

# HKRS

MAKING AN IMPACT IN 2024

## A MESSAGE FROM THE CHAIR OF THE BOARD

As we reflect on a year of growth and achievement, I'm honored to welcome several new members to the Healthy Kids Running Series Board of Directors. Each brings unique expertise, energy, and a shared commitment to our mission of inspiring kids to lead active, healthy lives.

With this expanded leadership, the Board is more energized than ever to support HKRS as we grow into new communities, reach more young runners, and build on our strong foundation. Our focus moving forward is clear: expand our footprint, strengthen partnerships, and help secure the resources that will allow HKRS to thrive and evolve.

Together, we're building a stronger future for HKRS and the thousands of kids we serve nationwide. Thank you for being part of this incredible journey.

Healthy Wishes,  
**Ken Long**  
Board President,  
Healthy Kids Running Series



## MESSAGE FROM THE EXECUTIVE DIRECTOR

The HKRS mission to inspire kids to believe in themselves was on full display this past year. One of the most inspiring highlights of 2024 was watching some of our older runners earn the Marathon Award—a special milestone for kids who have run 26 miles or more with Healthy Kids Running Series. Their dedication and consistency are exactly what HKRS is all about. These runners are not only reaching incredible goals—they're also setting the pace for younger participants, showing them what's possible when you stick with something and never give up.

We're also proud to share that as of 2024, every HKRS location now includes a Challenger Division, ensuring that children with disabilities and special needs can participate in the fun and joy of running alongside their peers.

Thank you for helping us build a supportive, inclusive, and motivating community. We are so excited for what's to come in 2025. Let's keep showing up, cheering loud, and helping every child #GetUpAndGo!

Healthy Wishes,  
**Dawn M. Epstein, MPA**  
Executive Director  
Healthy Kids Running Series

## 2024 BY THE NUMBERS

TOTAL MILES RAN:

# 13,286 MILES

HKRS kids ran enough miles to run from

New York → Las Vegas

5x

# 34 States

plus DC and Puerto Rico

# 205

Series  
Running Both  
Seasons

# 464

Series

# 47,307

Runners



“

We love HKRS for many reasons and having an activity that is fun for the whole family is definitely one of them!”

– HKRS Family, Hainesport, NJ

## DONORS

## RUN FOR ALL

# 4214

Donors

Run For All Fund

# \$43K

## DONORS

## LOCAL PROGRAM DEVELOPMENT FUND

# 1679

Donors

# \$76K

Donations



“

HKRS is an incredible event that helps promote children's sports and health and, above all, family fun and support.”

– HKRS Family, Arlington Heights, IL

# 2K+ volunteers

## REGISTRATION ASSISTANCE

# 456

Runners Served

# \$29K–\$35K

Median Household Income

# 56%

of series in 2024 had at least one request for assistance

## UNDERSERVED COMMUNITY PROGRAMS IN 2024

Runners:

# 88

Camden, NJ

# 84

Chester, PA

# 162

Norristown, PA

# 193

San Juan, PR

# 72

Trenton, NJ

# 187

West Oak Lane, PA

# 175

West Philly, PA

STAY CONNECTED

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#HealthyKidsRS