on a scale of 1-5 (5 being the highest), the impact running (exercise) had on their mental health

How respondents rated their mental health both before and after the Starting Line Scholarship Grand Rapids cohort experience



MENTAL HEALTH RUNNER PACKAGE

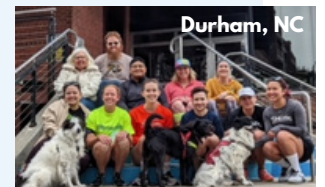
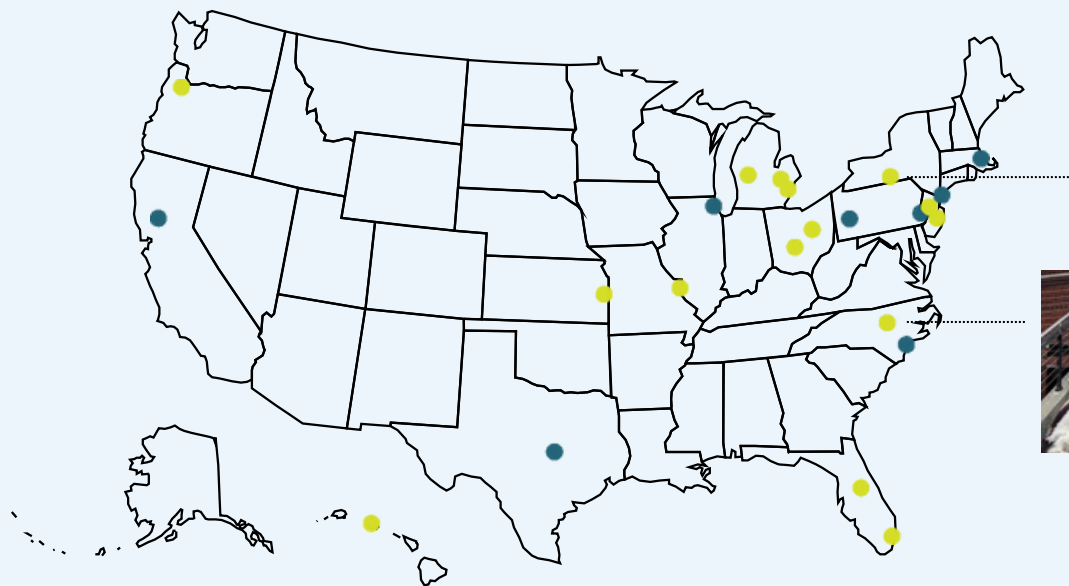
While the Starting Line Scholarship serves as our primary avenue for supporting new runners, we also provide the Mental Health Runner package as a secondary option. This tailored package is designed for individuals who may not qualify for the scholarship but are eager to begin their mental health journey through running. It includes running shoes, a journal, a Still I Run shirt, and a training plan, along with essential resources to kickstart the journey.

In 2023, we were thrilled to award 11 of these packages, each representing a small but meaningful step towards enhanced mental health and overall well-being. This initiative reflects our commitment to inclusivity and ensuring that everyone, regardless of scholarship eligibility, has the opportunity to experience the transformative power of running for mental wellness.

LOCAL STILL I RUN CHAPTERS

Our local chapters, led by dedicated Captains and Co-Captains, provide a more intimate and in-person setting to further our collective mission. These leaders bring a deep understanding of mental illness, offering both accountability and camaraderie through regular group runs. Equipped with special leadership training and access to Suicide Prevention Training, our leaders are committed to being the best possible guides for their chapters.

Joining a chapter means more than just running for your own mental health; it means becoming part of a community that truly understands because they've been there too. The support, shared experiences, and sense of belonging fostered within these chapters create a powerful environment where individuals can thrive in their mental health journeys.



2023 SIR CHAPTERS

- Greater Portland, OR
- St. Louis, MO
- Honolulu, HI
- Miami, FL
- Orlando, FL
- Detroit, MI
- Durham, NC
- Grand Rapids, MI
- Grove City, OH
- Troy, MI
- Sparta, NJ
- Clark, NJ
- Elmira/Corning, NY
- Gnadenhutten, OH
- Papillion, NE

OUR 2024 CHAPTER WISH LIST:

- New York, NY
- Chicago, IL
- Pittsburgh, PA
- Sacramento, CA
- Boston, MA
- Philadelphia, PA
- Camp LeJeune, NC
- Fort Hood, TX

In 2024 we set a goal of starting seven new chapters across the country. Visit stillirun.org/start-a-chapter for more information.

