



RUNNING STRONG
for American Indian Youth®
AMERICAN INDIAN YOUTH RUNNING STRONG®



2021-2022 Biennial Report

Who We Are



Our Mission

Running Strong strengthens Native American youth by creating sustainable generational change and giving families the tools and hope to build a better life. We believe in the power of Native youth to strengthen their communities, overcome economic challenge and poverty, and develop deeper cultural identities.

Programs

- Dreamstarter™
- Food Sovereignty and Security
- Clean Water
- Youth Program Support
- Culture and Language Revitalization
- Critical Needs and Emergency Assistance

Board of Directors

Running Strong is governed by a seven-member volunteer Board of Directors

- James J. O'Brien, Esq., Chairman, Founder, O'Brien Law LLC
- Bryan Krizek, President, CEO, Christian Relief Services Charities
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- Thomas M. O'Brien, Treasurer
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- Billy Mills (Oglala Lakota), National Spokesperson
- Bryan Krizek, CEO
- Paul Krizek, Esq., General Counsel
- Bieu Do, CFO
- Sydney Farhang (Oglala Sioux Tribe), Executive Director
- Rose Fraser (Oglala Sioux Tribe), Field Coordinator/Oyate Ta Kola Ku Director
- Dave Lone Elk (Oglala Sioux Tribe), Field Coordinator
- Mary Little Sky (Cheyenne River Sioux Tribe), Takini Backpack Food Coordinator
- Josh Smith (Osage Nation), Microenterprise Development Program Coordinator
- Stacie Lee (Cheyenne River Sioux Tribe), Summer Food Program Coordinator
- Samantha Yellow Fat (Standing Rock Sioux Tribe), Wakpala Backpack Food Coordinator
- Karen Lone Elk (Oglala Sioux Tribe), Program Assistant
- Macey Michaelson, Program Assistant
- Daffne Reyes, Program Assistant
- Kyle Swann (Piscataway Conoy Tribe), Intern

Letter from Staff

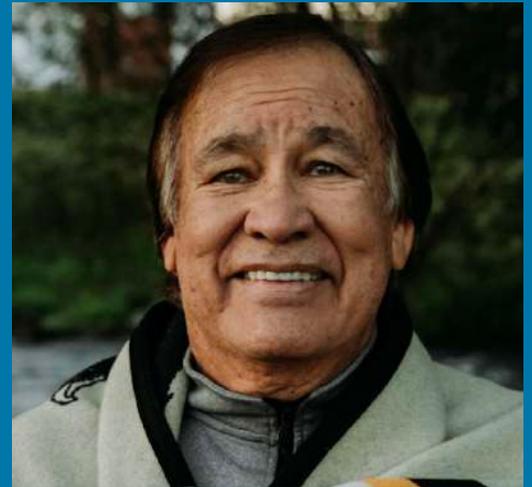
Dear Friends of Running Strong,

We at Running Strong for American Indian Youth® proudly present our 2021-2022 Biennial Report to share the good work that you make possible. Together, we invest in Native community-led efforts to provide clean running water, healthy food and organic gardens, daily essentials like backpacks filled with new school supplies, warm winter coats and boots, and dental care, and cultural preservation and youth programming for our American Indian youth. We empower Native children to dream, share in their culture and language, and grow up healthy members of the next generation, RUNNING STRONG and proud of who they are.

Running Strong was cofounded over 30 years ago by Billy Mills (Oglala Lakota) and Gene Krizek as a “giveaway” to Native people in celebration of his 10,000 m. Olympic Gold Medal. Billy still visits with Native communities across the country to empower Native youth to not give up and believe in the power of dreams.

Our work continuously adapts to meet the needs identified by the Native communities we serve. Each year we face unique challenges. Rather than be discouraged, we seek new opportunities to help even more Native children. We strive for excellence and are committed to completing our mission with efficiency, transparency, and integrity.

We are in a time of rejuvenated strength in Native communities. As you read, we hope you share our pride in the incredibly important work that we do to empower and care for communities and their youth. With Billy and all of us here at Running Strong, we thank you for your generous hearts and loyalty to our cause. You honor us with your support and loyalty.



Spotlight on Billy Mills

On October 14, 1964, Billy Mills (Oglala Lakota) shocked the world with a historic upset in the 10,000-meter Olympic race in Tokyo, securing the gold medal and setting a new world record time of 28 minutes 24.4 seconds. Billy became the only American ever to win a gold medal in the 10,000-meter event. Daily, Running Strong celebrates Billy’s incredible victory and the legacy he created in the aftermath of his win.

Raised on the Pine Ridge Indian Reservation in South Dakota, Billy lost both parents at the early age of 12. Confronted with challenges and obstacles that many Native children continue to face today, Billy channeled his energy into running and continued to run throughout high school, college, and in his time as a U.S. Marine.

In Lakota culture, when one achieves success, it is customary to honor the support system of friends and family who helped them achieve this goal by hosting a “giveaway” to express gratitude. Seeking to give back to his home of Pine Ridge and Native communities across the country, Billy co-founded Running Strong for American Indian Youth© in 1986 with Gene Krizek of Christian Relief Services “to give opportunity; to give hope” and to create a brighter future for the next generation of Native children.

Serving as our National Spokesperson for over three decades, Billy continues to visit with Native communities throughout the year to promote Running Strong’s work, inspire Native youth to realize their dreams, and encourage healthy lifestyles among Native communities. Inspire Native youth to realize their dreams, and encourage healthy lifestyles among Native communities.

Dreamstarter®



Celebrating Billy's Legacy through Dreamstarter®



Running Strong and Billy Mills are committed to empowering the next generation of Native youth. On October 14, 1964, Billy achieved his childhood dream of winning an Olympic Gold medal. On the 50th anniversary of his Olympic win, Billy Mills announced a new dream: to help the next generation of Native youth achieve their own. Through financial and programmatic support, communications and grant training, networking and mentorship, the Dreamstarter® program is designed to support Native youth in pursuit of their dreams, however big or small.

