

TRAIN, GROW, THRIVE

A RUNNING START

JOIN A GROWING NETWORK REACHING CHILDREN THROUGH INNOVATIVE PROGRAMMING & SUSTAINABLE PARTNERSHIP.

→ A Running Start is a turnkey program designed to be championed and supported by **community development organizations** and implemented by **local church partners**.

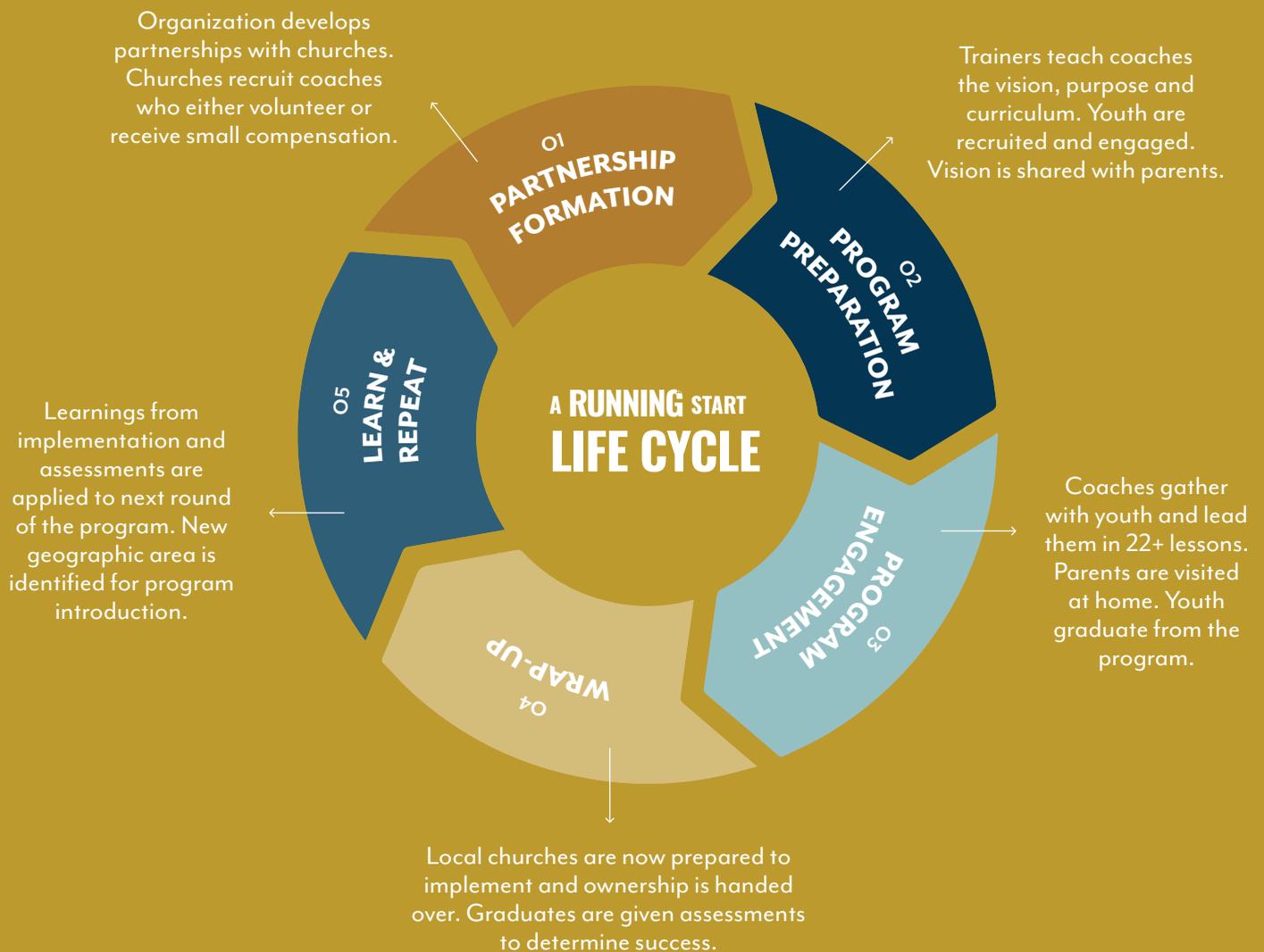
Originally developed by Micah 6:8 Foundation in partnership with World Relief, it started as a pilot program to test whether physical activity paired with social, spiritual, and educational engagement could significantly contribute to the well-being of children.

That pilot program led to the development of a program model that is **holistically beneficial** to the growth and development of children; **low-cost and sustainable** for local community partners, such as churches; and **scalable** for development organizations to introduce in various contexts with numerous partners to reach many children and families.

Our hope is that across the Great Lakes Region of Africa, children ages 8-13 will grow in relationship with God, see themselves as leaders, find healing from trauma, and gain knowledge that helps them flourish.



THE PILOT PROGRAM HAS DEVELOPED INTO:



IMPACT

As of September 2021, **4 development organizations** in **14 countries** in partnership with more than **127 churches** have trained **564 coaches** and implemented the programming with over **10,000 children**.

Partners report that the connection between physical activity and knowledge gained through lessons leads to significantly more impact on holistic wellness than programs that focus only on knowledge.

Trauma Healing

The well-documented link between physical movement & trauma healing means this programming creates significant reduction in symptoms of trauma.

The program has been shown to increase the % of participants reporting slight or no levels of trauma symptoms from 48% before graduation to 77% after graduation, **effectively reducing trauma symptoms for 29% of children.**

Knowledge, Attitude & Practice

KAP was measured in a quiz format with participants scored on how many questions they answered correctly.

Before the program, the majority (67%) of children scored between 40-69% on the KAP quiz. After the program, the majority (64%) of the children scored between **65-94%** on the quiz, **an increase of 25%.**

In measuring impact on HIV/AIDS knowledge, 48% of children scored in the highest range of 6-10 before the program. After the program, **70%** of children scored in the highest range, **an increase of 22%.**

[LEARN MORE](#)

If you want to learn more or connect with others who have implemented this programming in their local context, **please contact:**

Dana Doll

MICAH 6:8 FOUNDATION DIRECTOR

via email at dana@micah-68.org



STORY of IMPACT

[The Youth Running Club] was the turning point in my life.

When I started attending the YRC sessions, especially the sport drills and jogging, my mind started to get liberated. I was excited when I learned that God created us in his image, and that I am unique and have special talents and abilities to be creative and achieve what I want. That day, I returned home with my head held high.

Many YRC lessons have inspired me positively. I discovered myself and gained strength. I dropped the hurtful

feelings and decided to undertake more useful activities like doing home chores and participating in church activities.

My parents gained confidence in me and my grades improved in school. I now know that despite the ongoing pandemic which has interrupted schools, **I have a bright future because I am bold and can set a goal for my life.**



– Baraka Benjamin,
YRC PARTICIPANT



STORY of IMPACT

Before my son joined the YRC program, my life was a mess. All I did was drink alcohol and in turn, my children, especially my son, lost respect for me. I knew that my son's behavior was because of my own unacceptable behavior, but I wasn't ready to quit drinking.

I was very surprised to see the same child who was very disrespectful towards me advising me to stop drinking alcohol and change my ways.

He started to give me hope that things would get better for us and all our hardships would end by the grace of God.

Hearing my son say those words to me restored my life. I chose to stop drinking and gave my life to Jesus.



– Amani,
PARENT OF YRC PARTICIPANT