

2014-16 ANNUAL REPORT

TRUST *Worthy*

Crim
FITNESS FOUNDATION

WHO WE ARE

The Crim Fitness Foundation is a 501c3 organization dedicated to cultivating wellness in the City of Flint, Genesee County, and beyond. For more than 40 years we've been putting one foot in front of the other to walk, run, and race our way toward a better future for all citizens. Started as a fundraiser for Special Olympics in 1977 by then Speaker of the House Bobby Crim, the race soon turned into a festival of races, drawing thousands of participants and spectators from around the world. In 2005, our board of directors had the vision to harness the trust and goodwill the race had generated over the years and use it to create a full-fledged catalyst for health and wellness throughout our region. And that is who we are today.

OUR VISION

The Crim Fitness Foundation works to cultivate accessible vibrant communities in Flint and Genesee County that encourage people to lead healthy lifestyles by integrating physical activity, healthy eating, and mindfulness into their daily lives. We mentor other communities to do the same. The Crim uses events, programs, policy, systems, and environmental changes to transform the culture of health in the communities we serve.

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TRUST

Trust is the starting point of true partnership. It is built over time, and earned through consistent effort and steady results.

For 40-plus years, the Crim has been an active part of the Flint community. We've championed fundraising for vulnerable populations, fitness for all, and economic empowerment for our city. We've grown from a race to a festival of races to a transformational foundation committed to cultivating health and wellness throughout Genesee County.

We've been here through good times and difficult ones, and as a trusted partner, today we offer a message of health and hope for our community.

MESSAGE FROM THE CEO & CHAIRMAN

Mark P. Yonan
Chairman of the Board

Gerald S. Myers
Chief Executive Officer

TO OUR PARTNERS AND SUPPORTERS

Dear Friends and Colleagues,

We've spent the past 41 years working hard in the city of Flint and beyond to bring health and wellness to the forefront. The past three years have been no exception. In fact, we've been so busy doing our work, that we haven't had time to tell you about it. With this report, we will change that. We want you to know all about the past three years and the thousands of individuals, families, and communities who have benefited from our work—and from your support. There is much to report.

Even as we share with you some of what we've seen happen—the school children who've had the opportunity to play on a sports team for the first time, the adults who've gained strength and energy through our training programs, the families who've received fresh vegetables and new recipes because of our gardening and nutrition programs, and so much more—we hope you'll remember that you are the ones making this happen. Your commitment to your community is what keeps the Crim running.

Over the past few years, we've expanded our reach to meet the evolving challenges facing our community and others like Flint. Our community education and mindfulness programs are a direct response to community need.

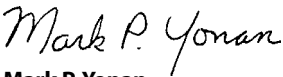
When the water crisis hit, the Crim responded as we always do—with action. We redoubled our efforts to broaden our programming in mindfulness, nutrition, and physical activity—which had all, thankfully, already been in place, and which have been shown to be leading tools for combating the effects of lead exposure.

Here at the Crim, we believe that the health of Flint and Genesee County as a whole rests with the health of each individual living here. Healthy individuals make for healthy communities, and healthy communities make for a healthy world. We've been committed to cultivating health in Flint and Genesee County from the start—and we are here to stay!

With your help, we will continue to bring creative, innovative, and collaborative solutions to further

strengthen our community. This report is all about TRUST: the trust we've built over 40+ years of partnership with you and with organizations, businesses, and individuals throughout our region. We're grateful to you for putting your trust in us, and we look forward to showing you each day and each year what that trust allows us to accomplish together in our community.

With gratitude,



Mark P. Yonan
Chairman



Gerald S. Myers
Chief Executive Officer



“What the children of Flint need now is hope. That hope comes through evidence-based interventions, such as health services, literacy programs, nutrition programs, and mindfulness programs. The Crim’s efforts in these areas will be crucial to the future success of Flint’s families.”

Dr. Mona Hanna-Attisha, Director, MSU-Hurley Pediatric Public Health Initiative

MESSAGE FROM OUR FOUNDER

What I love about the Crim and all of its programs are that they are, in essence, forward-looking activities, filled with hope. Our after-school sports programs give Flint kids the chance to grow, compete, and experience the simple joy of tossing a ball, running, jumping, and playing together. Mindfulness training gives children, many of whom live in challenging environments most of us can only imagine, the tools to calm and center themselves and the satisfaction of making a choice to respond instead of reacting to difficult situations. Those in our youth running clubs and CrimFit Adult Training program experience the discipline and thrill of accomplishment each time they go out for a walk or run. Those are experiences the Crim provides, day after day and year after year, for thousands of people throughout our community.



Because of its long history and deep involvement in our community, the Crim has developed a level of trust enjoyed by almost no other organization I can think of. Along with that comes a responsibility that all of us at the Crim make


a commitment to each day to continue to provide the best programs, the most amazing experiences and the opportunities to grow, to thrive, to find joy, and to trust that together, we can create a brighter, healthier future for us all.

I invite you to join in—to participate, volunteer, and donate, and be the change you want to see right here in our corner of the world.



Bobby Crim
Founder

COMMUNITY EDUCATION

A photograph showing a woman with blonde hair and a young girl with dark curly hair, both smiling and looking at each other. They are in a room with shelves filled with shoes, likely a closet or a storage area. The woman is wearing a black top, and the girl is wearing a white t-shirt with the letters 'M M E R' visible. The background is slightly blurred, showing more shelves and shoes.

Improving attendance rates is one of the four main goals of the Community Education Initiative. At Holmes STEM Academy, Community Education Director Kerry Downs started the Success Club Mentoring Program, pairing students who have chronic absences with an adult mentor. Kerry meets with her mentee, sixth-grader Anastayz'a Cook, in the Community Cares Closet, where they sort shoes and coats for other students.

Partnering WITH SCHOOLS AND COMMUNITIES

Kerry Downs stands next to a washing machine in a room filled with shelves of school supplies, racks of shoes, boxes of assorted diapers, boxes of canned goods, bags of toiletry kits, and racks of school uniforms and winter coats.

This Community Cares Center is part of a new strategy designed to help meet the needs of students and their families in the Flint Community Schools (FCS). An elementary school teacher in Flint for 18 years, Kerry recognized that her students' needs extended well beyond the classroom. However, with the intense curriculum she was responsible for teaching, she simply did not have the time or resources to meet her students' social, physical, and emotional needs as well as their academic ones. When the Crim, in partnership with FCS, was selected to pilot the Community Education Initiative in 2014, Kerry saw firsthand how valuable the program could be at helping meet some of those needs.

"I had a front row seat to see the positive impact on our students, and I knew this was something I wanted

to get involved in," she said. The next year, Kerry joined the Crim team as a Community School Director at Holmes STEM Academy, and today, she's one of 11 directors throughout the district helping create a web of extended support for students and their families. The Community Cares Center is one of the projects Kerry implemented at her school last year.

The Community Education Initiative, a comprehensive strategy to address a wide variety of community needs from education to health to community building, was piloted in five schools in 2015 and now serves nearly 5,000 students at all 11 Flint Community Schools. The strategy seeks to establish public schools as neighborhood hubs for support, learning, and community, providing dedicated staff, programming, and services to help students and families succeed. Each school is assigned one full-time director, five full-time AmeriCorps service members, and a full-time community health worker—all focused on developing a web of support that addresses academic, physical, social, and emotional needs. Goals include increasing student attendance, improving third grade reading levels, increasing graduation rates and grade promotion, and increasing community engagement.

As part of the strategy, the Crim and Community School Directors collaborate with over 70 community partners to tailor programs, activities, and services specifically



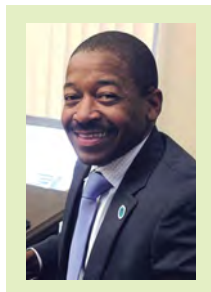
for their students and families. Some of these include sports, nutrition, gardening, and mindfulness activities also organized by the Crim, as well as scouting clubs, cooking classes, physical fitness classes, bike clubs, running clubs, movie nights, mentoring programs, and much more. There is a bustle of activity in hallways, gyms, and in the fields surrounding the schools until early evening nearly every day.