To date, Running Strong has cultivated a network of 80 young Native dreamers who are pursuing their

dreams for themselves and their communities and who are making lasting impact in the lives of the people around them. Through Dreamstarter® and its companion programs – Keep the Dream Alive, Dreamstarter® Teacher, Dreamstarter® Creative, Dreamstarter® Scholarship, Dreamstarter® GOLD, and Dreamstarter® Incubator – Running Strong has invested over \$1.6 million in Native communities and in the dreams of their young people, serving over 25,000 people across the country.

On the following pages you will learn more about our 2022 class of Dreamstarters®, who are making a difference in their communities today, as well as the new programs born out of Dreamstarter®.

Dreamstarter®

In 2022, Running Strong awarded 10 Native youth \$10,000 each to bring their Social Action-inspired dreams to life. Using their dreams as a catalyst, these Dreamstarters® undertook projects that tackled important systemic issues in their communities and used their grant to educate, advocate, or engage with their community around a particular social issue. Our current social climate is changing, with Native voices rising and Native leaders emerging to demand justice, equity and representation. The next generation of Native youth are the future and Running Strong hopes to empower and support their dreams for social change.

Kutoven Stevens, 18

Yerington Paiute Tribe

Yerington, NV

Remembrance Run

Kutoven's dream is to raise awareness on the history of residential schools, remember and honor the relatives who endured them, and foster a space for healing and reconciliation. He hosted the 2nd Annual Remembrance Run, inviting hundreds of runners to make the 50-mile journey from the Yerington Paiute mountains to Stewart Indian Boarding School, bringing blessings from the mountains to the graves at Stewart.



Laura O'Leary Rose, 25

Cheyenne River Sioux Tribe

Eagle Butte, SD

Laura's dream is to support and promote wellness in young Native mothers and their infants in her community. For every new mother, she provided often inaccessible essentials for maternal and child health, prenatal and postpartum care, and safe sleep practices.



Alfredo Quintana, 20

Navajo Nation

Spanish Fork, UT

Alfredo's dream is to fight the invisibility and erasure of Indigenous people and their contributions to global society. His cultural and language programming through the Indian Education program increased Native visibility in the Utah public school systems.



Mariah Plummer, 24

Navajo Nation

South Jordan, UT

Mariah's dream is to strengthen the unity of inter-tribal communities in the state of Utah and provide space for youth to reconnect with their cultures. Through a series of summer workshops, she offered cultural and physical activities to promote wellness and kinship for Indigenous people.



Cameron Troxel, 18

Catawba Indian Nation

Rock Hill, SC

Cameron's dream is to eliminate plastic pollution in the Catawba River and her accompanying waterways. He educated the community on sustainable recycling practices and how to care for the environment, clean up the river, and turn the plastic waste into new products.



Kyle Swann, 22

Piscataway Conoy Tribe

White Plains, MD

Kyle's dream is to unify the members of his tribe and improve the tribal infrastructure to better serve the members of his community. His detailed survey of the 3,500 enrolled Piscataway Conoy tribal members explored tribal demographics, priorities, strengths and needs. This information is used to connect tribal members with critical resources.



Zoe Landin, 19
Standing Rock Sioux Tribe
Bismarck, ND

Zoe's dream is to break down the ideological and technical barriers that exist for Native people who aspire to run for local city, statewide and national offices. During this election year, she hosted a series of workshops that mobilize Native youth voters, educate them on the importance of representation in office, and challenge them to consider running for office one day.



Mariah Gladstone, 28
Cherokee Nation/Blackfeet
descendent
Babb, MT

Mariah's dream is to revitalize knowledge of traditional food systems and increase access to traditional foods. She created recipes using traditional ingredients of the Blackfeet community, taught cooking classes in-person and in demonstration videos, and built community vegetable gardens that grow Indigenous produce.



Jasmyne Jack, 28
Muscogee (Creek) Nation
Okmulgee, OK

Jasmyne's dream is to increase access to feminine hygiene care and education for unhoused Native youth in her community. By providing these products free and confidentially, she built relationships with these youth to better connect them with community resources.



Shayla Manitowabi-Huebner, 25
Wiwikwemkoong Unceded
Territory
Salt Lake City, UT

Shayla's dream is to improve the mental and physical well-being of Native youth in her community. Workshops were held throughout the year to promote healthy behaviors and will cover the importance of physical exercise, nutrition, culture, and mental health, and culminate in a 5k run at the end of the year.



Expanding Dreamstarter®

Since the launch of Dreamstarter® in 2014 and its overwhelming success, Running Strong has since introduced six companion programs: Keep the Dream Alive, Dreamstarter® Teacher, Dreamstarter® Scholarship, Dreamstarter® GOLD, Dreamstarter® Creative, and Dreamstarter® Incubator. Native youth are the future, and by investing in them we are seeing incredible growth in them and lasting change in their communities.



Keep The Dream Alive

Running Strong recognizes the importance of Native youths' dreams and the lasting impact they impart on Native communities. To give them an opportunity to sustain these dreams, Keep the Dream Alive awards eligible past Dreamstarters with \$5,000 grants to extending their projects beyond their grant year and to continue making an impact. In 2021 and 2022, \$32,650 in grants were awarded to 5 Dreamstarters to keep their dreams alive and thriving.



Josh Smith (Osage Nation), 2019 Dreamstarter, used his first Dreamstarter grant to launch his dream: Ekowah Coffee. Ekowah Coffee is a Native-owned coffee roastery that roasts and distributes high quality coffee beans to customers across the nation. Josh's Keep the Dream Alive grant helped Ekowah Coffee recover from the challenges COVID-19 created for small businesses and regain momentum. It also allowed him to make several equipment and materials investments.

