

An aerial photograph of a city street, showing buildings, trees, and a road. A semi-transparent green rectangular overlay covers the central portion of the image. The text 'CONCRETE SAFARIS ANNUAL REPORT 2014' is centered within this green area in white, bold, sans-serif font. At the bottom of the image, the text 'E 113th St' is visible in white.

CONCRETE SAFARIS ANNUAL REPORT 2014

E 113th St

OUR MISSION IS TO PROVIDE YOUTH WITH THE EXPERIENTIAL EDUCATION TO BECOME HEALTHY LEADERS AND ENVIRONMENTAL ADVOCATES FOR THEMSELVES AND THEIR COMMUNITIES



**CONCRETE
SAFARIS**
WORK OUT YOUR
ADVENTURE

WWW.CONCRETESAFARIS.ORG

SO THIS IS WHAT WE DO...

CONCRETE SAFARIS IS A MODEL FOR SOCIAL CHANGE IN WHICH CHILDREN LEARN HOW TO ALTER THE PHYSICAL WORLD AROUND THEM BY NAVIGATING NEW YORK CITY'S INFRASTRUCTURE, BECOMING CONFIDENT, EXPERIENCED, EFFECTIVE LEADERS AT AN EARLY AGE, COMMITTED TO THEIR HEALTH AND ENVIRONMENT.



Content

Letter from the Board	4
Select accomplishments for 2014	5
Success Story	6
Whats Next?	7
The Concrete Safaris Experience: Outdoor Play	8
Outdoor Play Highlights: Cycling, JungleGym, Block Party	9
JungleGym 2014: Maps and Statistics	10
Biking Program 2014: Student Maps	11
The Concrete Safaris Experience: Gardening	12
Gardening Highlights: Plants, Planning & Harvesting	13
The Concrete Safaris Experience: Community Organizing, Nutrition & Neighborhood Health	14
Parent and Children Surveys	15
Team Concrete Safaris at the 2014 NYC Triathlon	16
Statement of Activities	17

LETTER FROM THE BOARD

Dear Friends and Supporters,

2014 was a fun-filled, educational and adventurous year at Concrete Safaris.

The children enrolled in our City Surfers after-school program mapped out gardens and learned to plant, harvest and cook delicious healthy food, including garlic, potatoes, tomatoes, chives, parsley, cilantro, sage, thyme, peppers, eggplant, bok choy, collards, kale, chard and lettuce. The children mapped safe bike routes in their neighborhood, as well as food establishments nearby that offer healthy food. The kids also went camping, many for their first time leaving home without a parent or guardian. They had fun exploring nature and building teamwork skills, independence, and confidence.

Concrete Safaris was proud to host 30 Green Exercise Days in 2014 that engaged over 500 volunteers and over 1,400 neighborhood children from 10 schools and community-based partners in outdoor active living programs. JungleGym 2014 was held on Randall's Island, and families enjoyed running and completing obstacles with a terrific view of the East River. Moreover, Concrete Safaris expanded its total garden space by 27.4% in two public housing developments.

What remains constant from year to year is the strength and empowerment of our outdoor educational programming. Kids in our programs learn how to encourage their communities and their families to be healthier through action and activity. The children build their self-esteem and independence through the decision-making and the planning that they undertake with the gardens, JungleGym, bicycling, hiking, cooking and health promotion projects.

What spoke most to us is the measurable impact we are making. As you can see from page 16 of the report, parents believe their children are making better decisions more often, playing outdoors more often, and asking to eat fruits and vegetables more often since starting in Concrete Safaris programs. We are fulfilling our mission every day-providing more children with the experiential education to become healthy leaders and environmental advocates for themselves and their communities.

2015 continues to be an exciting and educational year for Concrete Safaris. We invite you to be a part of our adventures!