"Through my work in Community Education, I have learned that our students are truly destined for greatness, that our community desires to see our neighborhood thrive, and that our community partners are eager to support our students and families," said Kerry.

The same could be said for all the communities where the Crim is privileged to work. We take great pride in our partnerships that foster community learning and growth and that result in stronger families, healthier neighborhoods, higher performing schools, and higher rates of student success.

“Together, Flint Community Schools and the Crim Fitness Foundation, with a host of other partners, have brought the Community Education Initiative back to Flint, reaffirming schools as the heart of the community, and building trust in the immense offerings that our programs and partnerships provide.”

Bilal Tawwab, Superintendent of Flint Community Schools



REVITALIZING A TRUSTED MODEL

The idea for making schools the hub of community activity is not new—in fact, it started in Flint over 80 years ago, when Charles Stewart Mott and Frank Manley saw the potential of Community Education. They led the way in bringing extracurricular programming to area schools and determined to support the development of a new type of school-based community center. In 1935, community partners came together to offer students, parents, and residents a multitude of structured learning opportunities after hours in the schools. Flint became a role model for districts across the country and around the world seeking ways to better equip and engage their own communities. Over time, however, economic downturns made it difficult to sustain the programs.

In 2014, community members in Flint identified Community Education as a priority in the city's master planning process, and key leaders asked the Crim to develop and implement the strategy across Flint Community Schools. Now, thanks to community partners and significant funding from the C.S. Mott Foundation and additional funding and in-kind support from United Way of Genesee County, Community Foundation of Greater Flint and others, the Crim has been working for the past three years to renew this model and make Flint Community Schools centers of community learning and activity for everyone.



Charles Stewart Mott visits with children during the early days of the Community Education program.

Coaching FUTURE WINNERS

Ryan Ruffin, a 12-year-old sixth grader at Holmes STEM Academy has played flag football, basketball, and baseball through the Crim's Flint Community Sports Program (FCSP).

Psalm Bingham, his coach, said she's seen how the program has helped Ryan develop new skills. "He has grown so much," she said, "especially through his perseverance. There were times where he wanted to give up, but he kept pushing because he had support."

Nathaniel Thomas is also a 12-year-old sixth grader at Holmes STEM Academy, and a friend of Ryan's. He has played flag football, basketball, soccer, and baseball this year through FCSP. "He loves that he learned new skills in football that he will be able to use later in life," said Psalm. "Nathaniel has been exposed to leadership and team building, which has not only made him better on the field but in the classroom as well."

Psalm is one of three Up2Us Coaches who serve with the Crim in Flint Community Schools. Coaches work closely with Community School Directors and Physical Activity Coordinators in each school to provide more than a dozen sports programs for kids in kindergarten through sixth grade. The coaches and coordinators are all AmeriCorps

service members. "Getting kids active both indoors and out is vital to their growth and development," said Jennifer Baker, program manager for physical activity. "With the Flint Community Sports Program we are giving children ways to not only stay active, fit, and healthy, but also to gain skills in team building and integrity that will serve them well as teens and adults."

Students who want to participate in the FCSP must achieve a certain level of academic competency, which motivates them to do well in their classes. In its first school year, 2015-2016, the program reached four schools and involved 1,296 student athletes and 213 volunteers. In 2016-2017, the program reached 2,600 students, and also engaged the community by bringing out approximately 2,500 spectators to attend games. In 2016, there were also 46 volunteer coaches.

"I've seen these kids transform both on and off the field. They learn so much—not only about sports and competition, but about sportsmanship and team building."

Psalm Bingham, Coach, Holmes STEM Academy

In addition to the after-school FCSP, coaches also go into the classrooms multiple times per day to lead Brain Breaks—short bursts of physical activity that give students a break from mental work and let them regroup to be able to focus better when the activity is over. Psalm likes to start her Brain Breaks with fun freeze dancing or silly games, and conclude by leading them into a mindfulness activity. "It definitely changes the attitude in the classroom," said Psalm. "The first class I ever went into was super hyper to start with, but by the time I finished, they really had become calmer."

The CrimFit physical activity program's main focus is to increase the amount of time students are active each day, as well as to teach sports fundamentals and leadership skills. Michigan State University College of Education, a Crim research partner, helps collect data and assess the program's effectiveness.

LET'S GET MOVING



65% of student athletes felt participation in FCSP programming positively impacted their school performance



27% of those students increased the number of days they reached 60 minutes or more of physical activity



72% of students maintained or increased the number of days they reached 60 minutes or more of physical activity

CRIMFIT PHYSICAL ACTIVITY

Psalm Bingham (left) coaches Ryan Ruffin (center) and Nathaniel Thomas, both sixth graders at Holmes STEM Academy, as part of the Crim's Flint Community Sports Program, which reached 1,296 student athletes in its first year.

CRIMEIT NUTRITION



Alannah (front), Otis (back left), and Dominick Liggins (right) check on the chard and spinach growing in the community garden at Freeman Elementary School where they attend. Jared Badour (center) was the FoodCorps service member at the school in 2016-2017. The Crim helps plan and maintain community gardens at all 11 Flint Community Schools.

Cultivating HEALTHY LIVING

A first grader at Potter Elementary School sticks her hands into the dirt in the garden, pulling weeds and preparing a raised bed for planting.

“I’m already strong,” she says, “but gardening makes me feel even stronger.” This young girl is the same student who excitedly tasted fresh tomatoes, collard greens, kale, and broccoli for the first time from the 3,900-square-foot community garden at the school. She learned that she loves harvesting the okra plants all on her own and that she enjoys eating broccoli stems the best. She had this opportunity to fall in love with gardening through the CrimFit nutrition program. Serving all 11 Flint Community Schools (FCS), the program provides a garden-based approach to nutrition education for children and adults.

As part of the program, each FCS school is assigned one of six FoodCorps service members—the largest cohort in FoodCorps history—who are responsible for classroom lessons on gardening, healthy eating, and nutrition, and who build and maintain the schools’ community gardens. FoodCorps service members work with students in the garden, teaching as they go. They focus on exposing kids to real food, showing them how it is grown, and engaging them in the process of cultivation. In addition, students learn about food traditions,

basic nutrition, vermicomposting (composting using worms), prepping garden beds, planting and caring for bean seeds, seed science, plant anatomy, photosynthesis, and more.

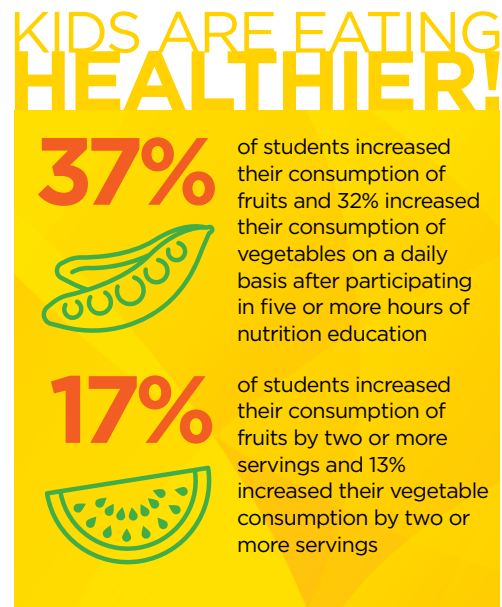
Alicia Woods was the FoodCorps member at Potter Elementary and Doyle-Ryder Elementary for the 2016-2017 school year. “Kids are super excited about going outside to the garden. They start to see and taste things they enjoy, and it changes their minds about where their food comes from,” said Alicia.

Community gardens at every school are only one part of the Crim’s nutrition programming. A Supplemental Nutrition Assistance Program

Education (SNAP-Ed) grant in partnership with the Michigan Nutrition Network provides funding for nutrition education to students in all Flint Community Schools, three Flint area charter schools, one local parochial school, and one preschool. Through this grant, the Crim has seven program coordinators who teach in classrooms on a regular basis using nationally recognized curricula including Pe-Nut, Linking Lessons, MyGarden, and Color Me Healthy. Coordinators provide interactive nutrition lessons, food tastings, and activities to encourage healthy eating at home. In 2014-2015, these programs impacted 5,269 students in 15 schools for a total of 26,345 lessons, and in 2015-2016, the number grew to 5,520 students being impacted 27,600 times.