Since her 2015 grant year, Dr. Cristin Haase, DMD (Cheyenne River Lakota) has kept her dream of increasing the number of Native American dentists alive through Keep the Dream Alive grants every year that support her annual Pre-Admission Dental Workshop. Her program has grown, and so her network. Through Society of American Indian Dentists, an organization of Native dentists that offers unofficial mentorships and networking events to Native youth that are interested in pursuing dentistry, Cristin was able to use her \$5,000 Keep the Dream Alive grant to keep mentoring young Native dentists in a bigger way. Recently their student enrollment has doubled, this grant allowed them to expand their programming and develop a formal mentorship program for their new members.



Paint Horse Tire Shop was opened by 2019 Dreamstarter Dave Fraser (Oglala Lakota) in August 2021 and is the only tire repair and car maintenance shop that is located on the Pine Ridge Indian Reservation, fixing over 100 flat tires and providing 30 oil changes to the community. With his Keep the Dream Alive grant, Dave expanded his operations and added infrastructure including concrete flooring, tires and tire racks, and a POS machine to accept credit card payments.

Dreamstarter® Teacher

In 2017, Running Strong launched Dreamstarter® Teacher as another way to invest in the futures of Native youth: supporting their educators. These professionals serve Native American students and are passionate about seeing giving their students the skills they need to follow their dreams. Grants were used to meet unmet classroom and school needs including resource materials, equipment, new after school programs, curricula, events, professional development, field trips, and more.

In 2021, over \$23,000 in \$500-\$1,000 in small grants was awarded to 24 educators. In 2022, we expanded the Dreamstarter® Teacher program to make an even greater impact in the lives of Native students: \$50,000 in grants up to \$5,000 awarded to 14 educators. See our website for a full listing.

2021 Dreamstarter® Teachers

Amanda Garner

Webbers Falls School
Warner, OK

Autumn Adams

Ronan Middle School
Ronan, MT

Bethany Cruz

Simcoe Elementary
Yakima, WA

Beverly Moore

Pawhuska Elementary School
Pawhuska, OK

Carly Retterath

Mandan Public Schools
Mandan, ND

Ceriss Blackwood

Southern Ute Indian Montessori
Academy
Ignacio, CO

Christy Rogers

Kotzebue Middle High School
Kotzebue, AK

Christy Rogers

Kotzebue Middle High School
Kotzebue, AK

Connie Michael

Crow Agency Public Schools
Billings, MT

Devin Tatro

Yaakoosge Daakahidi Alernitive
High School
Juneau, AK

Eli Redeker

Charlo Jr./Sr. High School
Charlo, MT

Jennifer John

Native American Community
Academy
Albuquerque, NM

Gwendolyn Couture

Ronan High School
Ronan, MT

John Twichel

Sault Area Middle School
Sault Ste. Marie, MI

John Price

Castle Heights Middle School
Rock Hill, SC

Jonna Weidaw

Lakeport Community Day School
Lakeport, CA

Kelda Britton

Round Valley High School
Covelo, CA

Kristina Kieffer

Spokane Tribe Headstart
Wellpinit, WA

Lisa D. Clemens

Hayward High School
Hayward, WI

LoriAnne Adams

Simcoe Elementary School
Wapoto, WA

Meredith Schramm

Lehi Junior High School
Lehi, UT

Meredith Schramm

Lehi Junior High School
Lehi, UT

Michelle Jones

Winslow High School
Winslow, AZ

Nicole Rasmussen

Lake Roosevelt Elementary
Electric City, WA

Robert Hall

Wyoming Indian Elementary School
Ethete, WY

Victoria Buswa

Ojibwe Charter School
Brimley, MI

2022 Dreamstarter® Teachers

Brooke Gregory

Chief Leschi School
Puyallup, WA

Candance Dickerson

Chickahominy's Little Arrows
Preschool
Providence Forge, VA

Jesse Swann

Piscataway Conoy Tribe
Pomfret, MD

John Price

Castle Heights Middle School
Rock Hill, SC

Megan Osburne-Wamsley

Yurok Tribe Head Start
Klamath, CA

Monica Knuppe

Red Shirt School
Pine Ridge, SD

Orleta Slick

Shonto Preparatory School
Shonto, AZ

Rachel Davis

University of Wisconsin
Stevens Point, WI

Ramsey Seweinyawma

Whitehorse High School
Montezuma Creek, Utah

Rose Yazzie

Urban Indian Center of Salt Lake
Salt Lake City, UT

Shana Aubid

Mille Lacs Early Education Program
Santstone, MN

Shannon Britton

Round Valley Elementary/Middle
School
Covelo, CA

Sister Mary Ignatius Skipper

St. Ann's Catholic Elementary
School
Belcourt, ND

Tyler Sumpter

Quileute Tribal School
Le Push, WA

Dreamstarter® Creative

In 2021 Running Strong launched Dreamstarter Creative to support Native Artists. Artists are our cultural protectors, tradition keepers, and are valuable contributors to contemporary art. Each year, Running Strong awards \$2,500 grants to Native Artists who celebrate their Indigenous identity through their artwork. These funds will help artists from any medium in professional development, to attend workshops and seminars, to purchase supplies, and more.

