



# JUST TRYAN IT

# 2023 IMPACT REPORT

JUST **TRYAN** IT achieved great success in 2023, 765 racers competed in our two Kids Triathlons, 32 of them achieved STAR Supporter status raising over \$1,000 each and together we raised \$389,000 to support families with a child in cancer treatment in 2024. This achievement would not be possible without the generous support of our racers, sponsors, donors and volunteers. Thank you for joining with us to support families in our community.

### JTI patient families

**73%** reported they lost at least 50% of their income since treatment began

**45%** are single-parent families

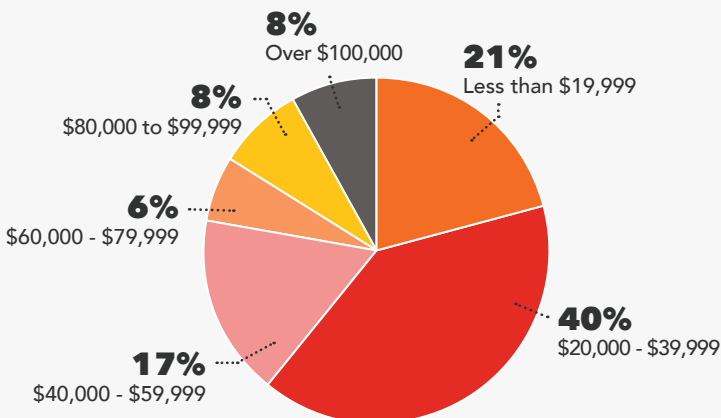
**77%** are living on a post diagnosis income of \$60,000 or less

**41%** of patients are under the age of 10

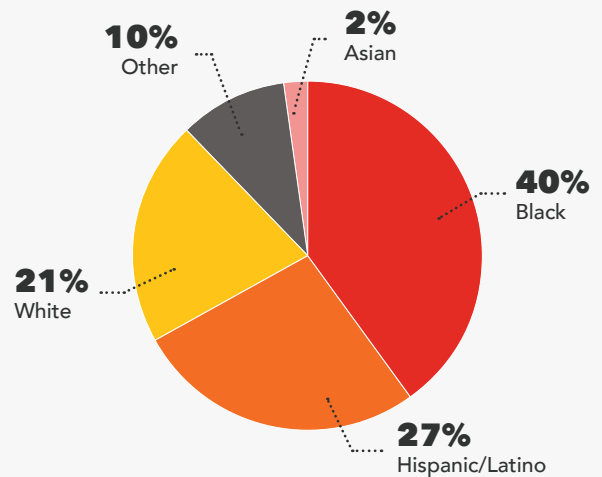
The National Cancer Institute reports that over the past 30 years the childhood cancer survival rate has increased from 30% to 80%. More children are living with cancer; they receive ongoing medical care both outpatient and in the hospital and this treatment is expensive. JUST **TRYAN** IT supports these families on their journey by helping them to meet their basic needs. Our goal is to relieve the financial stress that impacts a family's ability to adhere to treatment plans and access care.

Additionally, while cancer does not discriminate, the financial hardship of cancer treatment does. 61% of JTI patient families are living on a post diagnosis income of less than \$40,000. The American Cancer Society's 2020 *The Cost of Cancer* report states, "Low income, less educated and people of color are more likely to feel the financial impact of a child's cancer diagnosis." In 2023, JUST **TRYAN** IT supported a total of 156 families: 113 families with Emergency Assistance grants, 18 with Deep Need grants, and 25 families with gift cards.

### Household Income



### Patient Race and Ethnicity



# THE COST OF CANCER

When your child is diagnosed with cancer the last thing you think about is, "how much is this going to cost?" Parents do whatever it takes to get their child the care they need, this often means maxing out the credit cards and missing mortgage/rent payments. JUST TRYAN IT helps families pay their bills, so that they can focus on the health and well-being of their child and mitigate the long term financial impact of cancer treatment.