Educating entire families is an essential component of the nutrition program, as well. Activities for parents include Shopping Matters at the Store tours where participants learn how to shop on a budget, Michigan Harvest of the Month, four-week cooking demonstration classes for parents and caregivers, and weekly food tastings for parents, caregivers, and community members. The tastings take place at the school before or after hours, at the Flint Farmers’ Market, and at nine local food pantry locations.

All aspects of this unique program work together to increase exposure to and awareness of the importance of healthy eating, which has been shown to be one of the major strategies to mitigate lead poisoning and is an important component in combating obesity.



CLOSE-UP: HOW DOES YOUR GARDEN GROW?

Here are some of the results of the work in just ONE of the 11 community gardens throughout FCS schools. The examples below from the Potter School Garden in the 2016-2017 school year are just a taste of what’s happening all over town!

- From September to November 2016, **129.5 pounds of produce** was harvested.
- A fall and spring after-school gardening club (Sprouts Scouts) included nine K-2nd graders.
- There were **24 garden-based lessons** taught to more than 40 kids (17 in-class, seven after-school).
- The garden has been **expanded to include fall produce** with corn, squash, beans, a pumpkin patch, grape vines, and small orchard.
- A large, three-bin compost system was built for **hot-composting** of all farm and yard waste.
- The addition of a **650-gallon cistern** makes watering the garden more convenient.
- A small farm stand **displays the harvested food** so neighbors, parents, and community members can come by and take produce at their convenience.
- The ultimate goal is for the space to become a bustling **school and community gathering space** and **learning garden**.

CREATING THE *Change*

Breathe. Focus. Build Resilience.

Anastasia Livingston, a fifth grader at Rankin Elementary, holds the standing Tree Pose, a Yoga position which helps bring balance and equilibrium to the mind and body. She focuses on holding her body in perfect balance.

The Crim started mindfulness education in the Flint Community Schools (FCS) in 2011, and the program continues to expand and to transform lives with the incorporation of yoga and other physical and mental wellness strategies. How can the practice of mindfulness—paying attention, on purpose, in the present moment, without judgment—impact students? Research shows it can reduce stress, increase self-

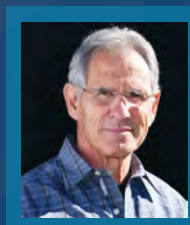
regulation, and foster positive emotions and prosocial behavior, all of which can contribute to academic success.

Laura Garrison, principal at Rankin Elementary School, has seen the profound benefits of mindfulness education since she began utilizing the practice in her kindergarten classroom in 2011 as a teacher at Freeman Elementary School. In 2013, a seven-year-old in her class was hit by a number of tragedies over the summer. “He lost a friend from our class to a shooting, then a week later a friend of his sister was killed, and then shortly after that his brother was hit by a car while crossing the street. It was really hard on him—on all of us.” Laura had attended a mindfulness training through the Crim, and found it particularly helpful during this time of grieving. “I remember we were at the funeral of his friend, and he was so upset, and I just kept saying ‘let’s breathe through this, we will stay focused on the good things.’”

This practice helped the little boy so much that in the fall, he continued to come back to Laura’s class to practice mindfulness with her. “He really needed that centering to help keep himself together,” said Laura. “He decided he wanted to teach my class how to do mindfulness, and he told them about how it was helping him to cope. Then he taught his own class mindfulness as well.” Laura has seen great benefit from the practice of mindfulness and yoga for her students and her staff, helping them calm and center. So she has continued to implement the tools she’s learned from her Crim trainings in her classrooms, as an assistant principal, and now as a principal.

MINDFULNESS SUMMIT

In the fall of 2016, the Crim held a Mindfulness Symposium, bringing nationally-recognized lecturer and researcher Jon Kabat-Zinn to speak on the benefits of mindfulness. This community-wide event drew 1,150 participants. He also made presentations to 125 members of the local medical society and 80 superintendents and staff of the Genesee Intermediate School District.



“I’m grateful to be able to help the Crim, with its long history of trusted community service and engagement, as they share the practice of mindfulness with the children and families of Flint.”

Jon Kabat-Zinn,
Founder of Mindfulness-Based Stress Reduction; Professor of Medicine emeritus, UMass Medical School

MINDFULNESS OUTCOMES

IN THE 2015-2016 SCHOOL YEAR:

74% of students felt mindfulness helped them focus in the classroom

73% of students felt mindfulness helped them calm down when upset

73% of students felt mindfulness helped them make better decisions

61% of students felt mindfulness helped them avoid fights

When the lead crisis hit in 2016, the positive impacts of mindfulness became even more important, as Flint students who already faced poverty, social disadvantage, and trauma were now confronted with the potential of ongoing cognitive difficulties due to prolonged lead exposure. Research shows that mindfulness practices like meditation and yoga may stimulate growth and connectivity in some of the brain structures and neural networks that may have been impacted by lead exposure. Teacher reports of student behavior obtained during our formative evaluation of Crim mindfulness programming suggest that students in Flint Community Schools may be benefiting from mindfulness practices in the classroom. Specifically,

students were observed to be more self-aware, better at regulating their emotions and behavior, and engaged in more prosocial and helping behaviors. These tools are invaluable when dealing with the high rates of social disadvantage, crime, violence, and poverty that many Flint children face. Teachers and family members, as well, find that being in an environment where mindfulness is practiced helps relieve stress.

The Crim’s Mindfulness program provides training, curriculum, and support for teachers and students to engage in regular mindfulness practice. In the 2016-2017 school year, we reached 6,812 of Flint’s 15,000 students, and in 2017-2018, we plan to reach even more.

MINDFULNESS

Anastasia Livingston stands in the Tree Pose in the hallway of Rankin Elementary School. The Crim's Mindfulness Program encourages students to take control of their own bodies, emotions, and thoughts.



MINDFULNESS FROM THEN TO NOW

2011

- Spring 2011, Deepak Chopra, MD, comes to Flint for a community lecture. Over 2,500 people attend.
- Fall 2011, Crim staff attend Mindful Schools training and receive a Ruth Mott Foundation grant and support from the 1440 Foundation to launch mindfulness programming.

2015 *continued*

- The Crim teaches mindfulness lessons in 67 classrooms, reaching 2,660.
- Yoga programming piloted at Brownell-Holmes STEM Academies, allowing mindfulness and physical activity programming to work collaboratively.

2012

- Pilot program begins in Flint Community Schools.

2013

- Crim staff teach mindfulness in 56 classrooms, reaching approximately 1,320 individual students.
- Crim staff create a two-day workshop dedicated to understanding and practicing mindfulness to create a positive learning environment for students.

2014

- The Crim conducts 10 trainings for 330 teachers and administrators impacting approximately 2,100 students.

2015

- The Crim conducts nine trainings for 95 teachers, principals, support staff, and mental health workers.

2016

- Flint water crisis hits national headlines. Crim Programs, mindfulness specifically, identified as potential intervention by Dr. Mona Hanna-Attisha.
- Crim received funding from Community Foundation of Greater Flint to expand programming district wide to serve all 11 Flint Community Schools.
- Crim partners with Dr. B Grace Bullock, Oregon Research Institute, and Dr. Karin Pfeiffer, Michigan State University, as program researchers and Inner Explorer and Yoga Ed. as program partners.
- To bring mindfulness into the spotlight, the Crim holds a Symposium with Jon Kabat-Zinn. More than 1,100 community members attend.

- In the fall, 513 FCS teachers, administrators and staff attend a district-wide training to receive support to bring Mindfulness to all 4,397 FCS students.

CRIM RACES AND EVENTS

Jeni and Nick Godlesky have a strong connection with the Crim, which brought them together through the CrimFit Adult Training Program several years ago. They've been together ever since.



BRINGING A COMMUNITY *Together*

Soon after crossing the finish line the first time she ran the Crim 10-mile race, Jeni Bluhm Godlesky remembers thinking to herself, “No matter where I end up in this world, I’ll never miss this day!”

