



The Run Rx Strong Strides Initiative

Program Overview

The Strong Strides Initiative supports female runners in the Greater Boston area who have aspirations to compete in collegiate cross country or track & field. This program is designed to expand access to specialized, runner-focused physical therapy and performance care—services that are not always readily available to youth athletes due to a variety of systemic, logistical, or financial barriers.

Purpose

The Run Rx Strong Strides Initiative exists to support the long-term health and athletic longevity of female runners, particularly those who face barriers to accessing specialized care. Participation in sport is strongly linked to confidence, leadership, and long-term success. Many female leaders and CEOs credit athletics as a formative influence, making it essential that female athletes have trusted support as they navigate higher levels of collegiate competition and build sustainable habits that extend well beyond their competitive years.

Mission

The mission of the Run Rx Strong Strides Initiative is to empower youth female runners through access to high-quality physical therapy, performance support, and trusted mentorship in a supportive, athlete-centered environment. We've seen firsthand the mixed and sometimes adverse messaging young women receive around injury, performance expectations, and competitive or collegiate decisions — and we aim to provide clear, evidence-based and holistic guidance and support that builds durability, confidence, and lifelong participation in sport.

Goals

- Expand access to high-quality physical therapy and performance support for youth female runners
- Address current injuries and reduce risk of future injury
- Use gait analysis to better understand each athlete's running mechanics and movement patterns
- Educate and empower athletes on long-term health, strength, and durability to build confidence in strength and performance spaces
- Provide mentorship through trusted clinician-athlete relationships, supporting athletes as they navigate the physical and psychosocial demands of competitive sport and prepare for collegiate running



Initiative Benefits & Inclusions

**This initiative provides all program services at no cost to participants*

- A Comprehensive Runner-Specific Evaluation that includes:
 - ◆ Gait analysis to assess running mechanics, efficiency, and injury risk OR current injuries
- 8 Performance Physical Therapy Sessions at [The Run RX](#) (Somerville, MA)
 - ◆ Focused on individualized injury prevention and/or treatment
 - ◆ Performance physical therapy goes beyond injury recovery to help athletes return stronger, more efficient, and more prepared for the demands of sport than before injury
- Personalized care plans focused on:
 - ◆ Injury management and recovery
 - ◆ Injury prevention strategies
 - ◆ Strength training and movement efficiency for runners
- Education and tools to support long-term athletic development
- Consideration of transportation support when needed to help ensure consistent access to care

Eligibility

Applicants must:

- Identify as [female](#)
- Be a [high school](#) athlete (8th grade is accepted) in Boston and surrounding communities within reasonable travel distance to Somerville
- Participate in a Massachusetts high school cross country and/or track & field team
- Have aspirations to compete at the collegiate level

**This program is intended for athletes who may face barriers to accessing specialized physical therapy, gait analysis, or performance service, whether due to cost, transportation, availability of care, or other circumstances.*

Nomination Process

Athletes may be nominated by:

- Athletes Themselves
- Coaches
- Family members or guardians
- Health Care Provider
- Teachers or school staff
- Teammates or community members

Nominations should briefly highlight the athlete's commitment to running, future goals, and how access to physical therapy and gait analysis could support their development.



Nominations will be accepted on a rolling basis. While our capacity is limited at any given time, we strongly encourage continued submissions as the program grows and additional spots become available.

Selection Considerations

Recipients will be selected based on a holistic review that may include:

- The athlete's goals, commitment, and passion for the sport beyond high school
- Potential benefit from runner-specific physical therapy and gait analysis
- Support from coaches, family, or community members
- Alignment with Run RX's mission to promote access, health, and longevity in sport

Nominate your Athlete [HERE](#)

Community Partners & Donor Support

The Run RX Female Youth Athlete Scholarship Program is strengthened through partnerships with individuals, organizations, and companies who share a commitment to supporting youth athletes and expanding access to sport and healthcare.

We welcome contributions that support the athlete holistically, including but not limited to:

- Footwear and apparel (e.g., running shoes, sports bras, training gear)
- Nutrition support (nutrition counseling, fueling education, or product donations)
- Mental performance support (sports psychology services or workshops)
- Transportation assistance (rides, transit passes, or funding support)
- Educational resources related to training, recovery, and collegiate athletics
- Health Care Services

Community partners may contribute through in-kind donations, services, or financial support. All contributions directly support participating athletes and help create a more equitable pathway to collegiate running.

Individuals or organizations interested in supporting the program are encouraged to connect with The Run RX (maggie@therxmovement.com) to explore partnership opportunities.



Definitions/Inclusions

High school: Inclusive of public, private, charter, vocational or technical schools in Massachusetts

Female: Any athlete who identifies as female, including but not limited to cisgender girls and women, transgender girls and women, and nonbinary individuals who identify as female.

FAQ's

Will participating in this program affect NCAA eligibility?

Participation in the Run RX Female Youth Athlete Scholarship Program is not intended to impact NCAA eligibility. The program provides healthcare and injury-prevention services and is independently operated, with no affiliation to collegiate recruiting or athletic programs.

Is this program connected to college recruiting or scholarships?

No. Run RX does not work with colleges or coaches for recruiting purposes and does not provide recruiting exposure or placement services.

What if an athlete is already being recruited?

Families with specific eligibility questions are encouraged to consult their high school athletic director, guidance counselor, or the NCAA Eligibility Center for individualized guidance.

**This program is independently operated and is not affiliated with any NCAA institution or recruiting process. The Run RX Strong Strides Initiative provides independent medical and performance physical therapy services and is not affiliated with any college, university, or recruiting process.*