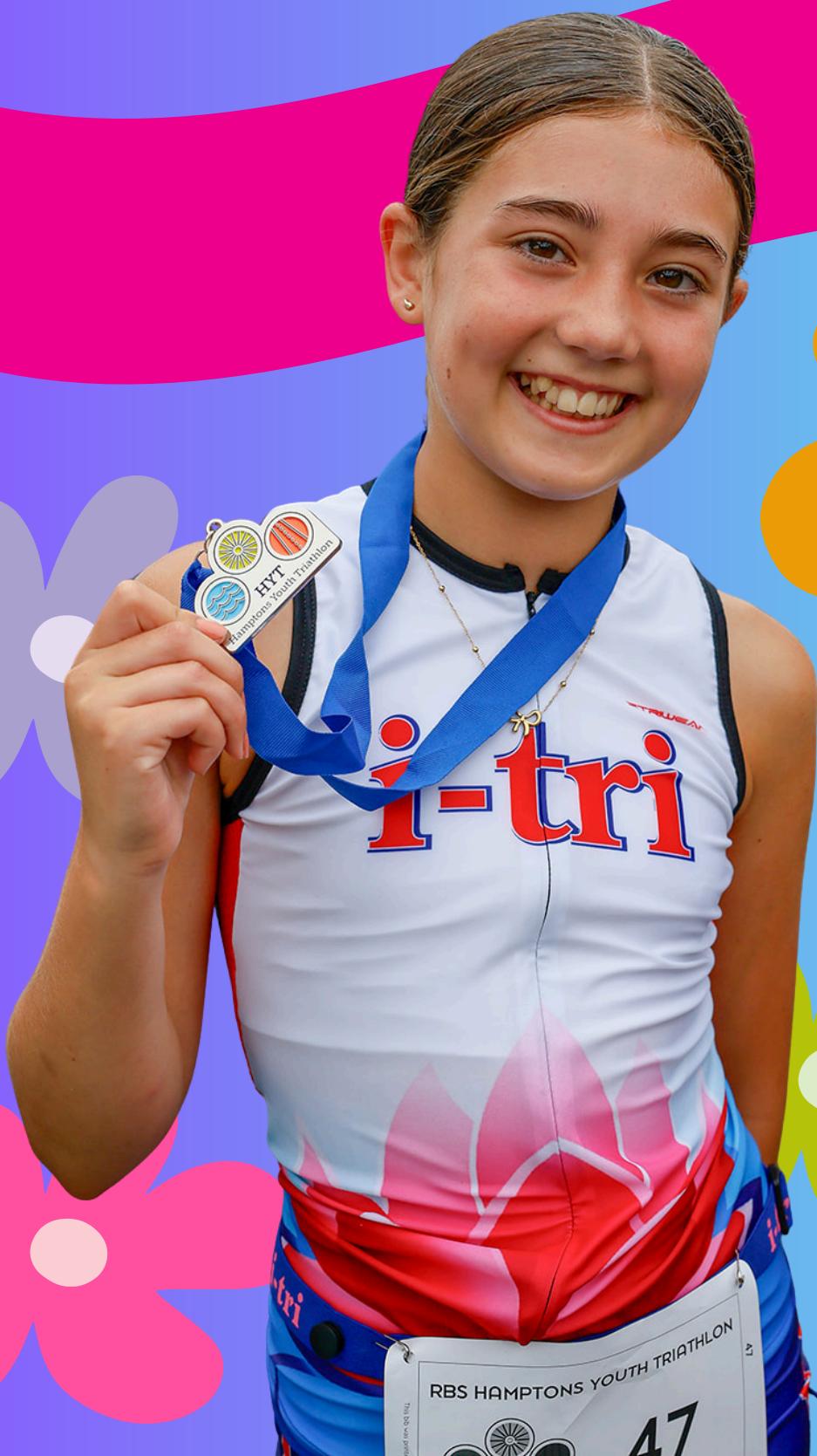
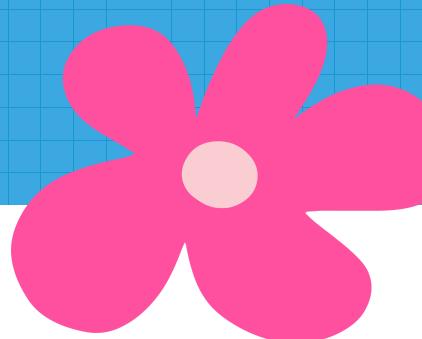