2021 Dreamstarter® Creatives

Carlton Ami
Navajo Nation
Tsaile, AZ
Jewelry



Shayleena Britton
Round Valley Indian Tribes
Covelo, CA
Painting



Chloe Schierbeck
Standing Rock Sioux Tribe
Burien, WA
Textiles & Fashion



Ann Miller-Larson
Oneida/Ojibwe
Green Bay, WI
Beadwork



Camas Logue
Klamath Tribes
LaConner, WA
Oil Paint



Alana Crutcher
Paiute/Shoshone
Elko, NV
Quilting



Brooke Waldron
Seaconke Wampanoag Tribe
Hopkinton, RI
Pottery



Annie Chasing Hawk
Cheyenne River Sioux Tribe
Eagle Butte, SD
Painting



Lola Wippert
Blackfeet Nation
Browning, MT
Textiles & Fashion



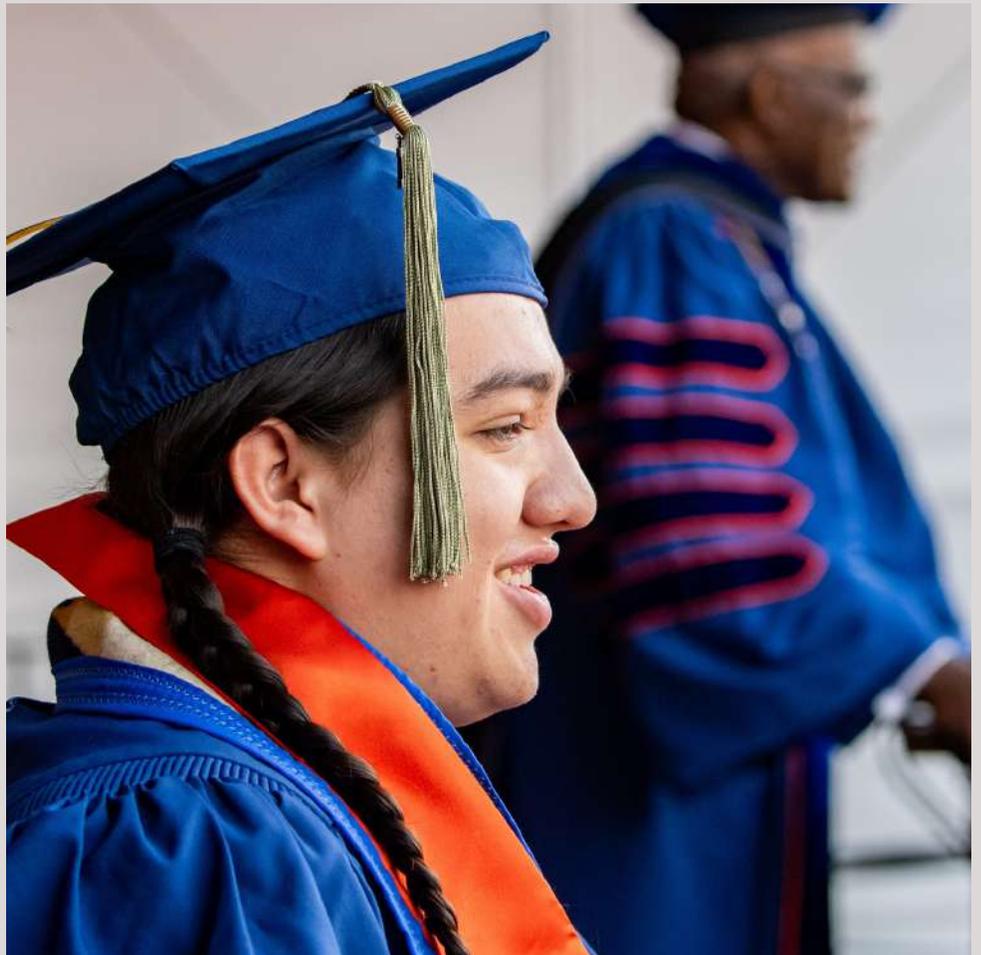
Dreamstarter® Scholarship

Through the generosity of the Earl and Anna Brody Foundation, Running Strong awards eligible Dreamstarters with \$5,000-\$10,000 scholarships to help them pursue their educational dreams. These scholarships are used to offset student loan debt for graduates and pay for tuition for current students. 17 Dreamstarters have been awarded scholarships since this companion program launched in 2020. In 2021 and 2022, we awarded over \$108,000 in Dreamstarter Scholarships to 16 Dreamstarters.



"Thank you Running Strong, The Earl & Anna Brody Foundation and all other donors, for creating this opportunity and making me a recipient of this scholarship. Words cannot express the importance and impact scholarships like this have for our Indigenous youth. As Billy Mills says, in Indian Country there is a lack of dreams. So, providing these opportunities allow myself and other Native students to keep dreaming and making a positive impact for our people. So once again, thank you for this scholarship and keeping my dream alive."

- Noah Hotchkiss, 2015 Dreamstarter



Dreamstarter® Incubator

In 2022, we began partnering with Dreamstarters® to expand their dreams and work with them to develop new Running Strong programs. Dreamstarters® bring their vision, passion, expertise and dedication to addressing Native community needs, while Running Strong provides the network, financial, technical, and logistical support they need to launch and run these new programs. Together, with Dreamstarters® at the helm, we are creating positive change in Native Communities.

Josh Smith (Osage Nation) is a 2019 Dreamstarter who is passionate about entrepreneurship in tribal communities and realized his dream of opening a small Native business, Ekowah Coffee. With Running Strong, Josh launched the Microenterprise Development Program and is seeing his dream come to life in bigger ways. Through the Microenterprise Development Program and under Josh Smith's program management, Running Strong makes small interest-free \$5,000 loans to Native owned and operated businesses. Together we are providing emerging Native owned small businesses with the support they need to grow and succeed.

2022 Microenterprise Development Loan Recipients

Dirty Laundry Saloon

Pawhuska, OK

The Dirty Laundry Saloon is transforming their small boutique café into a full-fledged restaurant. General Manager Erick Wick is dedicated to providing quality, fresh and affordable food for his community and creating a great dining experience for travelers.