AMBASSADOR PROGRAM

Our ambassadors play a pivotal role in spreading the Still I Run message far and wide. Beyond simple outreach, these individuals breathe life into our mission by sharing their authentic stories and their passion for running as a tool for mental wellness. Each ambassador embodies our core values, amplifying our impact by connecting with others in profound and meaningful ways.

In 2023, we welcomed 150 running ambassadors from 41 different states! We express profound gratitude for these incredible individuals who wholeheartedly believe in defeating the stigma and are willing to champion our cause one stride, one story, and one community at a time.

Looking ahead to 2024, we plan to expand the ambassador program even further, offering additional support such as Suicide Prevention Training. Ambassadors will also have the opportunity to attend quarterly mental health chats with one of our esteemed mental health partners, Viva Wellness. This expansion reflects our commitment to empowering ambassadors with the tools and knowledge to make an even greater impact on mental health advocacy.



LOOKING TO THE FUTURE



IN 2024...

We are poised to deepen our impact with more educational initiatives, forge stronger partnerships, and enhance our current programming to be better than ever. Anticipate the presence of Still I Run in unexpected places, challenging stigmas, and promoting wellness every step of the way.

Racing into 2024, Team Still I Run is gearing up for some of the most iconic marathons and local runs around the world – from Berlin to New York to Honolulu, with plenty of stops in between. Expect to witness our team making a significant mark, and whether you're cheering us on or lacing up to join us, your support is invaluable.

Fundraising serves as the fuel propelling our mission forward, and for 2024, we've set an ambitious goal of raising over \$275,000. With these funds, we aim to expand our scholarship programs, launch new awareness campaigns, and reach more individuals, both emotionally and geographically. Your support will play a crucial role in fueling our initiatives and making a lasting impact on mental health advocacy.



LOOKING TO BE PART OF SOMETHING BIGGER?

There are plenty of ways to jump in. Whether it's becoming a program sponsor, chapter captain, joining as an ambassador, or simply sharing our mission with your own circles, every action makes a ripple.

◀ Scan the QR code to learn how you can support Still I Run monetarily.

MEET OUR 2023 TEAM

BOARD



Bill Johnson
President



Rose Willson
Vice President



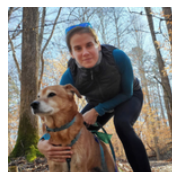
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Treasurer



Cori Canty Woesner
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Cory Anderson
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ADVISORY BOARD



Sean O'Leary



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STAFF

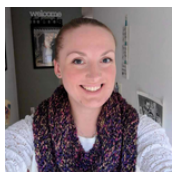


Amber Kraus
Fundraising



Allie Pendleton
Team Still I Run Manager

CORE VOLUNTEERS



Patty Morse
Team Still I Run



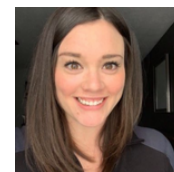
Michael Camilleri
Starting Line
Scholarship



Brian Reip
Run Chapters



Kari deLongpre
Social Media &
Graphics



Megan Jaromin
Ambassadors, Run.Write.Fight.
and World Mental Health Day
Race Director

CORPORATE PARTNERSHIPS & SPONSORSHIPS

TO OUR CORPORATE PARTNERS AND SPONSORS:

To our esteemed corporate partners and sponsors, your support goes beyond financial contributions; it serves as the backbone that propels us to reach further, aim higher, and touch more lives. Your unwavering belief in our mission makes you an integral part of the Still I Run community, turning possibilities into impactful realities.

As we set our sights on the horizon of 2024, we are thrilled to continue this transformative journey alongside you. Your commitment empowers us to make a tangible difference in the lives of those navigating the intersection of running and mental health. Thank you for standing with us and being instrumental in our mission to break the stigma and uplift lives through the act of running.



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Still ; run

RUNNERS FOR MENTAL HEALTH AWARENESS

We are a 501(c)3 nonprofit based in West Michigan,
but we serve the entire US.

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