ANNUAL REPORT 2025



sweet
16
i•tri

TABLE OF CONTENTS



A LETTER FROM OUR FOUNDER PAGE 1

SWEET 16 HIGHLIGHTS PAGE 2

THE I-TRI TEAM PAGE 3

WHO WE ARE: OUR MISSION PAGE 4

WHO WE SERVE: PARTICIPANT DEMOGRAPHICS PAGE 5

OUR IMPACT: GOALS AND RESULTS PAGE 6

I-TRI BY THE NUMBERS PAGE 7

PROGRAM DETAILS PAGE 8

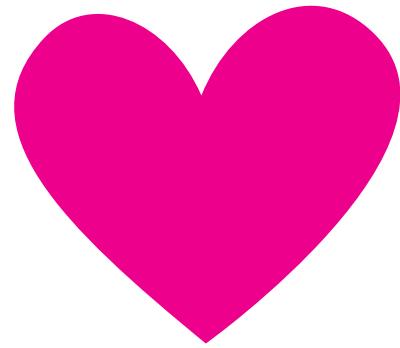
SPOTLIGHT- HARMONY PAGE 9

THE YEAR IN PICTURES PAGE 10

OUR SPONSORS PAGE 11



A LETTER FROM THE



2025 was a year of celebration!

i-tri Program Year 2025 was a chance to look back on 16 years of empowering girls, many of whom are now college graduates, young professionals, and even moms! The journey has been full of twists and turns, mountains climbed and lessons learned .



Our Sweet 16 Gala at LongHouse Reserve last June was truly a special night. We honored 16 "Luminaries" whose support over the past 16 years has made it all possible. And the girls... I can't find the words to express how full my heart was being surrounded by the young women from nearly every year of i-tri, all coming together to celebrate.

I remember our second year, recruiting the next cohort at Springs School. One of our first-year girls was explaining i-tri to the new group, and she summed it up in just four little words that have defined us since:

"i-tri is a family."

And that night at LongHouse, we had the greatest family reunion— filled with love and laughter. I could not be more proud, or more grateful.

Theresa Roden

FOUNDER AND CHIEF VISIONARY OFFICER

PAGE 1



On Wednesday, June 18, i-tri hosted a Sweet 16 Gala at Longhouse Reserve in East Hampton. It was a beautiful evening-- the rain held off and the sun came out just as the evening began.



The event began with i-tri alum leading guests through the gardens at Longhouse and to four different i-tri "Experiences." Power poses, visualization, affirmations, and the power of words all brought awareness to the details of the program that is now in its 16th season.



Under a tent on the DeKooning Lawn, guests had a chance to bid on art by local female artists, luxury trips and experiences, and a chance auction. Beer (donated by Springs Brewery), wine (donated by Channing Daughters), food by Silver Spoon catering, music, and a photo booth kept everyone entertained.



The evening culminated with the honoring of 16 i-tri Luminaries, including Kathleen King, Ann Welker and Fred Thiele, and a paddle raise to support the program.



