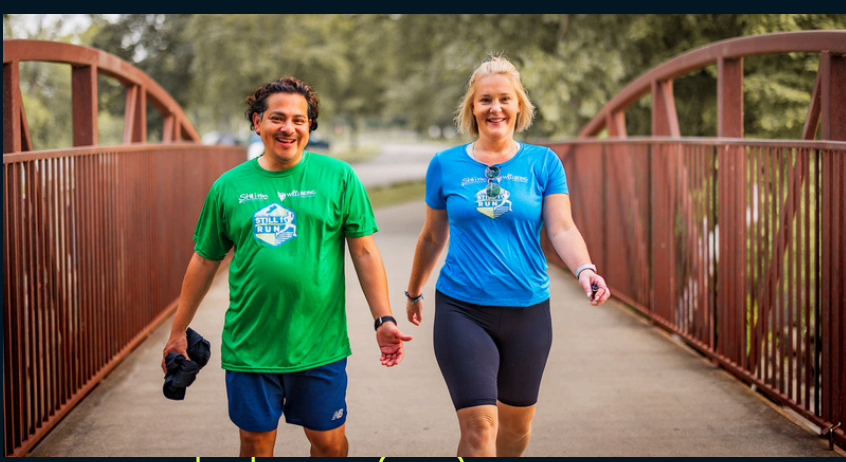


WHERE YOUR MONEY GOES



YOUR DONATION FUELS STILL I RUN'S MISSION

We are the only non-profit that works nationally to promote the benefits of running for mental health. Through our work we strive to defeat the stigma, get people running for their mental health, and provide a safe community for mental health warriors.



STARTING LINE SCHOLARSHIP

The Starting Line Scholarship program supports individuals in Grand Rapids, Michigan, and Pierce County Juvenile Court in Washington by removing barriers to running for mental health. Participants receive essential gear, coaching, and training plans, along with race entry to celebrate their achievements. It also incorporates mental health group support fostering a supportive community that promotes both mental well-being and physical activity.

NATIONAL RUN CHAPTERS

Our Run Chapters are unlike any other running group out there. Instead of focusing on the physical aspect of running, we focus on mental well-being. Donations support the start-up and growth of our chapters along with specialized leadership training and mental health education certification for chapter captains

RESEARCH SHOWS THAT AEROBIC EXERCISE, SUCH AS RUNNING, IN A SUPPORTIVE GROUP SETTING CAN IMPROVE YOUR MOOD!



AMBASSADOR PROGRAM

Our ambassadors share the good news of SIR through event attendance, giveaways, and more. Ambassadors also receive quarterly mental health seminars led by certified clinicians and have the option to receive Suicide Prevention Training. They are the living embodiment of our mission!

OFFICIAL EVENTS

We host several running-related events each year to encourage people to run for their mental health and provide an opportunity to share their personal stories. The thousands of participants help to combat the stigmatizing narrative placed upon those with mental illness.



THE CORRAL

The Corral is a free, monthly support group that provides a nurturing space where individuals facing similar challenges come together to find strength in shared experiences. It's more than just a support group though. It's a gathering of individuals who want to use movement for well-being and connect with others who do the same.

MENTAL HEALTH RUNNER

The Mental Health Runner Program is designed to support individuals in taking their first steps toward enhancing mental wellness through running. Each participant receives a pair of shoes, a Still I Run shirt, and a comprehensive workbook that includes training plans, exercises, resources, reflection questions, and space for journaling and tracking progress.



WHY OUR MISSION MATTERS

15 mins

OF RUNNING, OR AN HOUR OF WALKING CAN REDUCE THE RISK OF MAJOR DEPRESSION BY 26%

1 in 5

AMERICANS WILL EXPERIENCE A MENTAL HEALTH CONDITION IN A GIVEN YEAR.

89%

OF 1,158 STUDIES FOUND A STATISTICALLY SIGNIFICANT, POSITIVE ASSOCIATION BETWEEN EXERCISE AND MENTAL HEALTH.



We want to help create a stigma-free world where running for your mental health is just as accepted and common as running for your physical health. We can't get there without your support!

Please consider making a tax-deductible donation today!