Jeni has participated in races throughout Michigan, Florida, California, Ohio, and Illinois, and she says there has never been an event that compares to the HAP Crim Festival of Races. “The City comes alive on race day, and it’s like nothing I’ve ever experienced anywhere else. There’s just nothing like the feeling of running on the bricks and crossing that finish line!”

A year and a half prior to running her first Crim in 2011, Jeni was spending most of her time at

doctors’ offices having scans, biopsies, and tests to determine if the lump in her neck was cancer. Thankfully there was no cancer, but Jeni did have a thyroidectomy. Soon after her surgery, she decided she wanted to run the Crim 10-mile race, and she joined the Crim training program. “I needed to get my life back and running was helping me do that,” said Jeni. “I joined the training program to learn to train smarter, to be held accountable, and to meet people with the same goals as me.” Jeni eventually became a training group leader and not only found a group of people who became her closest friends, but a place she felt she truly belonged. She also met her future husband—Nick.

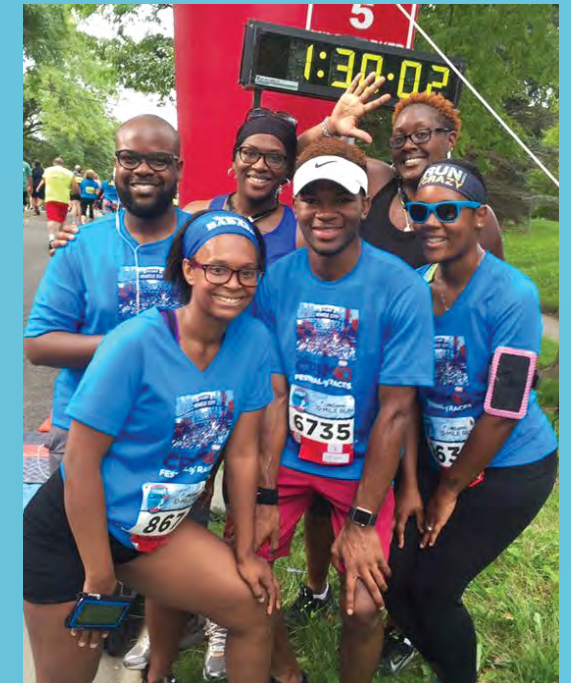
They weren’t in the same training group but met through friends in their individual groups in 2014. “He’s a MUCH FASTER runner than I am,” says Jeni. “Nick and I didn’t date. We met and that was it. It didn’t take long for him to become my best friend. It was that perfect connection that I didn’t think was possible.”

From Nick’s perspective, “It took some digging, but I found out she was single. We started running together on the weekends. I noticed she was trying to impress me by running a little faster than she had been used to. She was trying to impress ME!” The couple married in December 2016. Both Nick and Jeni say their favorite race was when Nick ran with Jeni to help her get her personal record.

Always held the fourth Saturday in August, the HAP Crim Festival of Races is the cornerstone of the Crim Fitness Foundation. In August 1977, Michigan house speaker Bobby Crim launched the first Bobby Crim 10-mile road race. Now more than 40 years later, the race has evolved into a true festival of running and walking races that include the legendary 10-mile race, along with the 8K, 5K, Teddy Bear Trot for the younger crowd, as well as the USATF-recognized Michigan Mile Race Series. More than 14,000 people participate, bringing more than 50,000 people downtown. The Festival generates \$100,000 annually in support of Crim programs, and millions in economic activity for the community.

Nick now serves on the Crim’s Board of Directors, and both he and Jeni continue to be involved in the organization. “Basically, if it says ‘Crim’ on it, my wife and I are on board.”

This August, Nick and Jeni will line up at the start of the Crim 10-mile race, and prepare to run. Standing alongside thousands of other participants, this couple will join together with a community that has been running this race for generations. For Nick and Jeni, it’s the race that not only brings the community together, it’s the race that brought them together as well.



GETMOVING!

FESTIVAL OF RACES PARTICIPANTS

2014	2015	2016
14,250	14,500	15,591

We also want to thank the nearly 3,000 volunteers who come out each year to help make the HAP Crim Festival of Races a success!

WORTHY OF SUPPORT

In 2016, the HAP Crim Festival of Races celebrated its 40th 10-mile race. But when the lead crisis hit, the celebration was tempered by the reality of the severe burden facing the Flint community. In addition to ongoing programs supporting the residents of Flint, the Crim wanted the race itself to be a symbol of the resilience of the Flint community. Dollars traditionally budgeted for the prize purse were reallocated to cover full “race scholarships” for Flint residents, allowing them to register for their Crim race free of charge. The result? More Flint residents than ever participated in the race, and the total participation was the second highest in Crim history with more than 15,600 people joining together to show their support for Flint.

Changing Lives ONE STEP AT A TIME

**“You have type 2 diabetes.”
Hearing those words from her
doctor in 2014 finally pushed
Brenda Rose to make changes
she had put off for years.**

“My doctor told me he did not want to prescribe medication, because he knew I could change my diagnosis if I changed my lifestyle. After having a pity party for a day, I did listen. And I did change,” she said. Brenda started slow, tracking her food intake, increasing her physical activity, and upping her daily number of steps. After a few months, she had lost 20 pounds, and a friend invited her to join the CrimFit Adult Training Program. The 15-week program encourages physical activity and team-building, and prepares participants for the HAP Crim Festival of Races. “I protested that I wasn’t a runner,” said Brenda, “but my friend persisted,

and she convinced me to join. Her confidence, support, and introduction to the program have had a huge impact on my life.”

The CrimFit Adult Training Program meets from May through August every year, and anyone 18 years or older can join. Group sizes range from 10-40 people, and participants are placed in groups based on their goal Crim race, whether they are running or walking, and their preferred pace. Participants train with the same group of people each week, and meet in different places throughout Genesee County. There are more than 70 existing groups, each with volunteer group leaders who devote countless hours to helping those in their groups by focusing on team-building and encouragement.

Brenda said her training group kept her accountable and focused. “Days I did not feel like running, I did anyway, because I felt my group needed me. Eventually, I made new friends who encouraged one another and

were truly happy with each others’ progress, no matter how big or small it was.” Brenda completed her first Crim 10-mile race in 2015, and finished it again in 2016. Over time, Brenda lost a total of 50 pounds and dropped her A1C score to a 5.8. Today, it’s at a 5.5. (An A1C score of 6.5 percent or higher on two separate occasions indicates you have diabetes.*)

Brenda met friends in her group who she continues to run with on a regular basis. They call themselves *The Squirrels*, and they run every Thursday and Saturday. In just two years, she’s completed three half marathons as well as several 5Ks and 10Ks, and she’s training for a duathlon. This year, she’s also in the CrimFit Adult Training Program, which she continues to enjoy.

“You get weeks when you need to be encouraged, and weeks where you are the encourager—both are important for your growth. I can’t even tell you how amazing the support is, even to the extent of people sacrificing their personal records during a race to walk with a fellow racer who is struggling.”

Brenda said she never dreamed running would be something she would ever try, and she knows she would have given it up years ago if not for the support she’s gained through her training groups. “My children and husband have become more involved in running as well. Thanks to everyone’s support, I will be running for a long time and accepting the new challenges to keep me healthy.”

“I protested that I wasn’t a runner, but my friend persisted, and she convinced me to join. Her confidence, support, and introduction to the program have had a huge impact on my life.”

Brenda Rose, Participant, CrimFit Adult Training Program

CRIMFIT TRAINING PARTICIPANTS

The training program has grown to become the largest of its kind anywhere in the country.

ADULT TRAINING PROGRAM

2014	1,032
2015	1,125
2016	1,751

COMMUNITY TRAINING PROGRAM (PART OF THE ATP)

2014	254
2015	406
2016	534

*Source: MayoClinic.org

CRIMFIT TRAINING PROGRAM

Brenda Rose credits the CrimFit Adult Training Program with connecting her to friendships and support she needed to lose weight, overcome type 2 diabetes, and develop a more active lifestyle.