THE I-TRI TEAM

Our Board



REV. TISHA DIXON-
WILLIAMS,
CHAIR

REBECCA SINCLAIR
MARY ALYCE ROGERS
LILIANA RODRIGUEZ

SARAH SMITH
SOPHIE THALL
AVA WARREN



THERESA RODEN,
FOUNDER & CVO



RAGAN INGRAM
NATALIE SISCO
DIANEY MORENO

ALYSSA
CHANNIN



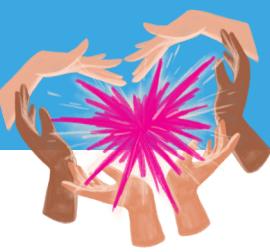
JILL
RAYNOR



SHAUNA ST. HILL
BRIENNE AHEARN
JENNIFER FOWKES

WHO WE ARE

OUR MISSION

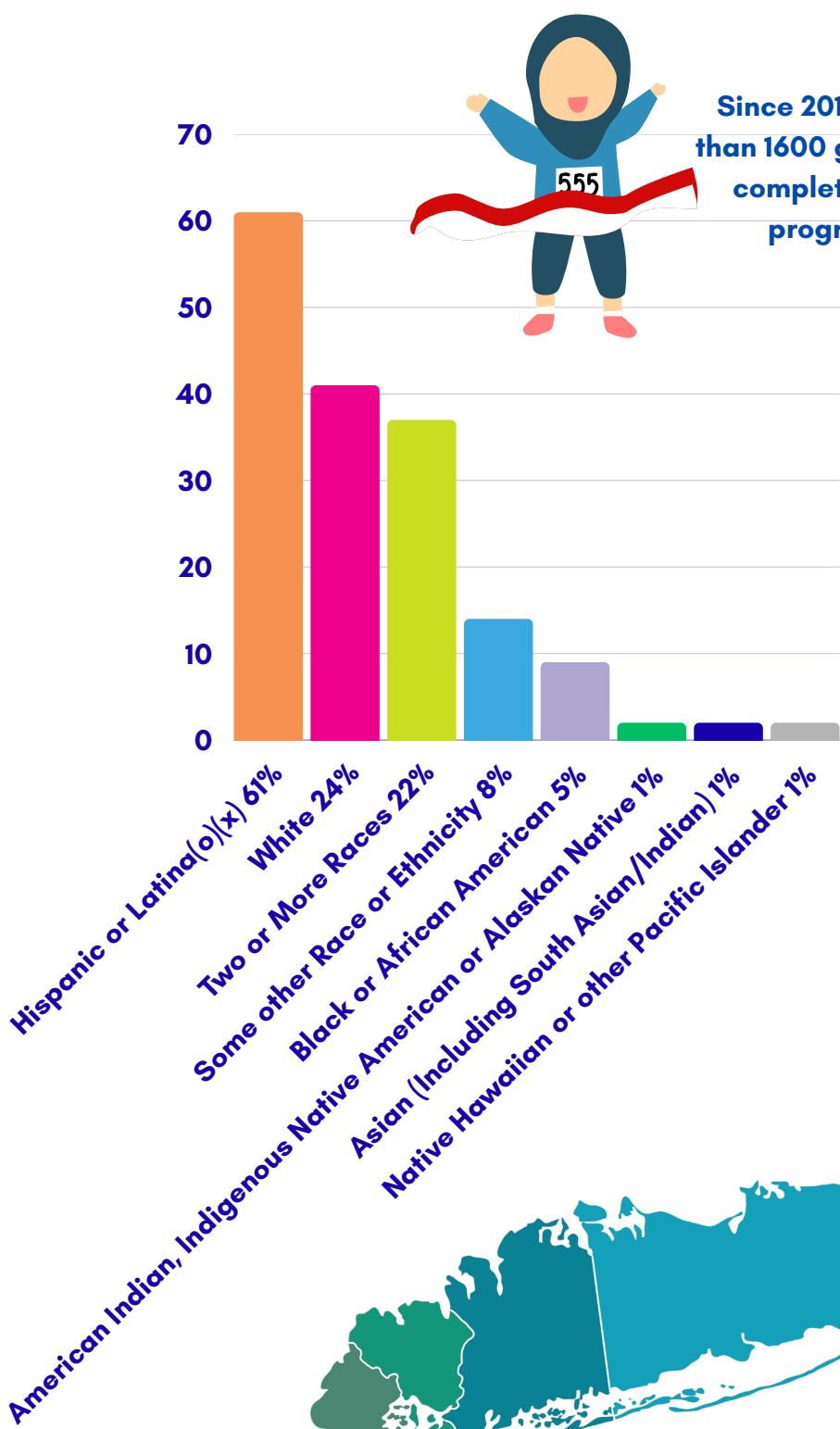


i-tri is an inclusive, community-based program that fosters self-respect, personal empowerment, self-confidence, positive body image and healthy lifestyle choices for adolescent girls. i-tri girls train mentally, physically, and emotionally to complete a youth-distance triathlon as a metaphor for life's journey, giving them the opportunity and the tools to achieve seemingly impossible goals. Along their way to the finish line, i-tri girls develop strong habits and attitudes which last a lifetime. This program is always free of charge to every participant.



WHO WE SERVE

PARTICIPANT DEMOGRAPHICS



Annual household income is less than \$70K in 60% of i-tri households

Our journey began with 8 girls in one school in 2010. This year we worked with 200 girls in 15 schools in Eastern Suffolk County.



OUR IMPACT

GOALS AND RESULTS

GOALS:



i-tri developed foundational capacities at the upper end of the national benchmark (71% of the 67-71%)—a significant achievement given the high standards set by exceptional youth-serving organizations across the country.

In 3 of 5 capacities, i-tri youth are exceeding the national benchmark!

100% PROGRAM SATISFACTION

Measuring Impact Through Evidence-Based Evaluation

i-tri's success relies on rigorous impact measurement aligned with our curriculum. Since 2018, we have partnered with Hello Insight, a national evaluation platform designed for youth-serving organizations, to assess participants' "capacities for thriving" and drive continuous improvement. Using its Theory of Change grounded in Positive Youth Development (PYD), we emphasize strong relationships, peer connection, challenge and support, and youth agency—skills linked to long-term success in academics, career readiness, and overall well-being.