The Summer House

Pawhuska, OK

The Summer House creates customized items that include cedar boxes, cook paddles, cutting boards and signs. A young business, the Summer House is committed to meeting its growing demand as owners Shannon and Jason Duty continue to expand their knowledge through the program's business courses.

Roots + Blooms

Bartlesville, OK

Roots + Blooms in Bartlesville, Oklahoma is a full-service flower shop that specializes in events, weddings and workshops. Whitney Virden, owner, believes that by connecting the people to nature and making flowers more accessible, Roots + Blooms can heal, love and inspire the community.

Native Unlimited

Tulsa, OK

Founded in May 2022, Native Unlimited is focused on providing authentic Native American crafts and art. Owner Jordan Garza is keeping culture alive by opening doors for Native people to connect to their traditions and making regalia accessible through by making her business mobile.

"Dreamstarter Incubator is an incredible opportunity to take my dream to the next level. I have always been passionate about Small Business Development, especially small Native Business. Running Strong supported the launch of my business, Ekowah Coffee, through a first Dreamstarter grant, has sustained it through additional support over the last few years, and is now providing me critical infrastructure support to expand my dream of supporting small businesses in Native communities."

-Josh Smith, 2019 Dreamstarter

Mni Wiconi Water Connections

Many families on Pine Ridge Indian Reservation have lived without access to clean, running water for years, and Running Strong remains committed to connecting every home and family in need to water.



When Running Strong for American Indian Youth® began in 1986, getting clean, safe drinking water to the residents of Pine Ridge was one of our first priorities. Previously, Running Strong satisfied this need by drilling water wells before transitioning to the water line connections, repairs and septic system installations we do to meet this critical need today. In 2021 and 2022, Running Strong connected 74 households to water on the Pine Ridge Indian Reservation, making clean, running water accessible to 326 people.

Still, access to potable water remains unattainable for many residents. For some residents, who may live as close to just over 100 feet of the service line, the costs to run a line to their home and tap into the main line are far out of reach. Running Strong is dedicated to seeing every family on Pine Ridge Reservation with running water. At the beginning of 2022, Running Strong had 52 families left on the water connection waiting list – 52 people who our Field Coordinators believed to be the last people on the reservation without water.

To date Running Strong has completed over 470 water connections, water wells, and septic tank installations on the Pine Ridge Indian Reservation and Navajo Nation.

One Family is Connected to Water

Running Strong started work on Venerito Rosales Bull Bear's property in December 2021. He lives in the Medicine Root Community on the Pine Ridge Indian Reservation and his family of 2 (a child under 18) has been without water since February 18, 2018. He would haul water from 50 yards away. Running Strong installed a yard hydrant, a home connection, and septic system, finishing all this work within two weeks.

"I needed water running for my child and myself to keep myself and my child safe and clean. I am 50 years old and it's hard hauling water by buckets. I was so happy when the men showed up at our home. I'm so grateful to Ken and his 2 children for their help. I don't have to use 5 gallon buckets to get water."
– Venerito Rosales



Food Sovereignty & Organic Gardening

To promote tribal sovereignty and ancestral gardening and farming practices, Running Strong operates large garden programs on the Pine Ridge Indian Reservation in South Dakota and supports Indigenous garden initiatives across the country.



Medicine Root Gardening Program

Since 2016, we have been partnering with Oyate Teca Project and their Medicine Root Garden on the Pine Ridge Indian Reservation. In 2021 and 2022, the Medicine Root Gardening program offered beginner, intermediate, and advanced classes for 60-100 people each year. From January through October, aspiring Lakota gardeners learn through classroom instruction and hands-on experience how to plant, grow, and harvest from their own home gardens. They are given seeds and seedlings, soil tilling assistance, garden tools, and a network of people who are passionate about seeing Lakota families on the reservation become self-sufficient. These organic home gardens not only feed a family and teach children healthy eating habits, but provide an income when families sell the surplus produce at the Medicine Root Farmer's Market. To support these home-grown sellers, the Medicine Root Garden program finishes out the year with financial literacy to help these families plan for their futures.

In addition to the fresh produce grown annually by the garden class participants, the Medicine Root Garden now has four hoophouses, a new seedling nursery, and a climate-controlled greenhouse

that produces over 18,000 lbs of produce each season which families can access easily through the Medicine Root Farmer's Market, Fresh Food Box distribution, and the brand-new Mobile Market.

In 2022, we acquired a bus and began modifying it with shelving and electricity to launch our new Mobile Market! On the vast reservation where it is difficult for residents to travel long distances to get to the market, we bring the market to them. The Mobile Market travels out to the communities of the Pine Ridge Indian Reservation three times a week, offering convenient access to fresh produce and shelf-stable foods for families living in remote parts of the reservation.



Slim Buttes Agricultural Development Program

The Slim Buttes Agricultural Development Program is a community effort to increase local food production, improve the nutritional quality of food, and promote self-reliance among the Oglala Lakota people. This community-based gardening project helps till plots, delivers seedlings, distributes seed packages, and installing irrigation systems for families across the Pine Ridge Indian Reservation.

2021 and 2022 saw severe weather conditions, from high temperatures, drought, and wildfires in the

NavajoStrong & Northern Navajo Farm Revitalization Project

2022 was our first year working with NavajoStrong, a previous Dreamstarter Mentor organization that has been meeting the critical needs of families on the Navajo Nation since its inception in 2020. With Running Strong support, NavajoStrong can continue supporting the Northern Navajo Farm Revitalization Project, a project focused on teaching young people

summer to frigid temperatures and blizzards in the winter. Despite the challenging weather over the last couple years, 83 gardens were tilled, 5,600 seedlings were planted by youth and distributed to over 140 community members, 80 bags of soil, 28 planter boxes, 75 seed packages, and 10 grow bags were made available to Lakota families, and 117 families were started with a raised garden bed. Family gardens saw tomatoes, squash, peppers, broccoli, cabbage, watermelon, cantaloupe, and willow and cottonwood tree saplings.

traditional Navajo farming and culture through revitalizing farmland and growing self-sustaining crops.

