Impact Survey

2016
Measuring the impact in a number of key areas related to our mission.

Connectivity and Relationships

Shared Purpose

Life Satisfaction

Wellbeing

Fostering Diversity

Community Involvement

Self Discovery
In the last year, how often have you engaged with mTT via events, training runs, or other activities?

- 0-2: 25%
- 3-6: 35.4%
- 6-9: 12.5%
- 10+: 27.1%

Have you been involved with myTEAM TRIUMPH for multiple seasons?

- YES: 68.8%
- NO: 31.2%

On what level are you involved with mTT?

<table>
<thead>
<tr>
<th>Level</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Captain</td>
<td>23.6%</td>
</tr>
<tr>
<td>Volunteer</td>
<td>33.6%</td>
</tr>
<tr>
<td>Angel</td>
<td>70%</td>
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</tbody>
</table>
“I feel good when I ride in the running stroller and feel the wind against my face. My angels have been very good in take care of me when we run.”
CONNECTIVITY AND RELATIONSHIPS

Found other people who share similar passions and interests?
- Yes: 93.2%
- No: 3.4%
- N/A: 3.4%

Formed, lasting authentic relationships?
- Yes: 81.4%
- No: 6.2%
- N/A: 12.4%

Felt more valued by others?
- Yes: 78.1%
- No: 13%
- N/A: 8.9%

Made relationships that feel like family?
- Yes: 63.4%
- No: 24.8%
- N/A: 11.7%

Made close, best-friend type of relationships?
- Yes: 45.5%
- No: 40.7%
- N/A: 13.8%
“The people I have met through being involved with mTT for the past 5 years have become like family. The relationships I have formed and what they mean to me, are indescribable.”
**SHARED PURPOSE**

Felt a part of something bigger than yourself?
- Yes: 93.8%
- No: 2.1%
- N/A: 4.1%

Wanted to set goals that had deeper impact than yourself?
- Yes: 88.4%
- No: 6.8%
- N/A: 4.8%

**LIFE SATISFACTION**

Felt more satisfied with your life?
- Yes: 87%
- No: 4.8%
- N/A: 8.2%

Felt more purpose in your life?
- Yes: 88.4%
- No: 6.8%
- N/A: 4.8%

Felt that your life has more meaning?
- Yes: 81.4%
- No: 11.7%
- N/A: 6.9%

Felt a stronger sense of direction in your life?
- Yes: 71.5%
- No: 18.8%
- N/A: 9.7%
TESTIMONIAL

“It’s amazing how getting up at 5am feels different when your end in mind is for mutual purpose, not just for yourself. I didn’t miss any workouts this season due to motivation to be a part of something bigger than myself!”
**LIFE SATISFACTION**

Felt inspired to step outside of your comfort zone?

- **YES**: 89%
- **NO**: 8.3%
- **N/A**: 2.7%

Developed a strong social network?

- **YES**: 61.4%
- **NO**: 24.1%
- **N/A**: 14.5%

**WELLBEING**

Exercised more frequently?

- **YES**: 53.1%
- **NO**: 31%
- **N/A**: 15.8%

Maintained a healthier weight?

- **YES**: 42.4%
- **NO**: 36.1%
- **N/A**: 21.5%

Made healthier choices?

- **YES**: 56.7%
- **NO**: 23.8%
- **N/A**: 17.5%

Felt less nervous, anxious, or on-edge?

- **YES**: 40.6%
- **NO**: 33.6%
- **N/A**: 25.9%
**WELLBEING**

Felt less down, depressed, or hopeless?

- **YES**: 43.4%
- **NO**: 26.9%
- **N/A**: 29.7%

Felt more at peace and/or joyful?

- **YES**: 73.6%
- **NO**: 13.9%
- **N/A**: 12.5%

Felt a greater sense of optimism about facing challenges in your life?

- **YES**: 79.3%
- **NO**: 9%
- **N/A**: 11.7%
“Last year I completed a full marathon with mTT. At that time in my life, I was going through some tough stuff, as were my teammates. Our long training sessions each Saturday became like therapy for all of us - a chance to talk through what we were dealing with with people who listened with great compassion and love. When I look back at that time, I don’t know if I would have been able to get through it without myTEAM TRIUMPH and my incredible teammates. The challenging physical exercise, goal setting, and cathartic conversations were integral to my mental and emotional wellbeing.”
Developed impactful relationships with people of all abilities?

- Yes: 86%
- No: 5.6%
- N/A: 8.4%

Felt that you have played a role in fostering a more inclusive community?

- Yes: 90.3%
- No: 3.5%
- N/A: 6.3%

Improved your sense of inclusion in the community?

- Yes: 84.6%
- No: 9.1%
- N/A: 6.3%
FOR CAPTAINS

Developed impactful relationships?

- Yes: 91%
- No: 9%

Felt more connected to able-bodied individuals?

- Yes: 91%
- No: 9%

FOR ANGELS

Developed an understanding of the strengths and challenges people with disabilities face?

- Yes: 86.1%
- No: 12.7%
- N/A: 1.3%

Felt more connected to individuals with disabilities?

- Yes: 85.9%
- No: 11.5%
- N/A: 2.6%
“Before myTEAM TRIUMPH I had limited exposure to differently-abled individuals. Because of my involvement, I’ve learned so much about the challenges our captains and their families face, as well as the incredible strength and resilience they show each day. I have become passionate about fostering a community where people of all abilities are valued and included.”
**COMMUNITY INVOLVEMENT**

Volunteered in your community?
- Yes: 71.8%
- No: 17.1%
- N/A: 7%

Been more involved in your local community?
- Yes: 62.2%
- No: 27.3%
- N/A: 10.5%

Led your community?
- Yes: 33.3%
- No: 48.2%
- N/A: 18.4%

Inspired volunteerism among your peers?
- Yes: 73.6%
- No: 16.4%
- N/A: 10%

Felt more connected to your community?
- Yes: 77.1%
- No: 17.1%
- N/A: 5.7%

Felt that you played a role in building a more connected and inclusive community?
- Yes: 80.9%
- No: 13.5%
- N/A: 5.7%
**Self Discovery**

**Discovered new friends?**
- Yes: 86.4%
- No: 13.6%
- N/A: 0%

**Discovered new feelings?**
- Yes: 73.6%
- No: 20.7%
- N/A: 5.7%

**Discovered a new you?**
- Yes: 63.1%
- No: 31.2%
- N/A: 5.7%
“I’ve never felt the emotion I felt after running my first race with mTT and seeing my captain react to the finish line. I have never seen such raw emotion and wasn’t expecting the powerful impact it would have on me. I truly feel blessed to be involved in this organization.”