



EMPOWERING YOUNG WOMEN THROUGH RUNNING

NYRR Run for the Future is a free program that introduces young women* in high school to running. The program starts in the summer when participants train to run their first 5K together, creating connections that last beyond the program. They can also be part of a strong alumnae network while they continue their year-round running journeys.

Eligibility and Requirements:

- For rising 10th through 12th grade NYC high school young women
- Applicants do not have to self-identify as runners or have experience in running or sports

Practice Location and Schedule:

Practices are held in Central Park. Participants and coaches meet at the NYRR *RUNCENTER* featuring the New Balance Run Hub, located at 320 West 57th Street in Manhattan on Mondays, Wednesdays, and Thursdays from June 30 through August 7.

Two morning sessions are available:

Session #1: 8:00 to 10:00 a.m.

Session #2: 9:00 to 11:00 a.m.

Applicants may apply for both sessions, but if accepted, will be assigned to one session. All accepted participants are required to attend orientation on June 14, 2025.

*Please note that we use the word women to include all those who identify as women.

PLEASE CONTACT
RUNFORTHEFUTURE@NYRR.ORG
WITH ANY QUESTIONS.

NYRR strives to host inclusive, sustainable, and accessible events that enable all individuals to engage. Accepted participants will have the opportunity to request reasonable accessibility accommodations to attend this program/event.

PARTICIPANTS RECEIVE:

- MetroCard
- Post-practice refreshments
- Running apparel and footwear
- Support from NYRR's expert coaches
- Wellness kit
- Year-round events & access to alumnae network

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 of recommendation



APPLICATION DEADLINE: APRIL 18, 2025



"IT DOESN'T MATTER HOW FAST A RUNNER YOU ARE, AS LONG AS YOU'RE SHOWING UP AND TRYING, EVERYBODY IS THERE TO SUPPORT YOU."—2024 participant



AS A NEW YORK CITY-BASED NONPROFIT, WE'RE DEDICATED TO TRANSFORMING THE HEALTH AND WELL-BEING OF OUR COMMUNITIES THROUGH INCLUSIVE AND ACCESSIBLE RUNNING EXPERIENCES, EMPOWERING ALL TO ACHIEVE THEIR POTENTIAL.