Food Security

Due to many complicating factors, including remoteness and geographic isolation, many Native American communities on reservations live without consistent access to high quality grocery stores and fresh fruits and vegetables. As a result, food scarcity and food-related health issues have become epidemics in Indian Country, and Running Strong is committed to supporting tribal communities to become food sovereign and secure.



Takini School Pantry

Running Strong has been distributing Backpack Food at Takini School on the Cheyenne River Reservation and food boxes on both the Pine Ridge and Cheyenne River Indian Reservations for over a decade now. In 2022, both programs began to evolve.

Running Strong Food Boxes

For years, Running Strong has supported Cheyenne River and Pine Ridge Indian Reservations with food support. In 2021 and 2022, we distributed over 195,000 lbs of food on Cheyenne River and over 265,000 lbs of food on Pine Ridge so families could access quality foods such as frozen protein, fresh vegetables, shelf-stable meals, dairy, and grains.

Menominee Indian Reservation & Standing Rock Reservation Backpack Food Programs

In 2010, Running Strong started the “Smart Sack” Backpack Food Program on the Menominee Indian Reservation at the Keshena Primary School, in response to teachers’ documenting that the lack of food over the weekends caused students to return to school on Monday fatigued, absent, or generally in poor health. It was severely impacting the children’s ability to learn.

Each year, we distribute 13,500 Smart Sacks, or backpacks filled with healthy and shelf-stable foods such as milk, soups, oatmeal, and more.

In 2021 we launched a “Smart Sack” Backpack Food Program at the Wakpala School on the Standing Rock Reservation. 2015 Dreamstarter Samantha Yellow Fat is a school social worker and launched this

Summer Youth Feeding Program

When local teachers told us that their students return from summer vacations feeling lethargic and having lost weight without frequent access to the free school breakfast and lunch program, Running Strong launched the community-led Summer Youth Feeding Program. Every summer, from June to August, we partner with the USDA to feed kids 5 days a week at three community centers on the Cheyenne River Indian Reservation. Over 24,000 meals, consisting of milk, protein, and fresh fruit,

To better meet the needs of Takini students’ families, we launched a Takini School Pantry program to distribute larger 20-lb boxes filled with frozen meat, fresh fruits and vegetables, dairy, grains, beans and more to families during the school’s monthly “Parent’s Night.”



program with Running Strong after seeing the food insecurity in her community. Each year, we distribute 5,760 Smart Sacks during the school year. Smart Sacks at both Wakpala School and Keshena Primary School are assembled by a network of teachers and student volunteers and distributed on Friday before the weekends, so children and youth have food over the weekend.



were served to children throughout the 2021 and 2022 summers.



Youth and School Support

We help Native communities develop youth programs that provide safe, nurturing spaces with healthy activities for children and teens, assist schools, youth centers, and annual youth camps that do not have the resources to adequately serve Native youth.



Oyate Ta Kola Ku (Friend to All Nations) Community Center

Running Strong is always looking for ways to deepen our impact for Native youth. In 2022, we completed construction and officially opened the 21,000 sq. ft. Oyate Ta Kola Ku Community Center on the Pine Ridge Indian Reservation. When we invest in infrastructure, we invest in Native communities and their youth.

Surrounded by Oyate Teca's Medicine Root Garden and greenhouses, this brand-new facility houses youth and cultural programming such as regalia making and sewing classes, canning and preservation classes, music and art classes, a

recreation room for games, a gym for basketball and volleyball, and more! The Oyate Teca Project provides safe and constructive school enrichment programs where children can engage in social and recreational activities. These programs are extended into the summer and offer mentoring support for children and their families.

The building was named to honor our co-founder, the late Gene Krizek, whose Lakota name Oyate Ta Kola Ku or "Friend to All Nations," embodies the values that Oyate Teca lives every day.



Division of Indian Work's Youth Leadership Development Program

In 2018, Running Strong began supporting the work of the Division of Indian Work's Youth Leadership Development Program. The Youth Development Program provides low-income Native youth in Twin Cities area, Minnesota, ages 5-17, with year-round academic support supplemented with cultural, educational, and recreational activities. It uses

education and traditional teachings to prevent alcohol, tobacco, and drug use and to connect youth more closely with their tribal histories and practices. The YLDP also operates Indigenous Scholars Summer Program, an 8-week program that focuses on literacy, civic engagement, and Native American languages and cultures.

North Kohala Community Center's Mauka to Makai Summer Camp

Since 2017, Running Strong has supported the work of North Kohala Community Center and the Native Hawaiian community in Hawi, HI. Starting with 2017 Dreamstarter Hokani Maria's project to connect his community through the building of a traditional wa'a, or canoe, that is now being used to teach ocean safety and monitor coastal resources, our support has grown to include the annual Mauka

to Makai Summer Camp. Each year, this summer camp develops ancestral skills for living off the land in youth by introducing them to reproductive cycles and lifecycles of fish, reforestation and land management practices, significant cultural sites in North Kohala, and safe boating and fishing over the course of a week.

Culture and Language

Running Strong for American Indian Youth® is working to uplift Native American youth and raise a new generation of young people who develop deeper cultural identities and pride in their heritage. We support communities across the country that are working hard to preserve cultural traditions and revitalize languages.