Beans + Butterflies,



Mac Levine

Founding Executive Director

Sincerely,



Mandy DeRoche

Board Chair



SELECT ACCOMPLISHMENTS FOR 2014

1. 45 children learned healthy leadership and environmental advocacy skills in our 5-day/week after school program called City Surfers.
2. 80 families competed in our first 2K and 5K obstacle races on Randall's Island just off Manhattan in our 2nd annual JungleGym event.
3. 1,400 children attended 30 Green Exercise Day field trips in our East Harlem gardens.
4. Staff created a 3rd grade field trip curriculum to serve 20 schools in the district in 2015.
5. Concrete Safaris expanded total garden space by 27.4% in two public housing developments.
6. 45 children learned how to ride a bike, designed and rode 1, 3, and 6 mile bike routes throughout Manhattan, and rode to Central Park and Randall's Island for Environmental Science lessons.
7. Staff increased from 2 full-timers and 1 part-timer to 3 full-time and 4 part-time team members with college degrees in their areas of programming.
8. Concrete Safaris received \$25,000 from both Levitt Foundation and American Heart Association.
9. The organization developed a partnership with Hunter College's Master of Public Health program and continued working with Icahn School of Medicine at Mount Sinai to improve program evaluations.
10. Concrete Safaris partnered with the Lower East Side Ecology Center to install and build programming around a 3-unit cedar compost bin at Jefferson Gardens.
11. Our NYC Triathlon team increased from 2 to 5 members who all finished.
12. Our website, www.concretesafaris.org, was updated and modernized.

SUCCESS STORY

Jacob - age 10 - built obstacles, organized a race team, and won all 3 events at Junglegym 2014.



Jacob showed off the Race Winner's Hat!

Eighty families raced in Concrete Safaris' 2nd annual JungleGym obstacle race, which took place on Randall's Island. The idea for the race and course design was developed by the after school program after asking the children how they wanted to get more active in their neighborhood knowing that East Harlem has some of the highest childhood obesity, diabetes, and asthma rates in New York City.

The children transformed Randall's Island into a full-day event of potato sack hopping, mazes, tire challenge, egg n spoon races, over-under beams, soccer kicks, and more. Parents got so excited about the race that they ran with their kids. We are aiming to add a parent and child team race next year.

One student - Jacob, age 10 - won all 3 races at this year's event, a 5K and two rounds of the 2K. Jacob and his brother Justin won First and Third place in 2013's race in Jefferson Park. They were very non-committal about joining this year's much larger race on Randall's Island like they had outgrown outdoor play. When they saw other kids painting and constructing some of the obstacles, though, they started getting more serious about the race. By mid-week before the event, they had organized a team of 8 kids from Jefferson Houses. Jacob raced the 5K in the morning with Justin. He then raced both rounds of the 2K in the afternoon because he was so stoked about the event. It was terrific!



WHAT'S NEXT?

CITY SURFERS AFTER-SCHOOL

This fall, Concrete Safaris expanded its after school program from thirty children at PS 102 to forty-five children at PS 102, PS 83 and PS 182. Fifteen children from each school will help improve their health and that of their school and neighborhood this year.

GREEN EXERCISE DAYS

Concrete Safaris aims to expand its Green Exercise Day field trip program from single-day field trips for 1,700 second to fifth graders to quarterly field trips for over a thousand third graders (4,500 site visits) in Manhattan School District 4, East Harlem.

PARTICIPANTS AND SUPPORTERS



CAMPERS AND STUDENTS SERVED BY CONCRETE SAFARIS ARE FROM:

Amber Charter School, Public Schools 50, 57, 83, 102, Lower Lab, Marymount School of Manhattan, Union Settlement Association, Stanley Isaacs Neighborhood Center, Success Academy, and the YMCA Summer Camps.

THANK YOU FOR YOUR MENTORING, VOLUNTEERISM, IN-KIND DONATIONS AND FINANCIAL SUPPORT!

Timberland, Wellpoint, City Year, J.P. Morgan, AOL, Goldman Sachs, Alcoa, Deloitte & Touche, Rabin Martin, Morgan Stanley, Boston Consulting Group, Nautica, CCNYC/United Health, Ralph Lauren, New York Cares.



BIKE RACE COURSE FUN

At the annual East Harlem Night Out, an event for neighborhood safety, children enjoyed a Concrete Safaris-designed bike course on 106th Street.

THE CONCRETE SAFARIS EXPERIENCE OUTDOOR PLAY

For 4 hours per week, kids in our City Surfers after-school program learned basic fitness and cycling skills, terminology, and also practiced playing games.

Each month the students completed a speed and fitness test (shuttle run, timed push up test, timed sit up test). Over the course of the Spring all students showed improvement. Each age group worked on game design and helped design the obstacles and games for our 2nd annual JungleGym event held in September. Steps of game design included: level of technical difficulty, energy required to play the game, objectives of the game, clear rules, time frame and team building or personal confidence building

goals. Obstacles were designed to be challenging for adults and children and to involve fun, creative problem solving, exercise, and coordination.