TRAINING TOGETHER: THE FLINT COMMUNITY TRAINING PROGRAM

Several years ago, the Crim realized that the CrimFit Adult Training Program lacked participation from City of Flint residents. In order to encourage more involvement and better meet residents' needs, partnerships were created with several faith-based and community organizations within Flint, as well as with the Flint Community Schools. The Flint Community Training Program (FCTP) began with two sites in 2012, and soon grew to four sites in 2013, seven in 2014, 10 in 2015, and 13 in 2016. By 2016, 543 individuals were participating and continued growth is expected. The program is made possible thanks to generous grants and sponsorships that underwrite the hard costs for FCTP participants.

FCTP offers all of the benefits of regular Training Program enrollment: a proven and safe training method, access to local fitness centers, entry to the Crim race, discounts on race apparel and accessories, and vouchers to participate in other area races. Group members meet at the same location each week and run or walk their local neighborhood, which has the added benefit of community building. In fact, 74% of survey respondents agreed or strongly agreed that participating in their FCTP group made them feel a stronger connection to the surrounding neighborhood, and 94% agreed or strongly agreed that the location of the group was a valuable resource for their neighborhood and community.

"Our running and walking club members have a new and fun way to get healthy, and for many of them it's their first chance to exercise and participate in the Crim," said Chylawn Jackson, FCTP site coordinator at Bethlehem Temple Church. "It also brings our members together, creating stronger friendships and closer connections to our community. Each week, I encourage the group to have fun, remain focused, and stay CRIMmitted!"

The FCTP also provides significant health benefits to participants. Those surveyed in 2016 reported:

- an average decrease in blood pressure of 9.4/5 (systolic/diastolic)
- waist circumference either decreased or stayed the same; the average loss in waist circumference was 1.78 inches
- an average decrease in resting heart rate of 4 beats per minute
- 89% of participants either agreed or strongly agreed that the program helped them to be healthier than they otherwise would have been, and they planned to maintain a level of healthy and active living beyond the program

ACTIVE LIVING

Carma Lewis mows the lot across the street from the Neighborhood Engagement Hub, which houses the Mobile Tool Shed, where volunteers like Carma check out tools to help keep vacant lots tidy. Keeping lots clean and mowed is a form of Crime Prevention Through Environmental Design, which increases the likelihood that residents will engage in physical activity outdoors.



Advancing A SAFE COMMUNITY FOR ALL

Carma Lewis is a professional volunteer—at least that’s how she describes herself. “I’ve been volunteering everywhere for years,” she said. In fact, it’s because of her extensive volunteer work that she holds her current full-time position as a Community Outreach Coordinator for the City of Flint.

“They saw what I was doing, trying to connect people and get them the information they needed about the water crisis, and decided to make my role a full-time job,” she said. Carma is originally from Flint, but moved away for a while. When she returned, she threw herself into the work of making the community better. She has served on the Flint

Action Coordination Team and is the president of Flint Neighborhoods United. She also had a short stint distributing water to local citizens after the lead crisis. And, she’s a member of the Crim-organized Safe and Active Genesee for Everyone (SAGE) Coalition.

“I joined because I saw all the construction that has been happening due to changing the pipes in Flint, and I realized we need to be aware of how this is impacting our sidewalks and streets. SAGE is working to address that, and I think we need to find ways to incorporate positive change during the construction process, instead of trying to fix things afterward,” said Carma.

The SAGE coalition consists of over 30 advocates, nonprofits, private and government organizations working together to advocate for and support active living initiatives that promote safe opportunities for people to be physically active throughout Genesee County. SAGE, and its working committees, meet monthly to discuss policy change in Genesee County, coordinate events and projects, and share information

between organizations. SAGE is part of the Active Living programming at the Crim, which began in 2008 as a way to engage in policy and advocacy work that would lead to environmental changes throughout the county. The Crim believes that for physical fitness to thrive in a community, the environment must be safe, welcoming, and supportive of all types of physical activities. The work of SAGE is truly transformative. By empowering individuals to learn new skills and make changes right in their own neighborhoods, SAGE helps create lasting change both in the community itself and in the individuals who live here.

Some of the work includes advocating for Complete Streets policies to ensure that neighborhoods are well-lit at night, have designated bike lanes, and have well-kept sidewalks. SAGE has also held leadership trainings and legislative town halls for Flint and Genesee County residents, and it hosts regular bike rides and bike education workshops.

Safe Routes to School is another aspect of the advocacy work, and since it was first implemented in 2010, it has resulted in over \$1 million invested in infrastructure for students to walk safely to school. All schools in the Flint Community Schools district participate in the Safe Routes to School program. At the elementary schools, Safe Routes to School teams have established safe walking programs known as a Walking School Bus, where adults walk children to school in groups, picking up students along the way so that children don’t have to walk alone. At the middle school level, students begin learning about urban planning and neighborhood design.

MAKING SIDEWALKS & STREETS SAFER

1,000 Miles of Sidewalks Audited

75 Walking School Buses Held

\$479k in Infrastructure Improvements Brought to Flint in 2014-2017

319 Kids Engaged in Ongoing Programs

“Working together gives the different groups the knowledge of what’s going on out there. People can go straight to SAGE to get assistance for what improvements need to be made, and SAGE provides collaboration to get those things accomplished.”

Carma Lewis, Community Outreach Coordinator, City of Flint

“Working together gives the different groups the knowledge of what’s going on out there. People can go straight to SAGE to get assistance for what improvements need to be made, and SAGE provides collaboration to get those things accomplished,” added Carma. “There is more power in numbers.”

Sparkling A LOVE OF FITNESS

Our vision of promoting physical fitness and wellness throughout Genesee County keeps us constantly seeking ways to engage individuals and families. We believe that encouraging a love for health and wellness in children is key to creating a sustainable future for the City of Flint and for Genesee County as a whole. Our programs include many opportunities for kids and adults to experience the fun of gathering together outside to be physically active.

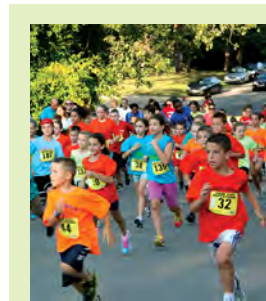
MARTI AUSTIN KIDS CLASSIC



This “mini-Crim” for youth ages 0-12 is held annually at the Flint Cultural Center and features fun activities for the entire family including games, giveaways, and health information. Whether it’s the Diaper Dash or the Toddler Trot, the ¼ mile, ½ mile, or 1 mile, each race gives kids the chance to have fun while getting fit!

SUMMER RUNNING CLUBS

Crim-trained Club Captains lead kids ages 5-17 in weekly summer fun in neighborhoods throughout Genesee County, where children learn the value of staying physically active. Club members are invited to a Family Fun Night with food, prizes, and games that encourage families to be active together. The program has grown and now includes nearly 1,000 participants.



KIDS INVITATIONAL

Kids participating in Summer Running Clubs have the fun of gathering at the end of the summer for the Kid’s Invitational at Flushing County Park. Here, they line up for the ¼ mile and ½ mile fun runs, and a 1 mile competitive run for ages 5-17. Children in Summer Running Clubs race for free, and other participants may race for a nominal fee.

HUCKLEBERRY HUSTLE & LITTLE BERRY DASH

Since 2014, the Crim has encouraged people to enjoy being more active all year long by offering a variety of fun, low-key and low-cost running and walking events. One of the most popular is the Huckleberry Hustle & Little Berry Dash. Held in the evening at Crossroads Village in Flint, this mid-week race is a fun 5K run/walk along dirt roads and surrounding scenic trails. It ends at the Village’s famous carousel and Ferris Wheel. Those attractions, along with the Little Berry Dash—a short race around the Village for kids 0-10, make it a family favorite each summer.



READY, SET, RIDE!

Grab your helmet and get ready to pedal your way along the Crim’s 10 mile race route. Each year we open up the famed blue line route to bikers for the Tour De Crim. The Tour is recreational and open to bicyclists of all levels on any kind of bike. Past events have also included four fun and challenging obstacle stations along the way. After the ride, participants enjoy a mini-festival, complete with music, Michigan microbrews and soft drinks, contests, and more. The tour starts on the bricks of downtown Flint and features a safe, traffic-free course. The event has attracted as many as 1,000 participants enjoying this non-competitive ride with friends and family. Proceeds support the Crim’s Safe and Active Genesee for Everyone coalition that works to advocate for bicycle safety, education, and increasing trails and lanes throughout Flint and Genesee County.