Euclhee Language Project

The Yuchi Language Project in Sapulpa, Oklahoma, is keeping the rich heritage of the Yuchi people alive by creating new Yuchi language speakers. Tribal members run a children's immersion preschool, language camps, and after school activities to preserve and share this unique language through "breath to breath" immersion methods between fluent speakers and children. The Yuchi Language Project also works with Yuchi elders in a Master-Apprentice program that captures the vast cultural and linguistic knowledge for present and future generations.



Brave Heart Society

At the Brave Heart Society in South Dakota, Yankton Dakota elders teach cultural ways of knowing to coming generations by holding traditional coming of age camps, community gardens, the Waterlily Storytelling Institute, and more. From holistic community wellbeing to the individual's relationship with their indigenous identity, the Brave Heart Society is committed to "calling home the culture."



Catawba Language Project

Through the Catawba Nation's Cultural Division, the Catawba people are achieving their long-term goal of revitalizing the Catawba language. They are raising the first generation of young Catawba speakers since the last 1800s and making Catawba fluency available to the entire community. Their Language Working Group works on developing materials such as lesson plans, curricula, a dictionary and a language proficiency scale, training teachers, and conducting classes and workshops.

"Childhood language acquisition is essential to revitalization of languages. Our language has crucial lessons for our children, such as the Catawba idea that our families are strong." – DeLesselin George-Warren, Catawba Language Project



Critical Needs and Emergency Assistance

What many Americans consider “critical needs” – warm winter clothing, school supplies, hygiene items - can be unaffordable luxuries for many Native American families. Running Strong addresses this issue for thousands of families every year by supplementing these necessities for those who are most in need.



School Supplies, Winter Clothing, and Hygiene Items

Every year, Running Strong provides thousands of brand-new items to Native American families in over 15 tribal communities across the country: elementary and junior high backpacks filled with all the school supplies they need to be successful



in the upcoming school year, winter clothing to keep children warm and dry during the cold winter months, and dental kits to meet oral healthcare needs.



Heat Match

We also keep homes warm with our Emergency Heat Match each winter. In 2021 and 2022, our Heat Match program matched families from the Pine Ridge Indian Reservation up to \$200 for every \$100 family contribution to fill propane tanks and pay electric bills during the winter months, and over 2,100 families received a match. In 2021, offered our second Veteran's Heat Match to ensure our Native Veterans would not go without heat after sacrificing so much for their country.



" There are a lot of programs out there for Natives and there are conferences for almost everything. However, it's hard for these kids to see any benefit from those programs personally. Running Strong is one of the few programs or non-profits that actually do something. The kids actually benefit from what Running Strong does. They are helping the Native people."

-Meredith Schramm, Provo City School District

Intertribal Creatives



Intertribal Creatives

In 2020, Running Strong launched an arts and culture program, Intertribal Creatives initiative, to strengthen our support Native American cultural, artistic and entrepreneurial work. Intertribal Creatives' mission is to promote the creativity, cultural celebration, and community connection for Native American people in urban areas. Online and in our brick-and-mortar store in Old Town Alexandria, VA, we house, sell, and promote authentic works of Native artists, creatives, and entrepreneurs. Through celebration of identity, culture and accomplishments, we are helping to increase the

visibility of Native people in urban centers. We provide space for Natives to connect and network with each other, their communities, and their cultures through beading workshops, powwows, youth networking events and more. Old Town Alexandria is itself located on ancestral Piscataway, and centered near Washington, D.C., the hub of governmental and societal change. While Intertribal Creatives occupies a physical storefront in Old Town, Alexandria, current offerings are featured for purchase on the official Running Strong website at www.IndianYouth.org/Intertribal-Creatives.



Legacy: Circle of Life

In 1986, Olympic gold medalist Billy Mills co-founded Running Strong for American Indian Youth® to give back to his Lakota people on the Pine Ridge Indian Reservation and to Native Americans throughout Indian Country.

During the past three decades, Billy has been doing just that. He's raised more than \$40 million to support programs that provide food, shelter, heat, educational opportunities for children and much more, which will improve the lives of Native Americans and help them build better futures for themselves and their families. Today, Billy still spends hundreds of days each year continuing to inspire young and old alike to dream big, spreading the message: "God has given me the ability. The rest is up to me. Believe. Believe. Believe."

But Billy realizes he cannot go on forever, which is why he became the very first member of Running Strong's Circle Society, whose generous members are shaping the future of our charitable organization by indicating Running Strong for American Indian Youth® as a beneficiary through a bequest in their will or as beneficiary of their life insurance policy or investment account.

As a member of the Running Strong Circle Society, Billy and fellow members will continue to support our mission—impact Native American lives—for years to come.

"I ask you to do the same—leave a legacy of your own that will benefit Native American children for years, decades, to come. There is no greater gift I know," says Billy.

For more information, visit www.IndianYouthCircleSociety.org or contact our team at info@IndianYouth.org.
Running Strong for American Indian Youth© Tax ID #: 54-1594578



"We all can make our own giveaway. My giveaway allowed me to become part of something greater than myself. I humbly invite you to join me in doing the same – to create a legacy of your own that will benefit Native American youth for years and years to come and begin a new life in the hearts of others." – Billy Mills

2021 Financials

2021 Financial Statement

Income

● Cash contributions from affiliates.....	\$2,737,072
● Foundation grants and cash contributions.....	\$4,153,148
● Workplace campaign contributions.....	\$56,023
● Grants from government agencies.....	\$80,607
● Investment income.....	\$41,273
● Other income.....	\$226,753