Over the summer, Concrete Safaris offered enrichment events for visiting camps in the organization's gardens, and hosted games for 200 children at a Block Party held in August. The Block Party consisted of 13 different games and fitness activities: jump rope, obstacle courses, fitness drills, hopscotch, bike riding circuits, accuracy and speed games. Concrete Safaris also participated in City of Water day, offering biking lessons and sessions to over 50 5-15-year-olds.

As mentioned earlier, 80 families joined us at JungleGym, Concrete Safaris' annual adventure race in Randall's Island held on September 28th, 2014. City Surfers planned, constructed and painted obstacles. Youth and families participated in the JungleGym 2K and 5K races. Obstacles included, balance beams, sack races, army crawls, egg and spoon races, tower construction, a weight carry, a rope maze, a tire run, over and under obstacles, soccer goal kick, musical freeze, and corn hole. Students independently trained for and competed in the 2k race and ran with their families for the 5k race.

JungleGym 2014

Families raced through student designed obstacles including the tire run at JungleGym 2014.



Block Party 2014

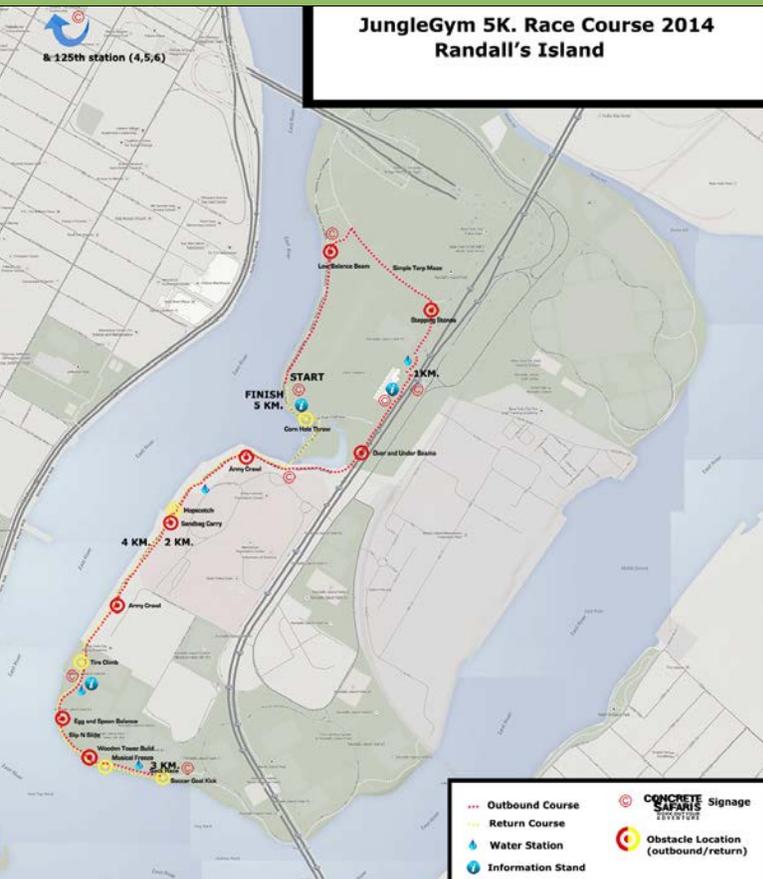
Concrete Safaris shut down East 113th Street for a great day of outdoor play called a Block Party. Children rode bicycles through a course, completed a 20-obstacle run, and even enjoyed active street art.



Children in our programs increased hours of physical activity per year from 4,940 to 5,678.

JUNGLEGYM MAPS

DESIGNED BY OUR CITY SURFERS IN 2014



BENEFITS

Families expanded their outdoor play experiences.

60% of parents had never raced before this event.

75% of kids raced for the first time this

Parents offered to join the race committee for next year.

Kids said they wanted to race again next year, and were excited to be a part of the design process.