2025 RESULTS:

76% Succeeded in Academic Self-Efficacy. Benchmark 70-74%

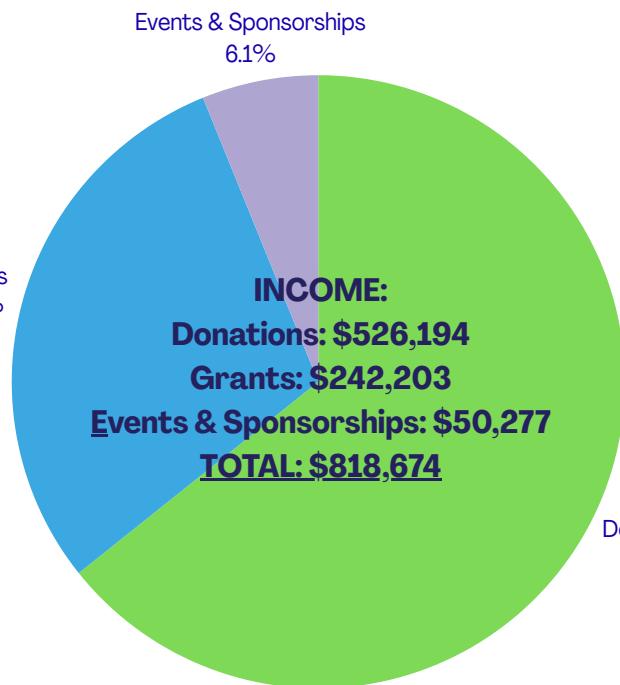
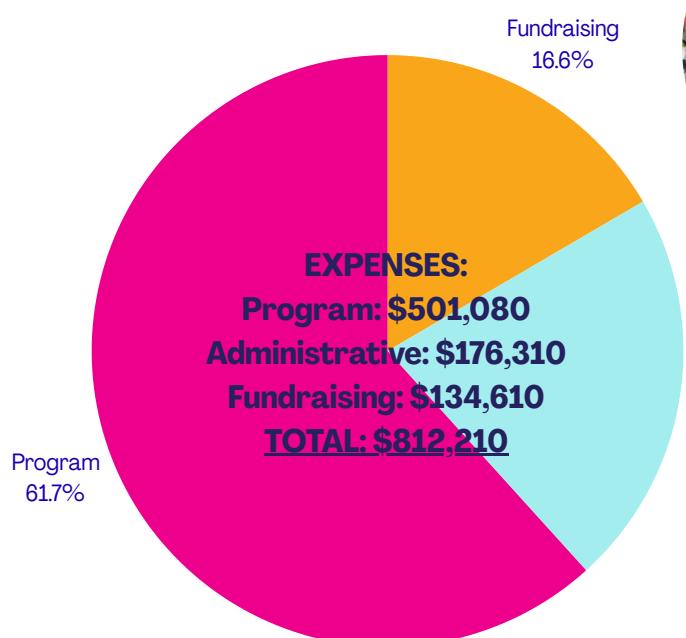
72% Succeeded in Self-Management. Benchmark 66-70%

72% Succeeded in Social Skills. Benchmark 68-72%

69% Succeeded in Contribution. Benchmark 62-66%

69% Succeeded in Positive Identity. Benchmark 65-69%

I-TRI BY THE NUMBERS



**I-TRI IS ALWAYS FREE TO
EVERY GIRL WHO WANTS
TO PARTICIPATE**

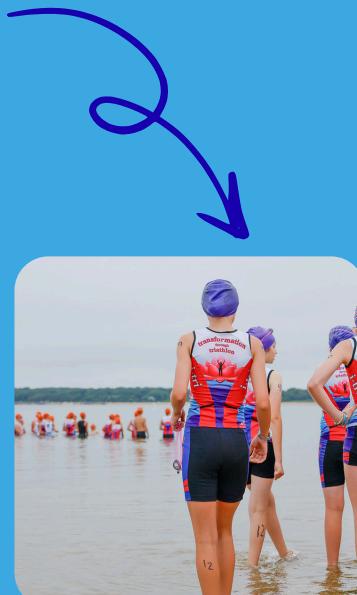
IT COSTS I-TRI APPROXIMATELY \$3,000 PER GIRL EACH YEAR.
THAT NUMBER INCLUDES EVERYTHING SHE NEEDS TO BE SUCCESSFUL:

- MORE THAN 100 HOURS OF PROFESSIONAL EMPOWERMENT, FITNESS, NUTRITION AND TRIATHLON TRAINING
- EQUIPMENT INCLUDING SWIMWEAR, SWIM CAPS, GOGGLES, RUNNING SHOES, SPORTS BRAS AND BICYCLES
- TRANSPORTATION AS NEEDED FROM SCHOOLS TO PRACTICE AND RACE LOCATIONS

PROGRAM HIGHLIGHTS 2025

Core Program Delivery:

i-tri delivered its trauma-informed empowerment, fitness, and triathlon training program to 200 middle school girls across 15 East End partner schools—the optimal capacity for safety and individualized attention. Participants engaged in weekly empowerment sessions, inclusive fitness workshops, and structured swim, bike, and run training, culminating in the Hamptons Youth Triathlon. Every participant completed the race, reinforcing confidence, perseverance, and goal achievement, directly advancing our mission to build social and emotional resilience.