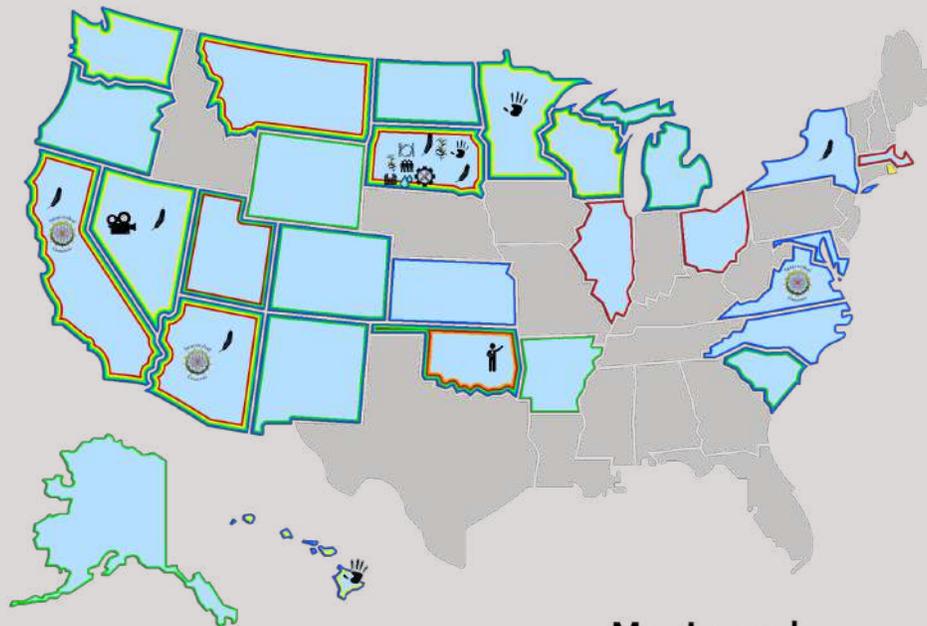


Expenses

● Program Services.....	\$7,104,281
● Management & general.....	\$62,452
● Fundraising.....	\$31,244



2022 Financials



Map Legend

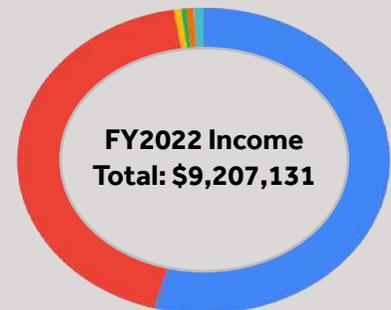
- Community Events
- Culture
- Dreamstarter States
- Dreamstarter Academy
- Dreamstarter Creative
- Dreamstarter Incubator
- Dreamstarter Scholarship
- Dreamstarter Teacher
- Food Programs
- Gardening/Food Self-Sufficiency
- Heat Match/Utilities Assistance
- Intertribal Creatives Events and Operations
- Language
- Other Media/Documentary Grant
- RS Field Office Operations
- Water Projects
- Youth Programs



2022 Financial Statement

Income

Cash contributions from affiliates.....	\$4,994,408
Foundation grants and cash contributions.....	\$3,977,699
Workplace campaign contributions.....	\$58,366
Grants from government agencies.....	\$43,118
Investment income.....	\$54,019
Other income.....	\$79,521



Expenses

Program Services.....	\$7,104,281
Management & general.....	\$62,452
Fundraising.....	\$31,244

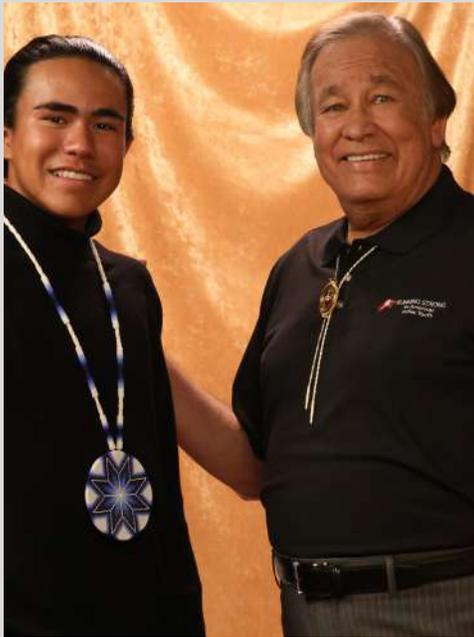


Visit our Website!

Our website features information about all our programs and is easy to navigate, allowing you to effortlessly access the latest news and updates. Please check out our site today at www.IndianYouth.org.

Make a Contribution

Every donation -- large or small -- makes a difference in Native communities throughout the United States. Donating is safe and simple at www.IndianYouth.org, including options to support a specific program or donate automatically.



Donate Stock

A gift of stock or securities can benefit both you and Running Strong. For more information visit www.IndianYouth.org/donate-stock/.



Shop Running Strong

Support Native artists by purchasing Native American-made products from our online store! 100% of proceeds from the Running Strong store support our important programs in Indian Country, and the unique handmade items we sell are all Native-made and Fair Trade. Visit store.IndianYouth.org to shop today!



Follow Running Strong

Follow Running Strong for American Indian Youth© on social media. Stay up-to-date and voice your views and perspectives on American Indian-related issues. Become involved in the online community and connect with organizations and people doing valuable work in Indian Country. When you share one of our posts on Facebook, Instagram, or Twitter, you help raise awareness about the challenges Native youth face. Ask your family and friends

to like our pages and join our email list to learn about issues you care about. When we increase our followers, we increase our voice!

Facebook: @ Running Strong for American Indian Youth
Instagram: @runstrong4aiy
Twitter: @runstrong4aiy

THANK YOU! On behalf of everyone at Running Strong, we wish to thank all the individuals and organizations who make our work possible. We are grateful for your support!



***"You are a support system.
You are a lifeline to
multitudes of people. You are
helping our youth achieve
their dreams."***

-Billy Mills



For more information, visit
www.IndianYouth.org
or contact our team at
info@IndianYouth.org.

Running Strong for American Indian Youth®
Tax ID #: 54-159457

NATIVE WAYS
FEDERATION™



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