

# HKRS



MAKING AN IMPACT

## THANK YOU FOR BEING A PART OF THE HEALTHY KIDS FAMILY

As a Board, we have the privilege of leading this amazing organization to positively impact the lives of thousands of kids each year. This year saw a growth in staff with the hiring of Dawn Epstein as Executive Director. Over the course of the year, Dawn has guided HKRS in expanding our reach to underserved communities, as well as championed efforts to make our events accessible to children of all abilities, ensuring that every child has the opportunity to participate in our running series.

As we move forward, Healthy Kids Running Series is poised for continued growth and impact in 2024 and we invite you to join us in celebrating our achievements and supporting our mission to inspire kids to Get Up And Go!

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



## MESSAGE FROM THE EXECUTIVE DIRECTOR

As we reflect on the past year, I am filled with immense pride and gratitude for the impact that Healthy Kids Running Series has had on the lives of our young runners. Our mission is to inspire kids to live an active healthy lifestyle and I am thrilled to share some of the highlights of how we saw this mission in action across the country in 2023!

While we celebrate our achievements, let's continue to champion health, fitness, and fun for every child. Together, we can create a generation of young runners who embrace the joy of movement and carry it into adulthood.

Looking ahead, we have exciting plans for 2024, including expanding to new cities, enhancing our Challenger Division for children with disabilities and special needs, and launching additional programming to keep kids running as they get older.

Thank you for being part of the HKRS family. Here's to another year of growth, resilience, and #GetUpAndGo!

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



“  
The race series provided an opportunity for my family to cheer for my son with special needs. Week after week we watched him grow and gain self-confidence showing us how strong he is and what he's capable of.”

- HKRS Family,  
Greater Lafayette, IN

## BY THE NUMBERS

201

Series Running Both Seasons

464

Series

49,295

Runners



“  
It instilled confidence and a 'never give up' attitude for my children!”

- HKRS Family,  
Oviedo, FL

### TOTAL MILES RAN

14,445 MILES

HKRS KIDS RAN ENOUGH MILES TO RUN FROM  
New York → Los Angeles

5x

33 States

plus DC and Puerto Rico

## SPONSORS

Paid Sponsors

629

440

In-Kind Sponsors

Registration Sponsors

16

## DONORS

1,499

Donations

7,463

Donations

to Registration Assistance  
Totalling \$52,363.95

to Local Program Development Fund  
Totalling \$63,769.43

“  
It's a great way for us to get out and be active and learn about perseverance.”

- HKRS Family,  
Trinidad, CO

2K+

## VOLUNTEERS

### REGISTRATION ASSISTANCE

Runners Served

384

\$30K-\$35K

Median Household Income

of Series in 2023 had at least one request for assistance

### UNDERSERVED COMMUNITY PROGRAMS IN 2023

Runners:

47

Norristown, PA

67

Chester, PA

87

Camden, NJ

106

San Juan, PR

181

West Oak Lane, PA

211

West Philly, PA