**68%**

of JTI patient families had uncovered treatment expenses

**39%**

were worried about having stable housing during treatment

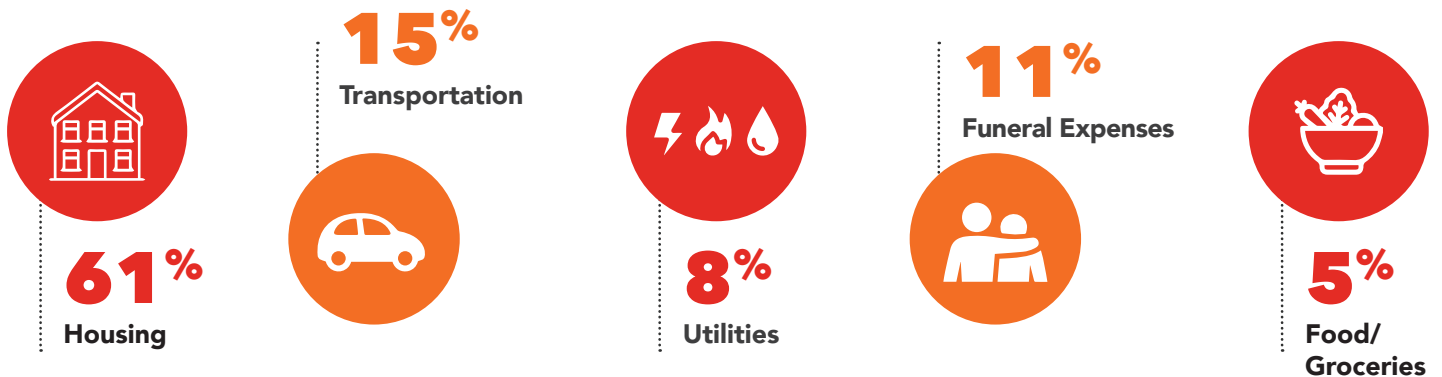
**34%**

expressed concern that they would run out of food

## OUR IMPACT IN 2023

JUST TRYAN IT provided **113 families** with **Emergency Assistance** grants, totaling **\$181,221**. The average Emergency Assistance grant was \$1,603. The goal of Emergency Assistance is to help families meet immediate needs. The Deep Need grant program was created to provide more sustained relief to the neediest families. In 2023, we distributed **18 Deep Need** grants for a total of **\$120,000**. The average Deep Need grant was \$6,666. These grants are distributed over three to six months and support essentials like housing, utilities and food.

JUST TRYAN IT grants met the following needs in 2023:



## MEET MANUEL

Manuel and his mother, Cristina, moved to the United States five years ago. Cristina worked hard and built her own business cleaning houses. Manuel was diagnosed his senior year of high school and his treatment forced him to miss his graduation. Once he was diagnosed, his mom had to stop working to take care of him. They had no income and no savings to rely on. **"Your grant paid our rent for many months and the money I got from that grant bought healthy food to keep Manuel strong during his treatment."** Cristina, mother of Manuel. Manuel completed treatment and rang the bell in December 2023. He is looking forward to enrolling in college next year.





JUST **TRYAN** IT provides grants to families in treatment at our partner hospitals in the Washington Metropolitan region and the Triangle region of North Carolina. These hospitals are Children’s National Medical Center, INOVA Children’s Hospital, Johns Hopkins Children’s Center, Samelson Children’s Hospital at Sinai, Duke Children’s and UNC Children’s.