1,000+
PARTICIPANTS

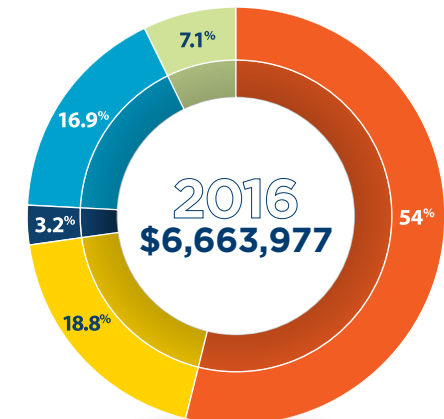
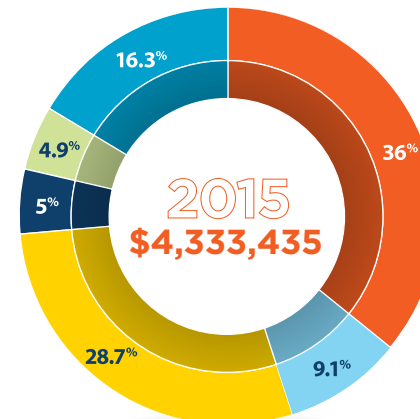
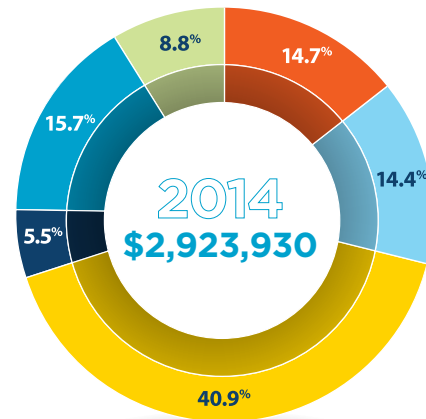
HAPPY TOUR
DE CRIM

KIDS' EVENTS

Financial SNAPSHOT

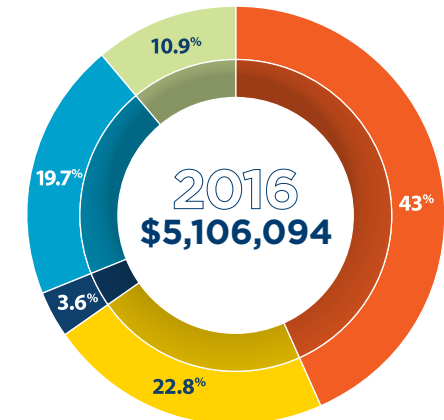
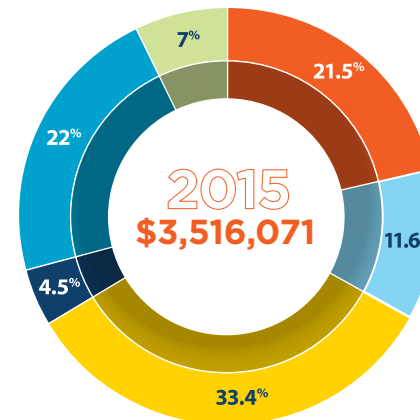
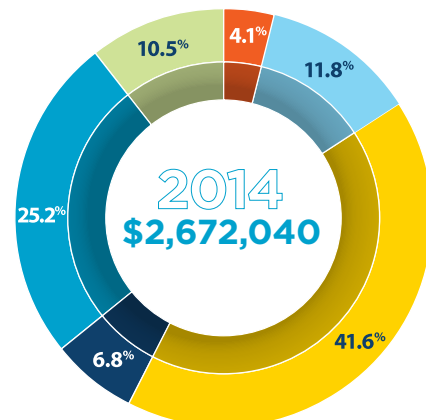
REVENUE & SUPPORT

- Community Education
- Active Living
- Festival of Races
- Adult Programs
- Youth Programs
- Administrative Support



EXPENSES

- Community Education
- Active Living
- Festival of Races
- Adult Programs
- Youth Programs
- Administrative Support



The Crim Fitness Foundation, Inc., a 501 (c)(3) nonprofit organization, undergoes an independent audit each year to verify the financial information presented in this report and the 990s filed with the U.S. Internal Revenue Service. Copies of Crim Fitness Foundation, Inc. 990s are available by request and audited financials may be obtained by emailing info@crim.org.

Trusted PARTNERS

We depend on our donors to keep our programs running. Thank you for your generosity and commitment to our cause.

\$100,000+

ABC12
Bobby & Marsha Crim
Diplomat Specialty Pharmacy
HAP (formerly HealthPlus of Michigan)

\$40,000+

Financial Plus Credit Union
Cumulus Media - Flint
Mlive Media Group – The Flint Journal
McLaren Flint
University of Michigan-Flint

\$20,000+

3Sixty Interactive
Al Serra Auto Plaza
Genesys Regional Medical Center/
Ascension Health
Hurley Medical Center
Dave & Josie Isbell/Grand Blanc
Motorcars, Ltd.

\$10,000+

Absopure Water Company
Advanced Physical Therapy
Bank of America
Bill Carr Signs
Blackstone's Pub & Grill
Brick Street Bar & Grill
City of Flint
City of Flint – Downtown
Development Authority
Consumers Energy
Financial Plus Credit Union
Flint & Genesee Chamber
of Commerce
Henry Fracalossi
Greater Flint Health Coalition
Huntington Bank
(formerly FirstMerit)
Kettering University
Michigan State College
of Human Medicine
Meijer
Tara Guber
UAW Region 1C

VG's/Spartan Nash
Walmart
William E. Walter, Inc.

\$5,000+

Elizabeth L. Aderholt
ATI Physical Therapy
Bishop International Airport
Community Podiatry Group
Don & Margaret Crim & Family
Douglas & Bonnie Crim & Family
Curbco
Fusion Medical
Genesee Health System
Landaal Packaging
Lewis & Knopf CPAs PC
McDonald's/Grand Blanc Arches
Michigan Rehab
Otsego Church of God Missions
Patsy Lou Williamson
Automotive Group
Plante Moran
Powers Catholic/Northgate
STAT Emergency Medical Service
Swartz Ambulance
Tim Hortons
University of Michigan-Flint
Recreation Center
Vogt's Flowers

\$1,000+

501 Bar & Grill
Robert & Leslie Aguirre
Anna Paulina Foundation
American Red Cross
BCBSM/Blue Care Network
Baker College
Robert & Cynthia Bois
Bob Cole - Macomb Group
C&L Ward Bros. Co.
College Hunks Hauling Junk
Ruth, Mike, Mary & Madeleine Cantor
A. Michael & Kim Conn, RE/MAX Grande
Michael E. Dach*
Dental Care Group
Detroit Tigers, Inc.
ELGA Credit Union
Etna Supply Co. of SE Michigan
FAYRR/W 1998 Training Group
Flint Farmers' Market
GM Flint General Assembly
Anne & John Gault*
Genesee Health Plan
Graff Family Foundation
Hank Graff Truck Center
Michele & Michael Hood*
J.P. Morgan Chase Bank, N.A.
J.P. Morgan Securities LLC
Eric R. & Peggy Jones*
Junior League of Flint Sustainers

Paul & Sosa Kocheril
Nell Kuenmuench & Family
Lawrence E. Moon Funeral Home
Diane Lechota*
Harvey & Deborah Lee
Lyonel J. & Cathy Leonard
Little Caesars
Jennifer Liversedge*
McLaren Bariatric & Metabolic Institute
MJ Manufacturing
MMR
Mott Community College
Drs. Bobby and Nita Mukkamala
Olmsted Associates, Inc.
John Ostrander
OUTFRONT Media
Donald & Susan Paliani*
Michael H. Petrucci
William Piper
Matthew & Theresa Purcell
North American Tooling Center
John & Kathy Racine/The Lake Agency*
Rite Aid Pharmacy
Satterlund Supply Company
Security Credit Union
George & Mary Skaff
Skaff Furniture Carpet One
Scott & Allison Smith/
Colony's Quality Meats*
Sorensen Gross Construction Services
Spencer Agency

Giving totals are cumulative for 2014-2016.

