



Students Run Oakland (SRO) is an Oakland based non-profit founded in 1999 with a mission to provide a non-competitive athletic and mentoring program for underserved teens attending Oakland public high schools. The goal is to enable these students to realize their potential and plot a new course for their future by their participation in a truly life-changing experience; the training for and completion of a marathon (26.2 miles). Our program welcomes students of all physical abilities.

The program is offered cost free to the students. SRO provides the students with running shoes, apparel, free membership in the YMCA, transportation to weekend training runs and monthly races, healthy snacks, and weekend travel and lodging in connection with the LA Marathon, etc. SRO is a mostly volunteer organization with a small staff. For our funding, we rely on the generosity of the community, and several foundations and corporations.

**SRO key goals:**

- Provide adult mentors (coaches, teachers, volunteers) who assist students in their training and who reinforce the lessons of responsibility, discipline, and goal setting.
- Support students in tackling a supremely difficult goal, help them overcome their mental barriers to this goal, and create “can do” attitudes.
- Create an opportunity for students of all ethnic groups, cultures, and socioeconomic levels to meet one another and experience an important sense of belonging.
- Offer a program in which students of all abilities are welcome, all have the same chance to achieve the goal of running a marathon, and all become winners.

**SRO: PAST SUCCESSES- FUTURE GOALS**

- Over the past ten years SRO has grown from an initial season of eight students to a current enrollment of 65
- 98% of all students that have participated in the marathon since 1999 have crossed the finish line
- Over 90% of SRO students graduate from high school
- 80% of SRO graduates have gone on to college

In the current 2009-10 season, our goal is to serve at least 50 youth participants, while maintaining our high standards of student accountability and participation. The expected outcomes include:

50 Oakland high school students will be constructively engaged in the SRO program during after-school and weekend hours. Students must adhere to the SRO Student Obligations contract throughout the season in order to continue their participation.



Students will increase their knowledge and understanding of healthy eating, nutrition, and the importance of regular exercise. Measured by: Surveys on emotional, social, and behavioral fitness developed in collaboration with the Alameda County Health Department and administered at the beginning and end of the season.

Participating students will maintain a minimum 2.5 GPA over the course of the season. To help students achieve this academic performance, they will be required to participate in academic tutoring.

### **Training for Life: Overall Health**

SRO incorporates not just training runs but also programming that improves the overall health of young people through physical fitness, mentoring, and nutrition education.

These programs include:

After-school tutoring at the school sites

Stretching Clinics

Nutrition Clinics

Running Clinics

Injury Prevention Clinics

Sexual Transmitted Disease Clinics (STD)

College Preparation Clinics

With the above information as background, SRO is seeking a partnership with Oakland Unified School District to facilitate our access to more students throughout the district.

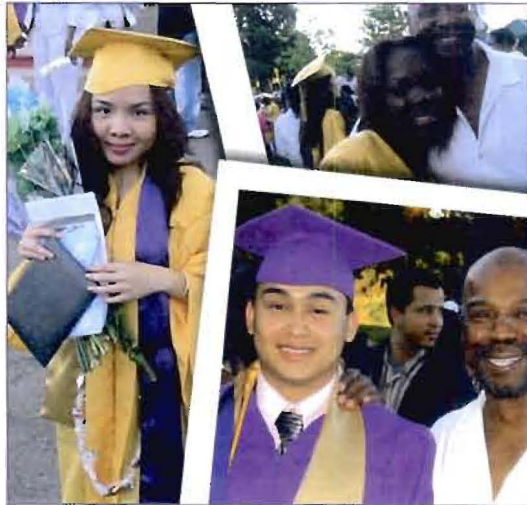
WHEN YOU SUPPORT A STUDENT'S FUTURE YOU SUPPORT YOUR OWN FUTURE



## SRO Making a Difference

"Students Run Oakland is a great program.... We witnessed students who never thought to walk five blocks become marathon runners! This program does so much to transform young people. It boosts their self-esteem, teaches them endurance, gives them discipline, and creates in them a sense of community....