Hospital Regions	Hospital Name	Emergency Relief Grants		Deep Need Grants		Gift Cards		Total	
		#	\$	#	\$	#	\$	#	\$
DC/ Baltimore	Children's National Medical Center	33	\$57,149	2	\$12,202	0	\$0	35	\$69,351
	INOVA Children's Hospital	7	\$8,618	1	\$8,000	0	\$0	8	\$16,618
	Johns Hopkins Children's Center	13	\$22,868	12	\$79,797	0	\$0	25	\$102,665
	Samuelson Children's Hospital at Sinai	6	\$8,893	0	\$0	0	\$0	6	\$8,893
<b>Subtotal</b>		<b>59</b>	<b>\$97,529</b>	<b>15</b>	<b>\$100,000</b>	<b>0</b>	<b>\$0</b>	<b>74</b>	<b>\$197,529</b>
NC	Duke Children's	34	\$56,868	1	\$6,008	25	\$2,500	60	\$65,376
	UNC Children's	20	\$26,823	2	\$13,991	0	\$0	22	\$40,815
<b>Subtotal</b>		<b>54</b>	<b>\$83,691</b>	<b>3</b>	<b>\$20,000</b>	<b>25</b>	<b>\$2,500</b>	<b>82</b>	<b>\$106,191</b>
<b>Total</b>		<b>113</b>	<b>\$181,221</b>	<b>18</b>	<b>\$120,000</b>	<b>25</b>	<b>\$2,500</b>	<b>156</b>	<b>\$303,721</b>

## GROW WITH JUST TRYAN IT

JUST **TRYAN** IT launched the Youth Advisory Committee (YAC) to incorporate youth voices in our work and to build the capacity of youth volunteers to take on leadership roles within JUST **TRYAN** IT. YAC Members play an active role in racer and volunteer recruitment, serve as race interns, and perform leadership roles on race weekend. The YAC also works year round to raise funds and awareness about the mission of JUST **TRYAN** IT. This past year, the YAC members held a car wash in Bethesda, collected Halloween candy for the Ronald McDonald House of Durham, and stuffed envelopes for the annual Doing Good Together campaign. We are very fortunate to have these young people engaged with our organization and look forward to all they will accomplish in 2024.

The Youth Advisory Committee is open to youth ages 15-18 who have a demonstrated passion for the mission of JUST **TRYAN** IT.



# JUST TRYAN IT 2023 KIDS TRIATHLONS

The 2023 race season was one of our most successful to date. The storm clouds may have changed the racecourse in Chapel Hill, but that didn't stop us from raising \$107,866 for families fighting cancer. The skies were blue, the pool was cold and the Bethesda racers raised \$153,292!

Thanks to the dedication of our racers, volunteers, sponsors and donors, JUST TRYAN IT committed \$389,539 to support families with a child in treatment in 2024.

## BETHESDA



**411**  
Racers



**226**  
Volunteers



**\$153,292**  
Racer Fundraising



**\$57,500**  
Sponsorship

## CHAPEL HILL



**354**  
Racers



**191**  
Volunteers



**\$107,866**  
Racer Fundraising



**\$47,607**  
Sponsorship

## MEET THE OSTEN-LISS FAMILY

Ilana Osten first heard about the Chapel Hill Kids Triathlon in early 2017. As a pediatric physical therapist working in acute care at Duke, she sees firsthand the burden a cancer diagnosis places on a family. "As a mother and a human, it is heartbreaking to see the toll that cancer takes on the child and the entire family."

Ilana was drawn to the mission of JUST TRYAN IT and loved the idea of getting her boys involved in helping too. The first year her son, Jaime, raced and Ilana volunteered at packet pick-up. The family was overwhelmed by the race day experience. Ilana said, "It is such an important cause and the actual race day was super fun. After that experience I knew that I wanted to stay involved."

In 2018, both of the boys raced and Ilana served as the Start Zone captain. JUST TRYAN IT has become a family affair. Jason, Ilana's husband, does pre-race training with the boys and they both support them with their fundraising. Jaime started a JUST TRYAN IT team at the Duke School, recruiting friends to do the race with him.

In 2020, when the race went virtual, the Osten-Liss family was all in. "Kids don't stop getting cancer just because



there is a pandemic. I knew how hard it was for these families at the hospital. We raised money and had a great time biking and running through our neighborhood." Since then, Ilana has remained actively involved in the Host Committee launching the Duke School team each year and working with us to bring in more racers and partners. This year, her sons, Jaime and Cory, will both race, Ilana will volunteer and Jason will provide race day support. We are deeply grateful for their commitment to helping families fighting cancer.