BIKE ROUTE MAPS

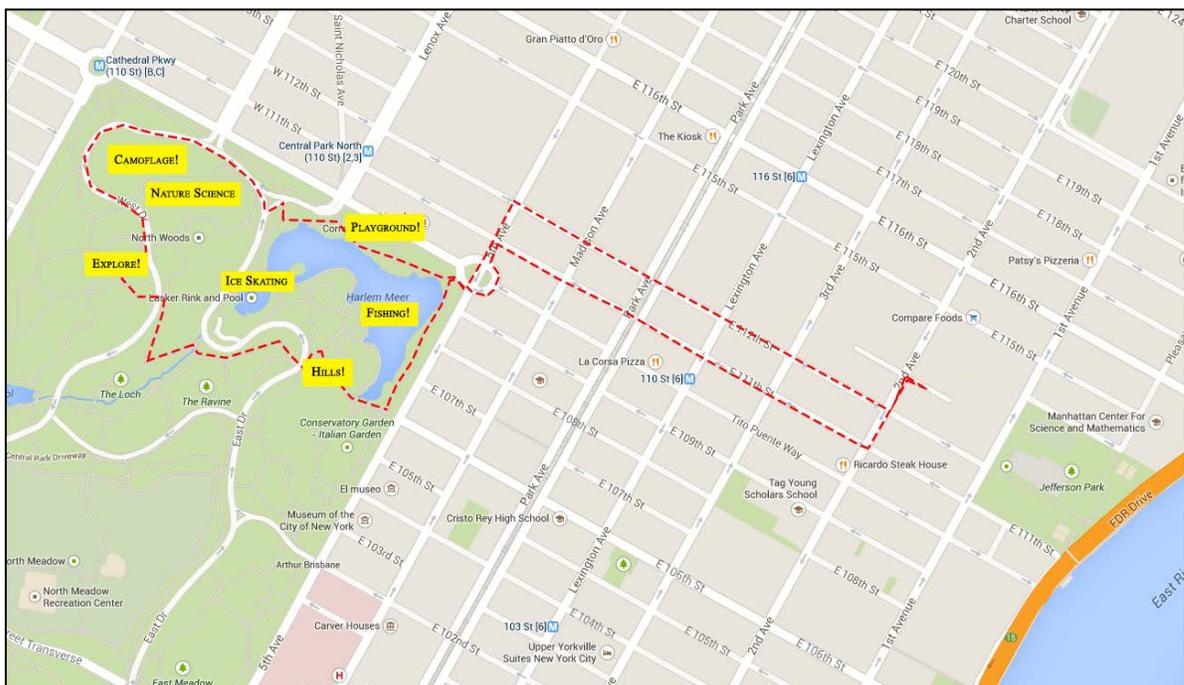
DESIGNED BY OUR CITY SURFERS IN 2014



PLANNING FOR OUR ADVENTURES

Students worked online to create maps of their dream bike routes.

After careful planning and practice, students rode their mapped routes and explored.





Concrete Safaris' students showing off their hard earned harvests

THE CONCRETE SAFARIS EXPERIENCE

GARDENING

City Surfers participated in weekly garden exploration and planning workshops. They completed maps for new gardens and installed their plans in Jefferson Houses. They led incoming peer and volunteer groups at the gardens as well as studied garden science and nutrition. Between April 24 and June 6, 1,700 square feet of growing space was built, expanding growing space at Jefferson Gardens by 152%, and expanding total garden space by 274%. All raised beds were designed by City Surfers students during the winter quarter of 2014.

Over 4,500 individual plants were planted, including 33 species of crop plants chosen based on community preference as polled in the winter quarter, and 10 species of ornamental plants. Over 1,000 pounds of produce were harvested and distributed to families within the Jefferson and Washington Housing Projects.

Over 1,400 students participated in 30 enrichment and corporate volunteer events, our "Green Exercise Days". For both the 2013/14 and 2014/15 school years, Concrete Safaris reached 45 stu-

dents in its weekly after-school programs. In the 2014/15 school year we expanded our contact hours with all students in our programs.

City Surfers studied practical skills involved in urban farming, such as crop planting, weeding, watering, companion planting, landscaping, and harvesting.

Children delivered public presentations, discussing a topic of their choice regarding the work that had been done throughout the spring.

ADVENTURES IN THE GARDENS



CITY SURFERS MAPPED OUT THE GARDENS.

They planted, harvested, and ate lettuce, garlic, potato, tomato, chives, parsley, cilantro, sage, thyme, peppers, eggplant, bok choy, collards, kale, chard, and more.



CITY SURFERS PROGRAM IMPACT

Year over year, students maintained an average BMI in the healthy weight range.

Students achieved a 9% improvement in academic performance.





BUILDING SKILLS & COMMUNITY

Shish kabobs were healthy, easy to make & delicious.

