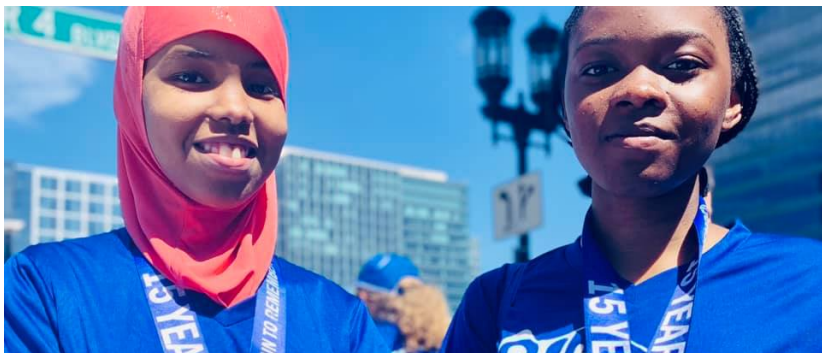







Sole Train

Sole Train is a community-building and mentoring program that uses running as a vehicle for setting and achieving seemingly impossible goals. Sole Train connects students (Young Soles in grades 4-12) with adult volunteers (Old Soles, 50 percent of whom are school staff) in schools across Boston. Sole Train school clubs practice twice weekly during the school year and come together for community-building events and races. The culminating goal is Boston's Run to Remember, a five-mile race or half marathon.



"Sole Train has taught me to be an achiever and not just a dreamer."

SOLE TRAIN IS ON THE MOVE. 2020 GOALS:

- 
 Retain 20 existing sites and add 10 new school sites
- 
 80 percent of participants complete the Run to Remember 5K
- 
 Sustain youth practice attendance at 80 percent or higher

DEMOGRAPHICS



500+ young people of color connected to a citywide running community



Sole Train Achieves:

- 86 percent program retention (very high for a fitness program)
- Over 1,000 Miles Run
- 150 Adult Participants (Old Soles)



Analysis & Report
by SEED Impact

What is Social Emotional Learning (SEL)?

Over the past two years, Sole Train has used the **SEED Competency Ladders™** to assess and accelerate SEL growth for **489 Young Soles**. Youth with stronger SEL are more likely to achieve academic and career success, positive relationships, better physical and mental health, and meaningful contributions to society.¹

“Running down the loop after the MIT bridge at the Run to Remember and seeing all the officers lined up to cheer for us and give us high fives. This really restored my faith in the Boston community and made me so proud of our city.”



A five-stage framework is used to explore three SEL dimensions:

- **BEING** (self-awareness)
- **DOING** (self-efficacy)
- **RELATING** (interaction with others)

Key Findings

Near the start and end of each school year, site coordinators assessed SEL competencies of Young Soles.

Average SEL gains from Pre to Post:

186 Young Soles up 9 percent, 2017-18

303 Young Soles up 14 percent, 2018-19

Student Gains Throughout the School Year

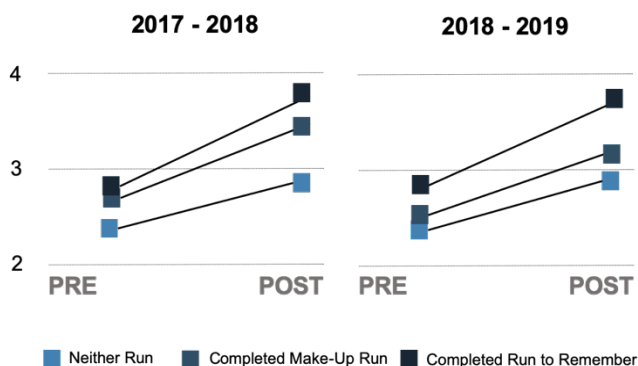
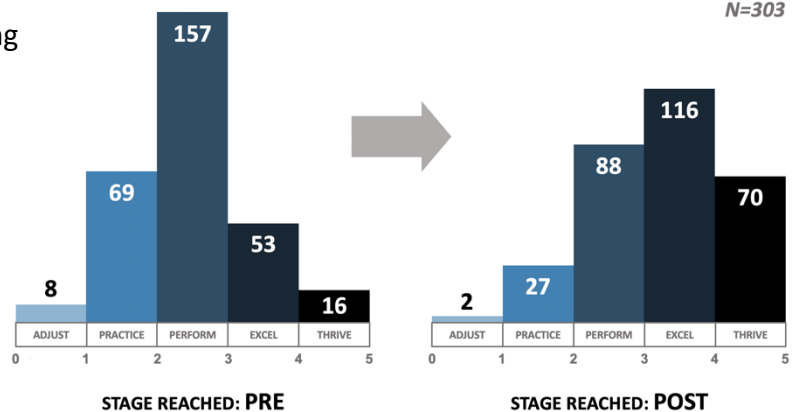
The graph at right shows Pre to Post for 303 Young Soles in 2018-19.

- Significant increase in youth excelling or thriving (from 69 to 186 youth)
- 57 youth jumped two SEL stages
- 124 youth jumped one stage
- 92 held steady
- 30 dropped one or two stages

SOLE TRAIN 2018-2019 | Shift in SEL Scores Pre to Post

Numbers of Youth by SEL Stage

N=303



End of Year Culminating Run

Completing the run is a major goal for most participants. In both years, Young Soles who completed the Run to Remember tended to achieve the highest SEL scores. Those who completed a make-up run attained higher scores than those who did not participate in either event.

¹ Council of Distinguished Scientists National Commission on Social, Emotional and Academic Development. The Aspen Institute, September 2017.