*Chairman's Circle Annual Members

Table & Tap
John A. Tosto, PLC
James & Pamela Trembley*
Clifton Turner
Universal Ambulance
Vehicle City Motor Sports
Victory Packaging
John & Debbie Walter
Weinstein Electric
Wells Fargo Advisors, LLC
Kathy White

\$500+

Al's Quick Release
Anytime Fitness
Applewood
Assenmacher's Bicycle Company
Michael & Bernie Carr
Compound Bows
Janeen Dvorak
FCA Foundation
Fastenall Co.
Flint City Golf
Jim Frees
Robert & Joanne Fuller
GCSI
Tim & Kathy Giles
The Great Put-On
Dorothy Hayes *In Memory of William Hayes*
HCR Manorcare
Terry Heany
The Home Depot
Tim & Kathi Johnson
John & Karen Kaloydis
Ray & Penny Knott
Kohl's
Matt & Renee Krusniak

John & Nicole MacDonald
Wally & Marge McLaughlin *In Honor of Penny Beckham*
Jay & Marilyn Nelson
Otsego Church of God Missions
Buzz & Jill Purcell
Red Ink Flint
Riegle Press, Inc.
Sandra Sellers
Melanie Smallidge
Jack Stock
Team One Credit Union
The Tuuri Family
Drs. Sasikala & Koteswararao Vemuri
West Court Street Church of God
Andrew & Elena Younger

\$250+

B & C DJs
BD's Mongolian Grill
Archie Bailey
Mary Beth Balaze
Matthew Barber
Tess Barker
Bauman's Running & Walking Shop
Bedrock Building
Aaron Bigler
Brian Burr
Daniel Butts
Care of Life Chiropractic
Matt Clevenger
David A. Cole
Cooper Commercial Group
Sharon Davenport
Tony Dearing
Kim Dudley
Daniel Garcia
Bridget Edwards
Robert Emerson

Flint Family Dental Group
Friends of Dan Kildee
Fremont Halboth
Thomas Hauer
Lauren Holaly-Zembo
Gary & Carol Hurand
Suzanne Hutto
John & Linda Jerome
Elizabeth Jones
Jane Keeler
Donald Kursik
Larry & Heidi Lawrence
Roxanne Maguffee
Jessica Marek
McKay's Compost Farm
Riley McLincha
Matthew Mehalko
Theresa Merritt
Frank & Gail Migliazzo
Ivy Mosby

Owosso Columbus Credit Union
Jayme & Shawn Pallagi
Dr. Eric Peabody
Jeff & Patsy Phegley
Nicole Rosebrough
Richard & Cassie Sadler
David Sanders
Philip & Ardele Shaltz/
Shaltz Automation
Jacquie Spicer
Temple Dining Room
Juliette Thiel
Dayne Walling
Warrington Block Club
Thomas P. Wascha
Jenni Wolgast
Honorable Tom Yeotis &
Mrs. Magdalene Yeotis
YMCA of Greater Flint
Robert J. Zimmer

\$100+

Carol Balgenorth
Bendle High School Challenge
Tim Bograkov
Susan Borrego *In Honor of Phil Shaltz*
Guy Briggs
Denise Busley
Christ Enrichment Center
Dave Conklin
Creative Foam Corp.
First Congregational Church of Saugatuck
Jamie Florida
Jim Grubb
Clayton & Pat Hubel
Planet Fitness
Rae Schnuth
Smitty's Towing
Noel Weddington

FOUNDATION SUPPORT	2014	2015	2016
A.G. Bishop Charitable Trust	\$ 14,301	\$ 25,000	\$ 60,000
1440 Foundation	\$ 25,000	\$ 25,000	\$ 5,000
California Community Foundation			\$ 15,000
Charles Stewart Mott Foundation	\$ 506,000	\$1,487,500	\$2,707,500
Child Welfare Society			\$ 5,000
Community Foundation of Greater Flint	\$ 42,684	\$ 236,957	\$ 548,783
Corporation for National & Community Service		\$ 84,195	\$ 281,104
Dick's Sporting Goods Foundation	\$ 12,380		
Flint Community Schools			\$ 150,000
Genesys Health Foundation	\$ 18,470	\$ 18,830	
Ruth Mott Foundation	\$ 378,737	\$ 565,201	\$ 317,295
Michigan Fitness Foundation	\$ 266,274	\$ 328,266	\$ 469,987
National Basketball Players Association Foundation			\$ 50,000
United Way of Genesee County	\$ 102,000		\$ 300,000
Whole Kids Foundation			\$ 19,000
TOTAL SUPPORT	\$1,365,846	\$2,770,949	\$4,928,669

CHAIRMAN'S *Circle*

Those whose generous contributions play a key role in helping the Crim Fitness Foundation, Inc. provide programs, preserve history, honor excellence and connect generations.

FRIENDS OF FLINT

Tim and Kathi Johnson, owners of Universal Coating in Flint, are avid walkers and racers, having participated in more than 96 races in countries all over the world.

Kathi participated in her first Crim 10 mile race in 2010, and loved it. "This race is just awesome. The volunteers are incredible. The whole city comes together and it is so much fun. It's the best," she said. Her husband Tim joined her in the race in 2011, and since then, they haven't missed a year.

Tim and Kathi also participate in the adult training program that runs from May through August, and they walk the rest of the year with their Labrador Retriever, Mojo.

Several years ago, Tim and Kathi decided they wanted to give back to the community that has supported them and their business for many years. "We've been fortunate to have our business for 35 years and to be a part of the Flint community," said Kathi. "We know how important health and wellness are for everyone, and especially in the Flint community after the water crisis. This cause is very important to us, and we want to support it." The couple have been generous Sustaining Members of the Crim's Chairman's Circle, having made three \$10,000 donations in just a few years. Recently, they became the inaugural **Chairman's Circle Champions**, a new category to recognize donors who have made significant gifts to the organization, by pledging another \$25,000.

Kathi grew up in Flint, and remembers going downtown with her grandmother to shop or eat at one of the restaurants there. Now, she and Tim enjoy being able to run the race right through downtown and knowing that their support helps create a healthier, more vibrant community for everyone.



CHAMPIONS -

\$25,000+ ESTABLISHED IN 2017

Bobby & Marsha Crim *In Honor of Brandy and In Honor of Donald W. Crim**

Tim & Kathi Johnson/Universal Coating*

Gerald & Marti Myers *In Memory of Evert & Loleta Myers**

Mark & Julie Yonan *In Memory of Philip & Joan Yonan**

FOUNDERS - \$10,000

FOUNDING CHAIRMAN'S CIRCLE MEMBERS

William & Tamara Bird*

Bobby & Marsha Crim*

Marc & Dawn Cuddie*

Robert & Joanne Fuller

John & Anne Gault

Gary & Carol Hurand

Dave & Josie Isbell

Eric & Peggy Jones

Ray & Dee Knott

Al & Barbara Koegel

John Matonich

Wally & Margaret McLaughlin

Gerald & Marti Myers*

Harry & Wanda Piper+

William Piper

Timothy & Barbara Purman

Ghassan & Manal Saab

Robert Emerson & Judy Samelson

Joseph & Julie Serra/
The Serra Foundation*

Philip & Ardele Shaltz

Dr. William & Polly Sheppard

Scott & Jane Shively

Thomas & DeAnn Townsend

Dr. Daniel Walter

Ridgway & Shannon White

Mark & Julie Yonan*

LIFETIME - \$10,000

Anonymous

Jasen & Lori Anthony

Timothy Barker

Robert & Cynthia Bois

Timothy & Julie Brooks

Edward & Rhonda Childress

A. Michael & Kim Conn*

Dan Crannie/Signs by Crannie

Douglas & Bonnie Crim

Clinton & Denise Cunningham

Dennis & Eileen Drenikowski

Henry A. Fracalossi

Christina Ferris

David & Marisa Gaines

Harry Garrison & Wanda Merrell

Mike Green & Mark Hamel

Joe Griffin & Peggy McGurrin

Randy & Carol Haney

Kirk & Marie Heath *In Memory of Wendy Heiser*

Michael & Heather Hebner

Michael L. Kelly *In Memory of Jerome L. Kelly, Jr.*

David & Martha Kemp

Drs. Michael & Manisha Kia

Drs. Sam Kiran & Mona Hardas

Keith Kirby, David Wurtz/Curbco

Kreg & Cindy Krueger

The Landaal Family

Harvey & Deborah Lee

Robert & Karen McMahan

Taylor & Morgan CPAs & Business Advisors

Drs. Appa Rao & Sumathi Mukkamala

Drs. Bobby & Nita Mukkamala

Kim Noe

Kermit Pitts

Hon. Robert & Lynne Ransom

Marjory Raymer & Eric Wisniewski

Roger Samuel

George & Mary Skaff

Mary Sushynski

Dr. David Taylor

Larry & Susan Turnage

Kimberly Turner

Kim & Ginger Virkler

John & Debbie Walter*

Christopher & Cathy White

Thomas (TJ) & Stacey Yonan

HONORARY

John Kabat-Zinn

*Sustaining Chairman's Circle Members

+Deceased

Excelling IN SERVICE

These are the people who are leaders through service—sharing their talents and time with the people of Genesee County.