THE CONCRETE SAFARIS EXPERIENCE

COMMUNITY ORGANIZING, NUTRITION, & NEIGHBORHOOD HEALTH

Throughout the after school program, City Surfers participated in built environment leadership activities, researching and developing a presentation on composting.

Each child researched their portion of the presentation and wrote out what they were going to say. As a group they decided what material was most important to present. They held an informational meeting for parents about composting.

City Surfers explored their neighborhood, taking photos, creating a map of healthy and unhealthy places in their neighborhood, culminating in a presentation for family, friends and peers.

The students then chose their favorite eateries and wrote a paragraph on what kinds of healthy foods they liked, which were served, and what unhealthy food could also be found at the same location. This was later presented to the class.

The students also cooked healthy dishes. Each student shared a favorite recipe from their families every other week, compiling their creations into a recipe book.

In June, City Surfers embarked on a 3-day, 2-night camping trip where the kids tested their teamwork, independence, and confidence, leaving home for the first time in their lives. The Solo Courage Walk up a moonlit path was a highlight. Students also learned how to build a fire, cook s'mores, set up a tent, and read a map.

BUILDING LEADERSHIP SKILLS

During our annual camping trip, City Surfers made it to the top of the mountain and took a second to celebrate - enjoying lunch, a nap, and games - before heading back to the campsite.



FROM THE PARENTS

Since Starting Concrete Safaris...

100% of parents believe their child is making better decisions more often

55% of parents state their child plays outdoors outside of the Concrete Safaris Program more often

45% of parents state their child asks to eat fruits and vegetables more often since starting Concrete Safaris

FROM THE CHILDREN

Since Starting Concrete Safaris the children...

State the most that "eating healthy" is the most important thing they have learned

State that they like "biking and gardening" the most about the program

State they dislike the "homework time" the most about the program



TEAM CONCRETE SAFARIS RACED FOR CHILDREN'S ENVIRONMENTAL HEALTH AT THE 2014 NYC TRIATHLON.



Racers: (L to R) David Adler, Matthew Moynihan, Mike Zapata, Denis Ladouceur, Matthew Archer.

Funds raised for this event supported our after school program called City Surfers. All five team members completed the race and collectively raised over \$13,000. Team Captain Dave Adler was proud to beat his previous year's time.

HOW TO MAKE EXERCISE A PART OF YOUR LIFE

By Mike Zapata, Team Concrete Safaris' 2014 NYC Tri Racer

Follow these three key steps:

- 1) Work towards a goal- "I want to be healthy" is not a goal, it's a desire. Set definite goals that you can work towards. This helps you achieve daily accomplishments that pay off over time, which become part of your life and who you are. Examples are: "Going to eat 2 fruits a day," "Go for a walk 3 times a week," "Workout 4 times a week," "Run that race in 3 months.". Accomplishments build confidence and help to instill habits.
- 2) Take small steps- Exercise is very individual, so understand where you are and work to improve yourself. We all have to start somewhere- don't worry about how little or how much someone else is doing. The

goal is to grow over time and taking small steps helps to ensure you grow according to your level. Increase and adjust the goals over time as your steps get bigger.

- 3) Most important, have fun.