Denise Jeffrey, Principal  
Castlemont Community of Small Schools

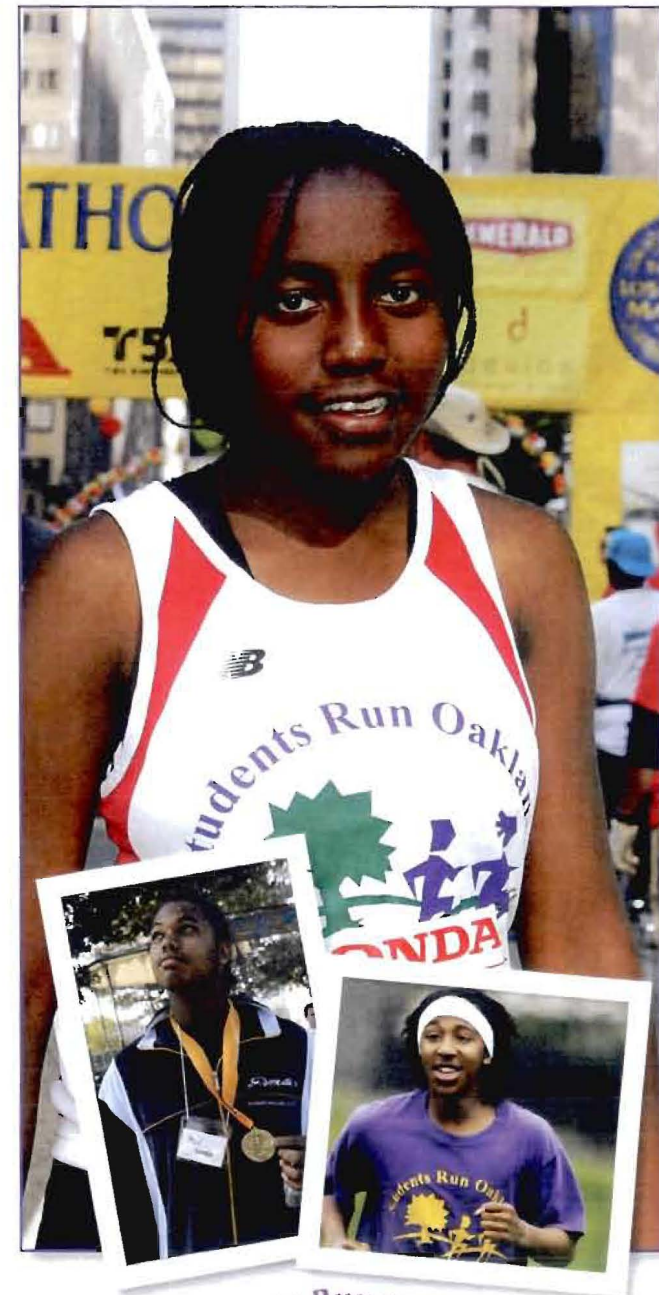


"When I first joined SRO I couldn't even run over one mile...now I have completed a 26 mile marathon. At first it seemed impossible...but it was not...from this I have learned that hard work, determination and dedication can make anything possible.  
Marvyn, 2005

### Benefiting Students Through:

Improved Physical Fitness  
Better Health Habits  
Increased Confidence  
Commitment  
Higher Sense of Self-Esteem

Students Run Oakland  
PO Box 10696  
Oakland, CA 94610-0696  
510-644-4232  
[www.sroakland.org](http://www.sroakland.org)