EXECUTIVE LEADERSHIP

Together, they bring excellence and passion to their work, leading the Crim to do more, to serve more, to be a positive force for transformation every day in our community

Gerald S. Myers, *Chief Executive Officer*

Lauren Holaly-Zembo, *Vice President, Community Impact*

Andrew Younger, *Race Director*

Sharon Davenport, *Program Director, Physical Activity & Nutrition*

Sarah Sullivan, *Program Director, Mindfulness*

Christina Ferris, *Director of Advancement and Outreach*

Leslie Aguirre, *Assistant to the CEO*

STAFF Current as of July 2017

Mohammed Aboutawila, *Community School Director, Southwestern Classical Academy*

Elizia Artis, *Community School Corps Manager (outgoing)*

Ashley Bach, *Program Coordinator, Nutrition*

Jared Badour, *Program Coordinator, Nutrition*

Jennifer Baker, *Program Manager, Physical Activity*

Psalm Bingham, *Program Coordinator, Nutrition*

Jennifer Burger, *Program Manager, Community Education Initiative*

David Bush, *Community School Director, Doyle/Ryder Elementary School (K-6)*

Chris Collins, *Community School Director, Durant-Tuuri-Mott Elementary School (K-7)*

Joe Dimambro, *Assistant Race & Adult Training Program Director*

Kerry Downs, *Community School Director, Holmes STEM Academy (3-8)*

Kim Dudley, *Customer & Administration Specialist*

Sara Duncan, *Program Coordinator, Nutrition*

Karli Ford, *Administrative Specialist, Community Education Initiative*

Mallory Goldsworthy, *Program Manager, Nutrition*

Renee Guckian, *Accounting*

John Hartranft, *Director, Race Operations*

Tom Hauer, *Program Manager, Mindfulness*

Diane Heidenberger, *Race Assistant*

Jermaine Jones, *Program Coordinator, Nutrition*

Rawlan Lillard II, *Community School Director, Neithercut Elementary School (K-6)*

Ashley Makedonsky, *Program Coordinator, Nutrition*

Jesse McGraw, *Community School Director, Potter Elementary School (K-8)*

Shanna Moore, *Program Coordinator, Nutrition*

Susan Morgan, *Accounting*

Jordan Munerlyn, *Community School Director, Freeman Elementary (K-6)*

Mark O'Donnell, *Expo & Sponsorship Coordinator*

Annette O'Malley, *Race Course Manager*

Kyle Peppin, *Community School Director, Pierce Elementary School (K-6)*

Jeff Phegley, *Race Operations Assistant*

Theresa Roach, *Program Manager, Communications & Outreach*

Jessica Robinson, *Community School Director, Eisenhower Elementary School (K-6)*

Cassie Sadler, *Program Coordinator, Races & Events*

Jermaine Smith, *Community School Director, Northwestern/Accelerated Learning Academy*

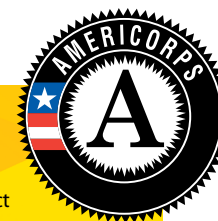
Cade Surface, *Program Coordinator, Safe Routes to School*

Marlando Wade, *Community School Director, Brownell STEM Academy (K-2)*

Denise Yarbrough, *Program Manager, Community Education Initiative*

The Crim is host of the largest contingent of AmeriCorps members in the Flint area, providing support in Flint Community Schools. Federally funded by the Corporation for National and Community Service (CNCS), AmeriCorps is a network of local, state, and national service programs that connects over 70,000 Americans each year in intensive service to improve lives, strengthen communities and inspire civic engagement. In 2016, the Crim hosted:

- 6 FoodCorps Members — the largest contingent in Michigan, providing garden-based nutrition education
- 2 full-time and 2 part-time Up2Us Coaches — supporting physical activity
- 2 AmeriCorps LISC Members — supporting community development
- 22 VISTA Members — providing capacity building
- 33 State Members — providing direct service to students
- 9 NCCC Team Members — providing clean up and beautification for 6-8 weeks in the summer
- 3 Summer VISTA Associates — serving 3 month terms



COMMITTED TO THE CAUSE

Our Board of Directors are all in —completely committed to the Crim and to making Flint and Genesee County the best they can be. We're thankful for their forward-thinking approach to fitness and wellness, and their willingness to say, **"Yes. We CAN do that!"**

BOARD OF DIRECTORS

2014–2016

Bobby Crim, *Founder*

OFFICERS

Mark Yonan, *Chairman*

Kermit Pitts, *Vice Chairman*

Akshay Kapoor, *Treasurer*

John Walter, *Secretary*

Harry Garrison

Nicholas Godlesky*

Ray Knott

Diane Lechota

Harvey Lee

Bobby Mukkamala, MD

Hon. Robert Ransom

Marjory Raymer

James Trembley

Clifton Turner

Jack Belzer,
Corporation Counsel

Gerald S. Myers,
Chief Executive Officer

BOARD EMERITUS

Brian Barkey

John Gault

Stephen Heddy

Philip Shaltz

**Joined in 2017*

PARTNERING FOR A *Better Future*

One thing we love about Flint and Genesee County is the generosity of those who live in our community.



The Crim is all about community and we know that together we are better, together we are stronger, and together we achieve goals we may never have dreamed possible. Our goal for the future is to reach every child and adult in our community to help motivate, educate, and inspire them to lead a healthy lifestyle.

So many of you are advocates for healthy living—you eat right, exercise, and maintain balance in your work and play. Will you join us in helping others catch that vision of healthy, active living? Will you continue to be an integral part of insuring that the future of Flint and Genesee County is vibrant, healthy, and strong?

Join us to make that happen! Every contribution—no matter the size—helps us:

- give Flint kids the opportunity to play after school sports or find a calm space with the help of mindfulness and yoga;
- advocate for safe places to ride your bike, run, and walk throughout Genesee County;
- provide thousands of kids throughout our area with the fun and challenge of running programs and races;
- make the Crim the place where adults of all ages and fitness levels can train together to achieve the goal of going 10 miles; and
- grow our community gardens at Flint Schools and teach children and adults about healthy eating and so much more!

Be part of your community in a whole new way—and know that you have made a difference.

HOW TO GIVE

THERE ARE MANY WAYS YOU CAN GIVE.

- Give online at www.crim.org/donate.
- Mail your contribution to the Crim in the **enclosed envelope**.
- Join the Chairman's Circle by committing to **\$10,000**, or become a Chairman's Circle Champion at **\$25,000**, both payable over four years.
- Give of your time by becoming one of our more than **3,000 volunteers**.
- Purchase a **brick in Crim Plaza** and remember a special individual or celebrate your participation in the Crim.
- Remember us in your **estate plans**.

Contact the advancement office at **(810) 235-6232** or email us at info@crim.org for more information about how you can become part of the Crim's family of supporters and ensure that this important work continues into the future.

The background is a solid dark blue color. Overlaid on this are several large, semi-transparent, lighter blue geometric shapes. These shapes include a large circle, a large triangle, and several smaller polygons and lines that intersect to create a complex, abstract pattern. The overall effect is modern and minimalist.

“

Be the change
you want to see
in the world.”

– M. GANDHI

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