CONCRETE SAFARIS

1775 Third Avenue

New York, NY 10029

mac@concretesafaris.org

347.267.2903

www.concretesafaris.org

www.junglegymrace.com

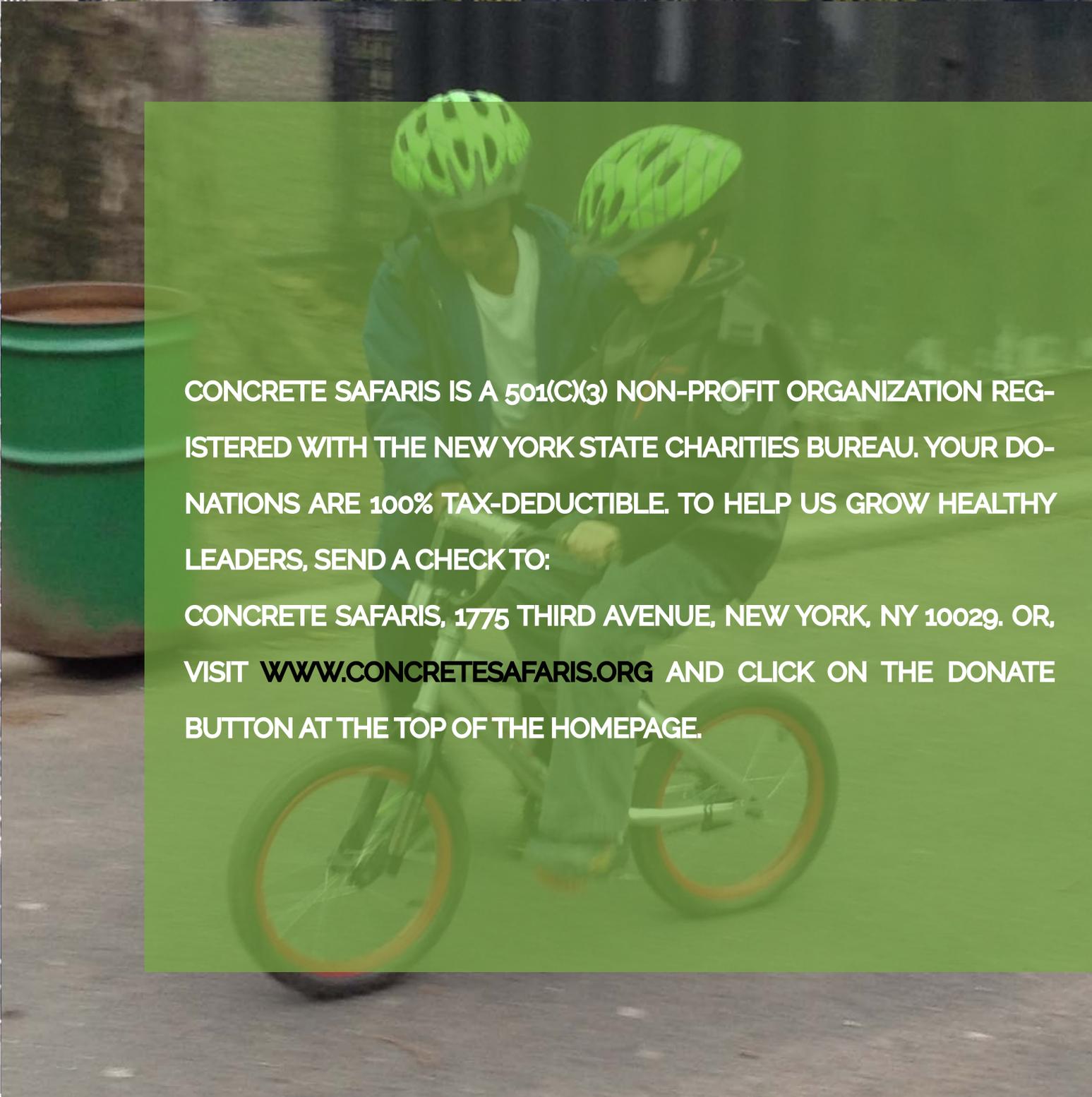
Concrete Safaris

STATEMENT OF ACTIVITIES



REVENUES*	2014	2013
Foundation Grants	\$ 59,000	\$ 55,200
Corporation Contributions	50,431	53,030
Government Grants	9,000	10,500
individual Contributions	90,623	86,326
In-kind Support	27,623	25,968
Total Revenues	236,686	230,968
EXPENSES	2014	2013
Programs		
City Surfers	144,770	116,472
Green Exercise Days	28,279	18,540
JungleGym	23,643	12,428
Total Programs	196,692	147,440
Management	25,301	18,746
General Fundraising	21,367	16,323
Total Expenses	243,358	182,509
INCREASE (DECREASE) IN NET ASSETS	\$ (6,672)	\$ 48,459
Net Assets at end of Year	\$ 67,890	\$ 74,562

*2013 data have been reconfigured to be consistent with 2014 data



CONCRETE SAFARIS IS A 501(C)(3) NON-PROFIT ORGANIZATION REGISTERED WITH THE NEW YORK STATE CHARITIES BUREAU. YOUR DONATIONS ARE 100% TAX-DEDUCTIBLE. TO HELP US GROW HEALTHY LEADERS, SEND A CHECK TO:

CONCRETE SAFARIS, 1775 THIRD AVENUE, NEW YORK, NY 10029. OR, VISIT WWW.CONCRETESAFARIS.ORG AND CLICK ON THE DONATE BUTTON AT THE TOP OF THE HOMEPAGE.



**CONCRETE
SAFARIS**
WORK OUT YOUR
ADVENTURE