Training For Life, One Step At A Time

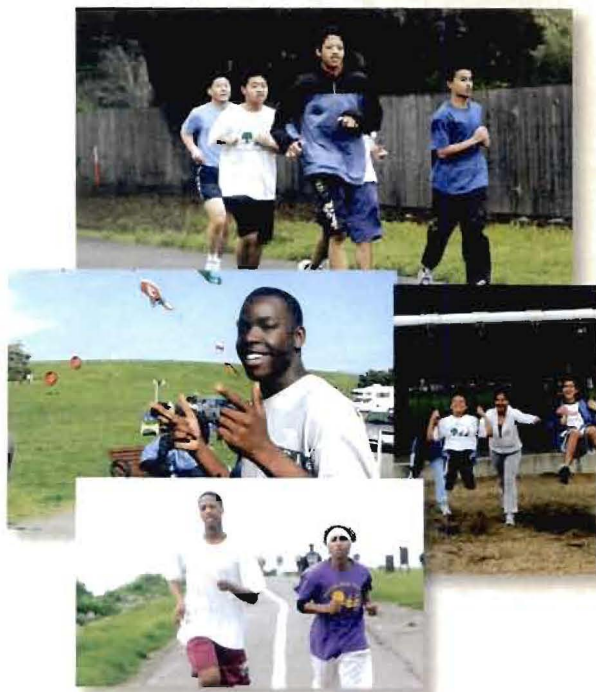


## What is Students Run Oakland ?

### SRO Improving Lives

Students Run Oakland (SRO) is a non-profit community-school based prevention and intervention program that teaches the values of goal setting, discipline and commitment.

Founded in 1999 by a small group of concerned Oakland residents, Students Run Oakland's mission is to prepare disadvantaged students to meet daily life challenges and teach them that they can reach goals regardless of their circumstances.



SRO is committed to improving the health of young people through structured physical fitness training, nutrition education, and by encouraging healthy lifestyle behaviors.

SRO provides students with a safe environment, in which they can build their self-esteem and self-confidence while putting into practice goal setting and achievement through training to complete a marathon. The students learn life-long skills they can use in academics and other areas of their lives.

**SRO is training for life one step at a time.**

## 2 WAYS YOU CAN MAKE A DIFFERENCE

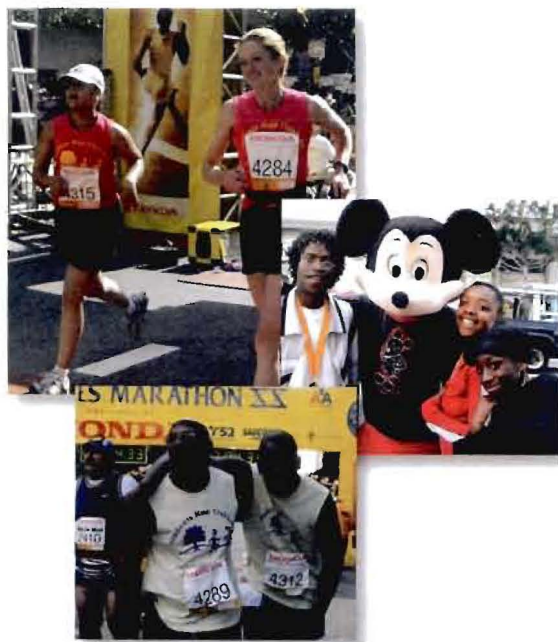
CONTRIBUTE TO HELP OUR STUDENTS AS THEY PREPARE FOR LIFE!

### Volunteer Your Time:

Become a running companion and provide support, inspiration, motivation and respect. Assist with SRO organization and events.

### Financial Support:

SRO is a non-profit organization run by volunteers. Your support is our only source of income, and an essential component to our growth and success.



"SRO gives the students exposure. Some of them really needed to learn how to dream. They couldn't see beyond their current situation."

**Spencer Hooper**  
SRO Executive Director

Detach and Mail to **STUDENTS RUN OAKLAND, P.O. BOX 10696, Oakland, CA 94610-0696**

I wish to contribute: ☐ \$25 ☐ \$50 ☐ \$100 ☐ \$500 ☐ Other Amount

(Please make checks payable to **Student Run Oakland**)

I can donate these items or services:

**PLEASE SEND ME MORE INFORMATION ABOUT SRO AND VOLUNTEER OPPORTUNITIES**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

SRO is a non-profit, organized independently of the school district and its continued success and growth depend on volunteers and funding from individuals and corporations. All our services are offered free to our students. SRO has received 501 C(3) status from the IRS, and donations are tax-deductible. Please fill out and detach this form to send a contribution to SRO and to indicate if you would like to become a volunteer.

TO MAKE A DONATION THROUGH PAYPAL OR NETWORK FOR GOOD,  
PLEASE VISIT OUR WEBSITE AT [WWW.SROAKLAND.ORG](http://WWW.SROAKLAND.ORG)