EXPERIENCES

SINCE 6TH GRADE, I HAVE BEEN INVOLVED WITH A PROGRAM CALLED I TRI.

I TRI IS AN ALL GIRLS PROGRAM THAT HELPS GIRLS IN MIDDLE SCHOOL COMPLETE A TRIATHLON WHILE LEARNING HOW TO BETTER THEMSELVES AS WELL AS HAVING FUN.

MY FIRST 3 YEARS WERE AMAZIN, I LEARNED TO LOVE MYSELF. I CAME BACK AS A VOLUNTEER COACH IN 9TH GRADE.



Coaches in Training (CIT) Program

The newly launched CIT program strengthened leadership development and retention among returning participants, particularly high school alumni. Twenty alumni served as volunteer and paid coaches, mentoring younger participants and modeling confidence and resilience—critical in a region where cultural and economic barriers limit access to swimming and biking. CITs learned to lead all program components, served as program ambassadors and are on the path to earn certifications in Water Safety Instruction, CPR, First Aid, and lifeguarding, preparing them for employment and addressing community needs for diverse swim instructors.



SPOTLIGHT: HARMONY

Each i-tri season is filled with meaningful moments and connections that stay with us long after the final finish line. During our 2025 season, I had the privilege of getting to know Harmony both as her program leader and as i-tri's athletic director. **From day one, she arrived at every after-school session and Saturday practice with a smile, a positive attitude, and an open heart.**

Learning to ride a bike presented a significant challenge for her, yet she approached it with remarkable determination and gratitude. Over Spring Break, we offered beginner riding sessions to help new athletes build confidence before our bike workshops began. Not only did Harmony attend the session at her own school—she also joined the session for our Eastern schools. From that point on, she practiced consistently throughout the spring, both after school and on Saturdays.

By June, as we transitioned from swim/run sessions to bike practices, Harmony was still working toward riding independently. She never showed discouragement. Instead, she redoubled her efforts, building stamina at home with a foot-pedal exerciser and joining us for additional evening sessions. Little by little, she began pedaling a few feet on her own, then a few more, until eventually she was completing full laps around the school parking lot.

Her determination, joy, and positive spirit were truly contagious. Coaches, teammates, and families alike were inspired by her persistence and by the genuine happiness she found in every small victory.

The photo shown here was taken moments after Harmony completed the triathlon—a powerful reflection of her progress, her courage, and the very best of what i-tri represents. She is already looking forward to returning next season, and we cannot wait to welcome her back.

*Jill Raynor
Athletic Director & Program Leader*



THE YEAR IN PICTURES



SPONSORS

i-tri extends its sincere gratitude to all our sponsors for their generous support throughout the year.

Mentoring Day Sponsors:



DAYTON RITZ
+ OSBORNE
INSURANCE

NH

LONG ISLAND
NAIL SKIN&HAIR
INSTITUTE

jane iredale
THE SKINCARE MAKEUP®

Sweet 16 Sponsors:

RIVERHEAD
BUILDING SUPPLY
Build Smarter. Build Better.®

McBRIDE
Consulting & Business Development Group


DAYTON RITZ
+ OSBORNE
INSURANCE

WAINGSCOTT
SUPPLY CORP.

NUGENT & POTTER


Southampton, NY
Serving The Hamptons Trade
Since 1933

NH
LONG ISLAND
NAIL SKIN&HAIR
INSTITUTE


TWIN FORKS
SEPTIC

Sweet 16 Product Sponsors:


BLOOM COUNTRY
EAST HAMPTON


STRONG OIL CO.
EST. 1907
WATER MILL FUEL
COMPLEX

OUR WATER®


CHANNING
DAUGHTERS

SPRING'S
BREWERY

Hamptons Youth Triathlon Sponsors:

RIVERHEAD
BUILDING SUPPLY
Build Smarter. Build Better.®

GT Greenberg Traurig



i-tri is grateful to you for your support in 2025.



Scan the QR code to learn more about i-tri and to help us Power the Potential of more girls in 2026!